

NATURAL WAY MILLS TRUST
 24509 390TH ST. NE
 MIDDLE RIVER, MN 56737

certified organic by GOA
 Orthodox Union - OU KOSHER
 www.naturalwaymills.com

866-967-3677/218-222-3677
 FAX: 218-222-3408
 naturalwaymills@wiktel.com

ITEM #	DESCRIPTION (ALL FLOURS ARE W/GERM)	PRICE
101	Organic 100% Whole Wheat Flour - 50#	\$ 30.50
101-s	Organic 100% Whole Wheat Flour - 5#	\$ 5.00
101-st	Organic 100% Whole Wheat Flour - 2#	\$ 2.10
102	Organic 100% Whole Wheat Flour - 25#	\$ 16.00
103	Organic 100% Whole Wheat Flour - CS (10/5#)	\$ 40.00
104	Organic Gold N White Flour - 50#	\$ 34.50
104-s	Organic Gold N White Flour - 5#	\$ 5.25
104-st	Organic Gold N White Flour - 2#	\$ 2.20
105	Organic Gold N White Flour - 25#	\$ 18.00
106	Organic Gold N White Flour - CS (10/5#)	\$ 44.00
107-s	Organic Rye Flour - 5#	\$ 3.25
107-st	Organic Rye Flour - 2#	\$ 1.40
108	Organic Rye Flour - 25#	\$ 11.25
109	Organic Whole Wheat Pastry Flour - 50#	\$ 25.00
109-s	Organic Whole Wheat Pastry Flour - 5#	\$ 4.00
109-st	Organic Whole Wheat Pastry Flour - 2#	\$ 1.70
110	Organic Whole Wheat Pastry Flour - 25#	\$ 13.25
111	Organic Gold N Lite Pastry Flour - 25#	\$ 15.00
111-s	Organic Gold N Lite Pastry Flour - 5#	\$ 4.20
111-st	Organic Gold N Lite Pastry Flour - 2#	\$ 1.80
114	Organic Golden Graham Flour - 25#	\$ 17.25
114-s	Organic Golden Graham Flour - 5#	\$ 5.00
114-st	Organic Golden Graham Flour - 2#	\$ 2.10
115-s	Organic Spelt Flour - 5#	\$ 6.45
115-st	Organic Spelt Flour - 2#	\$ 3.10
116	Organic Spelt Flour - 25#	\$ 28.75
116-W	Organic WHITE Spelt Flour - 25#	\$ 31.50
116s	Organic WHITE Spelt Flour - 5#	\$ 8.00
116st	Organic WHITE Spelt Flour - 2#	\$ 3.45
117-s	Organic Buckwheat Flour - 5#	\$ 5.60
117-st	Organic Buckwheat Flour - 2#	\$ 2.35
118	Organic Buckwheat Flour - 25#	\$ 22.50
121	Organic Millet Flour - 25#	\$ 21.25
121-s	Organic Millet Flour - 5#	\$ 5.60
121-st	Organic Millet Flour - 2#	\$ 2.35
125-s	Organic Hulled Barley Flour - 5#	\$ 4.05
125-st	Organic Hulled Barley Flour - 2#	\$ 2.35
126	Organic Hulled Barley Flour - 25#	\$ 14.25
127	Organic Corn Flour - 50#	\$ 25.00
127-S	Organic Corn Flour - 5#	\$ 4.00
127-st	Organic Corn Flour - 2#	\$ 1.70
128	Organic Corn Flour - 25#	\$ 13.25
129-s	Organic Hard White Whole Wheat Flour - 5#	\$ 4.15
129-st	Organic Hard White Whole Wheat Flour - 2#	\$ 1.75
130	Organic Hard White Whole Wheat Flour - 25#	\$ 16.25
131	Organic Soy Flour, Raw Full Fat - 25#	\$ 22.50
131r	Organic Soy Flour, Raw Full Fat - 5#	\$ 5.82

