

<b>LEGUMES: Beans, Lentils</b>
<b>NOTE: a legume combined with a grain makes a complete vegan protein</b>
Beans, adzuki
Beans, black eye peas
Beans, black turtle
Beans, cannellini
Beans, garbanzo
Beans, great northern
Beans, kidney, dk red
Beans, mung, green
Beans, pinto
Lentils, green
Lentils, red chief
<b>GRAINS:</b>
Grains, barley, 2-row English, black patent
Grains, barley, 2-row English, dark crystal
Grains, barley, 2-row English, chocolate
Grains, barley, 2-row English, pale
Grains, barley, pearled
Grains, buckwheat groats
Grains, cous cous white
Grains, cous cous tri-color
Grains, amaranth whole
Grains, kamut whole
Grains, millet
Grains, oats, rolled baby
Grains, oats, rolled
Grains, oats, steel cut
Grains, quinoa black
Grains, quinoa golden white
Grains, rice, arborio
Grains, rice, basmati, brown
Grains, rice, basmati, white
Grains, rice, Chinese "Forbidden" Black
Grains, rice, Himalayan red
Grains, rice, jasmine(Hom Mali) Grade A org.
Grains, speltberry
Grains, teff whole
Grains, wheat bran
Grains, whole wheat bulgur
Grains, hard red wheatberry
Grains, hard white wheatberry

All items are organically grown with no artificial flavors or preservatives.

<b>Juices</b>
Ceres 100% fruit purees: guava, mango, apricot
Black Cherry Concentrate
Raspberry Shrub Concentrate
Ginger Shrub Concentrate
Black Currant Looza
Apple Cherry Looza
Tomato Looza
<b>Milks</b>
Vanilla Soy
Carob Soy
Vanilla Rice
Carob Rice
Hemp
<b>Mineral Water</b>
Tynant (from Wales)
Fiuggi (from Italy)
Poland Spring (from USA)
Galvanina (from Italy)
Pellegrino (from Italy)
<b>Coffees</b>
Green Mountain
Northwestern Coffee Mills
Mani Coffees

<b>COOKING Spices and HERBS: organic, dried and non-irradiated</b>
herbs, allspice, ground
herbs, allspice, whole
herbs, anise ground
herbs, anise, star whole
herbs, basil
herbs, basil, holy Thai
herbs, bay leaf
herbs, caraway seeds
herbs, cardamom ground
herbs, cardamom, green whole seeds
herbs, cayenne ground
herbs, celery seed
herbs, chili pepper, red amazon, ground
herbs, chives
herbs, cilantro
herbs, cinnamon sticks
herbs, cinnamon ground
herbs, cloves ground
herbs, cloves whole
herbs, coriander ground
herbs, cumin ground
herbs, curry ground
herbs, dill
herbs, fennel seed whole
herbs, fennel ground
herbs, fenugreek ground
herbs, garlic powder
herbs, ginger ground
herbs, lemon peel
herbs, marjoram
herbs, mustard seed ground
herbs, nutmeg, whole
herbs, nutmeg, ground
herbs, onion powder
herbs, onion minced
herbs, oregano
herbs, paprika
herbs, parsley
herbs, pepper black ground
herbs, peppercorns black
herbs, pepper white ground
herbs, peppercorns white
herbs, rosemary
herbs, sage
herbs, saffron, Spanish
herbs, sea salt French
herbs, sea salt Grey (sel gris)
herbs, spearmint
herbs, tarragon

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herbs, thyme
herbs, turmeric ground

<b>FRUITS/ VEGS: dried, dehydrated</b>
Fruits, apples, granny smith
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Fruits, apricots turkish unsulfured
Fruits, cherries tart montmorency
Fruits, cranberries dehydrated unsweetened
Fruits, cranberries dried fruit juice sweetened
Fruits, dates, medjool
Fruits, figs, Calmyrna
Fruits, figs Turkish
Fruits, goji berries (wolfberries)
Fruits, pears, sun dried
Fruits, prunes
Fruits, raisins, thompson unsulfured
Fruits, raisins, golden and jumbo golden Org.
Fruits, currants, zante
Sea Veggies, arame
Sea Veggies, dulse
Sea Veggies, kelp
Sea Veggies, nori
Sea Veggies, wakame
Veggies, Mushrooms Shitake caps
Veggies, Mushrooms Boletes (porcinis)
Veggies, Olives Peruvian Botija Black whole dried pitted lightly sea salted (no refrigeration needed)
Veggies, Sundried Tomato Slices