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131rs	Organic Soy Flour, Raw Full Fat - 2#	\$	2.80
132-s	Organic Brown Rice Flour - 5#	\$	7.38
132-st	Organic Brown Rice Flour - 2#	\$	3.05
133	Organic Brown Rice Flour - 25#	\$	24.00
134	Organic Oat Flour - 50#	\$	35.50
134-s	Organic Oat Flour - 5#	\$	6.04
134-st	Organic Oat Flour - 2#	\$	2.50
135	Organic Oat Flour - 25#	\$	19.00
136	Organic 6-Grain Flour - 25#	\$	23.50
136-s	Organic 6-Grain Flour - 5#	\$	6.10
136-st	Organic 6-Grain Flour - 2#	\$	2.55
137	Gluten Flour - NON ORGANIC - 50#	\$	72.50
137-s	Gluten Flour - NON ORGANIC - 5#	\$	10.00
137-sb	Gluten Flour - NON ORGANIC - 2#	\$	5.00
138	Gluten Flour - NON ORGANIC - CS (5/2#)	\$	18.50
139-s	Organic Pumpnickel Rye Flour - 5#	\$	4.50
139-st	Organic Pumpnickel Rye Flour - 2#	\$	1.90
139c	Organic Pumpnickel Rye Flour - 25#	\$	12.25
148	Organic SIFTED EINKORN FLOUR - 25#	\$	75.00
148A	Organic SIFTED EINKORN FLOUR - 5#	\$	18.50
149	Organic Whole Einkorn Flour - 25#	\$	68.75
149A	Organic Whole Einkorn Flour - 5#	\$	16.70
WHOLE GRAINS			
201	Organic Hard Red Spring Wheat Berries - 50#	\$	25.00
201-s	Organic Hard Red Spring Wheat Berries - 5#	\$	4.00
201-st	Organic Hard Red Spring Wheat Berries - 2#	\$	1.70
202	Organic Hard Red Spring Wheat Berries - 25#	\$	13.25
203	Organic Soft White Winter Wheat Berries - 50#	\$	17.50
203-s	Organic Soft White Winter Wheat Berries - 5#	\$	3.00
203-st	Organic Soft White Winter Wheat Berries - 2#	\$	1.30
204	Organic Soft White Winter Wheat Berries - 25#	\$	9.50
205	Organic Hard White Wheat Berries - 50#	\$	27.50
206	Organic Hard White Wheat Berries - 25#	\$	15.00
206-A	Organic Hard White Wheat Berries - 5#	\$	5.25
206-AB	Organic Hard White Wheat Berries - 2#	\$	2.20
207	Organic Rye Berries - 50#	\$	17.50
207-s	Organic Rye Berries - 5#	\$	2.94
207-st	Organic Rye Berries - 2#	\$	1.28
208	Organic Rye Berries - 25#	\$	9.50
209	Organic Hulled Oats - 50#	\$	35.50
209-sb	Organic Hulled Oats - 5# (GROATS)	\$	6.04
209-sbc	Organic Hulled Oats - 2# (GROATS)	\$	2.50
210	Organic Hulled Oats - 25# (GROATS)	\$	19.00
211	Organic Whole Buckwheat - 50#	\$	37.50
212	Organic Whole Buckwheat - 25#	\$	19.50
212-a	Organic Whole Buckwheat - 5#	\$	5.94
212-ab	Organic Whole Buckwheat - 2#	\$	2.48
213	Organic Whole Yellow Corn - 50#	\$	21.50

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214	Organic Whole Yellow Corn - 25#	\$	11.50
214a	Organic Whole Yellow Corn - 5#	\$	3.30
214ab	Organic Whole Yellow Corn - 2#	\$	1.42
217	Organic Hulled Barley Berries - 50#	\$	19.50
217-s	Organic Hulled Barley Berries - 5#	\$	3.00
217-st	Organic Hulled Barley Berries - 2#	\$	1.40
218	Organic Hulled Barley Berries - 25#	\$	10.50
219	Organic Unhulled Barley Berries - 50#	\$	18.50
220	Organic Unhulled Barley Berries - 25#	\$	10.00
220a	Organic Unhulled Barley Berries - 5#	\$	2.95
220ab	Organic Unhulled Barley Berries - 2#	\$	1.30
221	Organic Pearled Barley - 50#	\$	22.50
221-s	Organic Pearled Barley - 5#	\$	3.40
221-st	Organic Pearled Barley - 2#	\$	1.46
222	Organic Pearled Barley - 25#	\$	12.50
223	Organic Hulled Millet - 50#	\$	37.50
223-s	Organic Hulled Millet - 5#	\$	5.94
223-t	Organic Hulled Millet - 2#	\$	2.48
224	Organic Hulled Millet - 25#	\$	19.50
225	Organic Spelt Berries - 50#	\$	50.00
225-ab	Organic Spelt Berries - 5#	\$	6.30
225-abc	Organic Spelt Berries - 2#	\$	2.90
226	Organic Spelt Berries - 25#	\$	25.75
227	Organic Soy Beans - 50#	\$	32.50
227-s	Organic Soy Beans - 5#	\$	4.45
227-st	Organic Soy Beans - 2#	\$	2.15
228	Organic Soy Beans - 25#	\$	17.50
231	Organic Green Split Peas - 25#	\$	19.50
231-S	Organic Green Split Peas - 1#	\$	1.31
232	Organic Green Split Peas - CS (24/1#)	\$	21.84
233	Organic Yellow Split Peas - 25#	\$	19.50
233-S	Organic Yellow Split Peas - 1#	\$	1.31
234	Organic Yellow Split Peas - CS (24/1#)	\$	21.84
235	Organic Sunflower Meats - 50#	\$	92.50
235-a	Organic Sunflower Meats - 25#	\$	50.00
235-s	Organic Sunflower Meats - 5#	\$	10.00
235-sb	Organic Sunflower Meats - 2#	\$	4.00
239	Organic Long Grain Brown Rice - 25#	\$	23.75
239-s	Organic Long Grain Brown Rice - 5#	\$	7.70
239-a	Organic Long Grain Brown Rice - 2#	\$	3.18
240	Organic Medium Grain Brown Rice - 25#	\$	25.00
240-s	Organic Medium Grain Brown Rice - 5#	\$	8.07
240-a	Organic Medium Grain Brown Rice - 2#	\$	3.33
243	Organic Basmati Brown Rice - 25#	\$	35.50
243-s	Organic Basmati Brown Rice - 5#	\$	10.94
243-sa	Organic Basmati Brown Rice - 2#	\$	4.48