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<b>FLOUR</b>
flour, amaranth
flour, buckwheat
flour, cornmeal, white
flour, dark rye
flour, graham
flour, spelt
flour, unbleached white with wheat germ
flour, whole wheat bread flour
flour, sweet rice
flour, soy
<b>CONDIMENTS: groceries and baking</b>
arrowroot powder
baking powder aluminum free
baking soda aluminum free
carob powder - roasted
coconut, flakes, unsweet
coconut milk
cocoa unsweet
gluten
lecithin
milk powdered, noninstant
pectin
powdered sugar
sugarcane
stevia powder (herb- natural sweetener)
sucanat
potato flakes
tapioca starch
two-fold vanilla
Vanilla Beans, whole, Madagascar and Tahitian
xanthan gum
Yeast, active

<b>NUTS:</b>
nuts, hazelnuts, whole
nuts, almonds, whole
nuts, cashews, whole
nuts, cashews, whole roasted, lightly salted
nuts, pecans, mammoth, halves
nuts, walnuts, halves
nuts, brazil, whole medium size
nuts, pine (pignolia)
<b>SEEDS:</b>
seeds, flax golden
seeds, flax brown
seeds, poppy
seeds, pumpkin raw shelled
seeds, sesame raw hulled
seeds, sunflower raw shelled
<b>CANDY: no corn syrup or artificial coloring</b>
Sunspire sundrops (plain chocolate with candy coated shell)
Sunspire Peanut sundrops
Chocolate covered espresso beans
70% dark chocolate bars
Milk chocolate bars
<b>SNACKS:</b>
Vegan cookies
Pamela's Wheat Free Gluten Free cookies, crackers, baking mixes
Lundberg Rice cakes
Lundberg Rice chips
Garden of Eatin Corn Chips
Route 11 Potato Chips
<b>ENERGY BARS:</b>
Luna Bars: lemon, chocolate brownie
Clif Bars: Peanut Toffee Buzz, Crunchy Peanut Butter, Chocolate Peanut Crunch

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<b>MEDICINAL HERBS (loose - teas)</b>
Angelica Root (Cut)
Angelica Root Powder
Anise Seed Powder
Astragalus Powder
Astragalus Sticks
Bentonite Clay
Bilberry Whole
Bilberry Leaf
Blackberry Leaf
Black Cohosh Powder
Blessed Thistle
Blue Cohosh Powder
Buckwheat Hulls
Burdock Root Powder
Calendula Flowertops
Caraway Seed
Cardamom Powder
Cat's Claw Powder
Chamomile Flowertops
Charcoal, Active
Chaste Tree Berry Powder
Chicory Root, Roasted
Cinquefoil Leaf
Cloves Powder
Comfrey Leaf & Root Cut
Coriander Powder
Corn Silk
Damiana Leaf
Dandelion Leaf
Dead Sea Salt
Devils Claw Powder
Dong Quai Powder
Echinacea Angustifolia Leaf
Elderberry Whole
Essiac Tea
Eucalyptus Leaf
Eyebright Leaf
Fennel Powder
Fenugreek Powder
Feverfew Flowertops
Garlic Powder
Ginger Powder
Gingko Leaf