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244	Organic Lentils (brown/green) - 25#	\$	37.50
244-s	Organic Lentils (brown/green) - 5#	\$	9.90
244-T	Organic Lentils (brown/green) - 1#	\$	2.05
245	Organic Brown Flax Seed - 50#	\$	55.00
245-s	Organic Brown Flax Seed - 5#	\$	8.75
245t	Organic Brown Flax Seed - 2#	\$	3.82
246	Organic Brown Flax Seed - 25#	\$	28.75
247	Organic Golden Flax Seed - 50#	\$	67.50
247-s	Organic Golden Flax Seed - 5#	\$	10.50
247-sb	Organic Golden Flax Seed - 2#	\$	4.75
248	Organic Golden Flax Seed - 25#	\$	35.00
251	Organic Hulled Buckwheat (GROATS) - 50#	\$	75.00
252	Organic Hulled Buckwheat (GROATS) - 25#	\$	38.75
253	Organic Hulled Buckwheat (GROATS) - 5#	\$	11.50
253a	Organic Hulled Buckwheat (GROATS) - 2#	\$	4.70
253b	Organic Einkorn Berries - 5#	\$	14.00
253c	Organic Einkorn Berries - 25#	\$	61.00
GRITS & MEALS			
301	Organic Barley Grits - 50#	\$	28.50
301a	Organic Barley Grits - 2#	\$	2.10
301-s	Organic Barley Grits - 5#	\$	5.00
302	Organic Barley Grits - 25#	\$	15.00
303	Organic Rye Grits - 50#	\$	19.50
303a	Organic Rye Grits - 2#	\$	1.70
303-s	Organic Rye Grits - 5#	\$	4.00
304	Organic Rye Grits - 25#	\$	11.25
305	Organic Corn Grits - 50#	\$	25.00
305-s	Organic Corn Grits - 5#	\$	4.00
305-st	Organic Corn Grits - 2#	\$	1.70
306	Organic Corn Grits - 25#	\$	13.25
307-a	Organic Soy Grits, Raw Full Fat - 2#	\$	2.25
307-s	Organic Soy Grits, Raw Full Fat - 5#	\$	5.35
308	Organic Soy Grits, Raw Full Fat - 25#	\$	21.25
311-s	Organic Brown Flax Meal - 5#	\$	10.82
312	Organic Brown Flax Meal - 25#	\$	36.25
313	Organic Brown Flax Meal - 2#	\$	4.43
314-s	Organic Gold Flax Meal - 5#	\$	12.50
314-t	Organic Gold Flax Meal - 2#	\$	5.00
315	Organic Gold Flax Meal - 25#	\$	42.50
317	Organic Cornmeal (Yellow) - 50#	\$	25.00
317-s	Organic Cornmeal (Yellow) - 5#	\$	4.00
317-t	Organic Cornmeal (Yellow) - 2#	\$	1.70
318	Organic Cornmeal (Yellow) - 25#	\$	13.25
319	Organic Steel Cut Oats - 50#	\$	35.50
319-s	Organic Steel Cut Oats - 5#	\$	6.04
319-st	Organic Steel Cut Oats - 2#	\$	2.50
320	Organic Steel Cut Oats - 25#	\$	19.00

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CEREALS		
401	Organic 7-Grain Cereal - 50#	\$ 67.50
401-C	Organic 7-Grain Cereal - CS (10/5#)	\$ 75.50
401-s	Organic 7-Grain Cereal - 5#	\$ 8.40
402	Organic 7-Grain Cereal - 25#	\$ 34.25
403	Organic 7-Grain Cereal - CS (12/2#)	\$ 39.60
403-s	Organic 7- Grain Cereal - 2#	\$ 3.60
404	Organic Cracked Wheat - 50#	\$ 29.00
404-s	Organic Cracked Wheat - 5#	\$ 4.15
404-sb	Organic Cracked Wheat - 2#	\$ 1.80
405	Organic Cracked Wheat - 25#	\$ 15.00
407	Organic Whole Wheat Cream of Wheat - 25#	\$ 17.75
407-s	Organic Whole Wheat Cream of Wheat - 5#	\$ 6.04
407-sb	Organic Whole Wheat Cream of Wheat - 2#	\$ 2.50
410	Organic Rolled Oats - 50#	\$ 35.50
410-a	Organic Rolled Oats - 25#	\$ 19.00
410-sb	Organic Rolled Oats - 5#	\$ 6.04
410-T	Organic Rolled Oats - 2#	\$ 2.50
410-T	Organic THICK Rolled Oats - 50#	\$ 35.50
411-T	Organic THICK Rolled Oats - 25#	\$ 19.00
411-U	Organic THICK Rolled Oats - 5#	\$ 6.04
411-TU	Organic THICK Rolled Oats - 2#	\$ 2.50
412	Organic Pohonka Waffle & Pancake Mix - 25#	\$ 28.75
413	Organic Pohonka Waffle & Pancake Mix - CS (10/5#)	\$ 65.50
413-s	Organic Pohonka Waffle & Pancake Mix - 5#	\$ 9.13
413-sb	Organic Pohonka Waffle & Pancake Mix - 2#	\$ 3.75
414	Organic Pohonka Waffle & Pancake Mix - CS (10/2#)	\$ 28.00
MISCELLANEOUS PRODUCTS		
601	Organic Oat Bran - 50#	\$ 51.00
601-s	Organic Oat Bran - 5#	\$ 8.19
601-t	Organic Oat Bran - 2#	\$ 3.38
602	Organic Oat Bran - 25#	\$ 27.50
603	Organic Natural Wheat Bran - 30#	\$ 6.90
603-s	Organic Natural Wheat Bran - 2#	\$ 1.88
603-sb	Organic Natural Wheat Bran - 5#	\$ 3.25
605	Organic Crystallized Cane Juice - 50#	\$ 60.00
605-s	Organic Crystallized Cane Juice - 5#	\$ 8.00
605-st	Organic Crystallized Cane Juice - 2#	\$ 3.30
606	Organic Crystallized Cane Juice - 25#	\$ 31.25
608	Saf-Instant Yeast - 1#	\$ 6.25
609	Pails w/Lid (FOOD GRADE) 6 GALLON	\$ 8.00
610	Organic Popcorn - CS (12/2#)	\$ 34.00
610-a	Organic Popcorn - 5#	\$ 8.75
610-b	Organic Popcorn - 25# (if available)	\$ 30.00
610-c	Organic Popcorn - CS (6/5#)	\$ 36.60
610-s	Organic Popcorn - 2#	\$ 4.38
611	Redmond Real Salt - 25#	\$ 50.00
613	Potato Flour - 50#	\$ 65.00

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613-s	Potato Flour - 5#	\$	10.13
613-t	Potato Flour - 2#	\$	4.38
615	Tapioca Flour - 50#	\$	40.25
616-s	Tapioca Flour - 4.5#	\$	6.19
617-s	Tapioca Flour - 1.5#	\$	2.31
618	Arrowroot Powder - 50#	\$	55.00
619-s	Arrowroot Powder - 4.5#	\$	7.00
620-s	Arrowroot Powder - 1.5#	\$	3.00
621	Potato Starch - 50#	\$	65.00
622-s	Potato Starch - 5#	\$	10.13
623-s	Potato Starch - 2#	\$	3.81
624	Carob Powder - 25#	\$	29.00
625-s	Carob Powder - 4#	\$	9.06
627	Rumford Baking Powder - 50#	\$	76.00
627-s	Rumford Baking Powder - 5#	\$	11.63
627-sb	Rumford Baking Powder - 2#	\$	5.00
627t	Rumford Baking Powder - 25#	\$	38.75
632	Charcoal Powder	\$	13.00
633	Charcoal Tablets	\$	13.50
634a	Organic Whole Grain Amaranth - 25#	\$	41.25
634b	Organic Whole Grain Amaranth - 2#	\$	4.25
634s	Organic Amaranth Flour - 25#	\$	43.75
635t	Organic Amaranth Flour - 2#	\$	4.25
635U	Organic Amaranth Flour - 5#	\$	10.94
637a	Organic Quinoa - 2#	\$	8.50
637b	Organic Quinoa - 5#	\$	21.25
637d	Organic Quinoa - 25#	\$	106.25
638	Nutritional Yeast - 1# (NON-ORGANIC)	\$	10.63
639	Nutritional Yeast - 3# (NON-ORGANIC)	\$	30.00
640	Tapioca Pearls - 1#	\$	2.19
642	75 COUNT NITROGEN PACKETS	\$	15.00
644	VCR - Cocoa Replacement - 1#	\$	3.75
644-S	VCR - Cocoa Replacement - 2#	\$	7.50
645a	Organic Chia Seed - 2#	\$	15.00
645b	Organic Chia Seed - 5#	\$	37.50
	STOCK CAN VARY ON BEANS		
645b	Organic Pinto Beans - 1#	\$	2.00
653A	Organic Baby Lima Beans - 1#	\$	2.00
654A	Organic Navy Beans - 1#	\$	2.00
654C	Organic Garbanzo Beans (Chickpeas) - 1#	\$	2.00
654E	Organic Great Northern Beans - 1#	\$	2.50
654G	Organic Red Beans - 1#	\$	1.25
654I	Organic Dark Red Kidney Beans - 1#	\$	2.00
654L	Organic Black Beans - 1#	\$	1.25
701	Whole Energy Book	\$	10.00
703	Ten Talents Cook Book	\$	27.50