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Call 540-743-7299

To Place Order

Ginseng Roots
Goat Rue Powder
Goldenseal Leaf
Goji Berries
Gotu Kola Leaf
Green Tea Leaves
Green Tea Powder
Guava Leaf
Hawthorn Berry Powder
Hawthorn Berry Whole
Hibiscus Flowertops
Horehound Leaf
Horse Chestnut Powder
Horsetail Leaf (Shavegrass)
Hyssop Leaf
Jasmine Flowertops
Juniper Berries
Kava Kava Powder
Lady's Mantle
Lavender Flowertops
Licorice Root Powder
Licorice Sticks
Lungwort Leaf
Marshmallow Root cut
Melissa Leaf (Lemon Balm)
Milk Thistle Seed
Mugwort Leaf
Mullein Leaf
Myrrh Powder
Nettles Leaf
Papaya Leaf
Parsley Leaf
Pau D' Arco Root Powder
Papaya Leaf
Peppermint Leaf
Psyllium Seed Powder
Red Clover Flowertops (Cut)
Red Raspberry
Rosemary Leaf
Rue Leaf
St. Johns Wort Leaf
Senna Leaf Powder
Shephard's Purse
Skullcap Leaf

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Slippery Elm Bark Powder
Swedish Bitters
Spirulina Powder (blue green algae)
Tansy
Turmeric Powder
Valerian Root Powder
Blue Vervain Leaf
White Willow Bark Powder
White Willow Bark Cut
Wild Cherry Bark
Wild Yam Root Powder
Woodruff Leaf
Yellowdock Root Powder
Yerba Santa Leaf

<b>Tinctures Locally Produced</b>
Ashwaghandha (Sexual Energy)
Black cohosh (Menopause, Hot Flashes)
Chickweed (Curbs Appetite)
Cleavers (Cleans Lymph Nodes)
Damiana (Hormonal & Nervous System)
Dandelion (Cleansing)
Echinacea (Cold)
Elderberry (Flu, Body Aches)
Gingko Biloba (Opens oxygen to brain)
Goldenseal (Active Infections)
Hawthorne Berry (Heart, Blood Press.)
Nonalcoholic Hawthorne Syrup with raw local honey
Motherwort (Mood Swings, PMS)
Nettle (blood cleanser, antioxidant)
Red clover (cell health)
Reishi Mushroom (Immune System)
Saw Palmetto (Prostate)
Schisandra Berry (anxiety, depression)
Shephard's Purse (diarrhea, stops bleeding from wounds, ulcers, urinary problems)
Skullcap (Nerve tonic, anxiety, depression, fever, aches and pains)
St. Johns Wort (Depression, Frustration, Aches and Pains)
Usnea (inactive infections)
Valerian (Sedative)
Vitex (Chaste Tree Berry)
<b>Blended Tinctures</b>
Calming for Children
Detox
Immune Strengtheners
Lionheart (Blood Pressure and Cholesterol)
Male Tone (Sexual)
Pain Ease (arthritis, sciatica, muscle and nerve pain)
Varicose Veins
Anti Viral
Women's Moontime (PMS and hormone regulation)

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<b>Homeopathics</b>
aconitum napellus (sudden high fever)
allium cepa (allergic, viral runny nose)
aesculus hippocastanum (hemorrhoids itch)
apis mellifica (trauma, bruises)
arnica montana (trauma bruises)
belladonna (high fever with perspiration)
calcareo carbonica (cradle cap, gall stones)
cantharis (blisters, bladder infection)
carbo vegetabilis (bloating, gas)
chelidonium majus (indigestion w/nausea, gallstones)
drosera rotundifolia (dry cough worse at night)
graphites (scars)
hammelis virginiana (hemorrhoids bleeding)
hepur sulfuris calcareum (dry hacky cough)
hypericum perforatum (nerve pain)
ipecacuanha (nausea vomiting)
kali carbonicum (pain / weakness in low back)
lachesis mutus (hot flashes)
lobelia inflata (wean off tobacco)
lycopodium clavatum (bloated abdomen)
mercurius solubilis (sore throat)
nux vomica (heartburn, drowsiness from eating)
phyto decandra (breast infection, sore throat from ears)
rhus tox (poison ivy, joint pain)
rumex crispus (dry cough worse breathing cold air)
sabina (heavy menstruation)
Schuessler Cell Salts
sepia (mood swings)
silicea (fatigue from overwork)
zincum metallicum (leg cramps)

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