

SEWARD CO-OP BULK ITEMS BY CATEGORY

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|---------------------------|-----------------|----------------------------|
| Trail Mixes, Salty Snacks | 2192 | Almonds, Tamari |
| | 2042 | Tamari Pepitas |
| | 2366 | Wasabi Peas |
| | 2294 | Rice Crackers |
| | 2373 | Tex Mex Mix |
| | 2371 | Sesame Sticks |
| | 2372 | Garlic Sticks |
| | 2053 | Maple Pecans |
| | 2009 | Maple Mixed Nuts |
| | 2043 | Choc. Cashew Cranberry Mix |
| | 2346 | Apple Cranberry Trail Mix |
| | 2369 | Tropical Trail Mix |
| | 2375 | Rocky Mountain Mix |
| | 2356 | Rstd Trail Mix |
| | 2044 | Carob Almonds |
| | 2344 | Anti-Oxidant Mix |
| | 2365 | Glad Corn |
| | 2354 | Hokey Pokey |
| | 2198 | Maple Walnut Cranberry Mix |
| | 2355 | Raw Trail Mix |
| 2282 | Animal Crackers | |
| 2363 | Choc. Pretzels | |
| 2364 | Yogurt Pretzels | |

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|--------|---------------|-----------------------|
| Cereal | 2209 | Crisped Rice |
| | 2240 | Swiss Muesli |
| | 2263 | 8 Grain Hot Cereal |
| | 2273 | French Vanilla |
| | 2274 | Blueberry Flax |
| | 2241 | Cherry Vanilla |
| | 2267 | Ginger Snap |
| | 2281 | Hemp Plus |
| | 2237 | Pumpkin Flax |
| | 2268 | Honey Gone Nut |
| | 2275 | Raspberry Cream |
| | 2272 | Orange Almond |
| | 2277 | Farina |
| | 2261 | Great Harvest, No Oil |
| | 2266 | Peanut Butter |
| | 2262 | Cinn. Apple Crunch |
| | 2269 | 6-Grain |
| | 2265 | Molasses Almond |
| | 2289 | Seward Honey Almond |
| | 2284 | Maple Almond |
| 2235 | Raisin Cashew | |
| 2233 | Cashew Crunch | |

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|--------------|------|-----------------------|
| Nuts & Seeds | 2199 | Sunflower Seeds, Raw |
| | 2190 | Sunflower Seeds, R/S |
| | 2189 | Sunflower Seeds, R/NS |
| | 2180 | Soynuts R/S |
| | 2175 | Almonds, Sliced |
| | 2173 | Almonds, Slivered |

- Nuts & Seeds
- 2046 Sprouted Almonds
 - 2188 Almonds, Raw
 - 2606 Sesame Seeds
 - 2206 Pecans Org.
 - 2186 Pecans Conv.
 - 2191 Cashews, R/S Whole
 - 2182 Cashews, R/NS Pieces
 - 2228 Cashews Raw Whole
 - 2196 Walnuts Org.
 - 2187 Walnuts Conv.
 - 6187 Walnuts Conv.
 - 2181 Cashews, Raw Pieces
 - 2197 Almonds, Conv. Raw
 - 2184 Almonds, R/NS
 - 2195 Almonds, R/S
 - 2177 Peanuts, R/NS
 - 2172 Raw, Shelled Pistachios
 - 2000 Peanut, R/NS Conv.
 - 2563 Peanuts In-Shell
 - 2178 Pistaschios
 - 2185 Mix Nuts, R/S
 - 2176 Peanuts, R/S
 - 2174 Mix Nuts, R/NS
 - 2302 Nut Butter, Almond
 - 2301 Nut Butter, Peanut

- Fruit
- 510 Apples
 - 123 Plums
 - 516 Blueberries
 - 6066 Tomatoes
 - 560 Papaya Spears
 - 531 Pitted Dates
 - 523 Date Pieces in Oat Flour
 - 561 Peaches
 - 608 Bananas, whole
 - 614 Goji Berries
 - 2211 Turkish Figs
 - 2212 Pitted Prunes
 - 2213 Apricots
 - 2214 Cherries
 - 2210 Banana Chips
 - 2215 Mango
 - 2216 Cranberries w/sugar
 - 2050 Cranberries, apple-sweetened
 - 2217 Currants
 - 2220 Raisins, Golden
 - 2221 Pineapple
 - 2218 Raisins, Thompson
 - 2219 Raisins, Flame
 - 2222 Pineapple, Conv.
 - 678 Tahini, NS

- Liquids
- 2308 Wildflower Honey
 - 2306 Ames Raw Honey
 - 2307 Olive Oil Extra Virgin
 - 2111 Safflower Oil (unrefined)
 - 2313 Shoyu
 - 2312 Tamari

- Liquids
- 2316 White Vinegar
 - 2319 Olive Oil Extra Virgin, Conv.
 - 2300 Canola Oil
 - 2311 Vanilla Extract
 - 2035 Apple Cider Vinegar
 - 2317 Balsamic Vinegar
 - 2309 Maple Syrup Grade B
 - 2320 Maple Syrup Grade A
 - 2321 Molasses
 - 2034 Agave Nectar

- Refrigerated
- 2202 Macadamia Nuts
 - 2201 Hazelnuts (Filberts)
 - 2200 Brazil Nuts
 - 2720 Pine Nuts
 - 2203 Pepitas
 - 2721 Nutritional Yeast Powder
 - 2522 Brown Rice Flour
 - 2725 Oat Bran
 - 2701 Wheat Germ
 - 2724 Wheat Bran
 - 2708 Active Dry Baker's Yeast
 - 2705 Buckwheat Flour
 - 2030 Golden Flaxmeal
 - 2523 Spelt Flour
 - 2709 Oat Flour
 - 2704 Nutritional Yeast Flakes
 - 2605 Brown Flax
 - 2232 Golden Flax
 - 2204 Millet Flour
 - 2719 Corn Meal

- Baking & Flour
- 2428 Carob Chips
 - 2051 Org. Frankfurt 60%
 - 2052 Semisweet Choc. Chips
 - 2430 Semisweet Choc. Chip
 - 2424 Maxi Choc. Chips
 - 2225 Coconut
 - 2716 Semolina Flour
 - 2524 Rye Flour
 - 2518 MultiGrain Bread Mix
 - 2703 Corn Flour
 - 2706 White Rice Flour
 - 2433 Turbinado (Demerara)
 - 2029 Real Salt
 - 2438 Sea Salt
 - 2521 Brown Teff Flour
 - 2714 Barley Flour
 - 2006 WW Bread Flour
 - 2519 WW Pastry Flour
 - 2516 Gold & White Flour
 - 2517 White All-Purpose Flour
 - 2515 Swany White All-Purpose Flour
 - 2437 White Sugar
 - 2436 Brown Sugar
 - 2236 Cane Sugar
 - 2435 Dutch Cocoa Powder
 - 2434 Natural Cocoa Powder

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|---------------|-----------------------|--------------------------------|
| Grains & Rice | 2506 | Oat Groats |
| | 2003 | Rolled Rye Flakes |
| | 2503 | Rye Berries |
| | 2508 | Wheat Berries |
| | 2509 | Bulgar Wheat |
| | 2511 | Cracked Wheat |
| | 2510 | Cracked Barley |
| | 2007 | Pearled Barley |
| | 2382 | Thin Oats |
| | 2004 | Steel Cut Oats |
| | 2022 | Couscous French, WW |
| | 2502 | Quinoa |
| | 2002 | Thick Oats |
| | 2001 | Regular Oats |
| | 2612 | Brown Basmati |
| | 2613 | White Basmati |
| | 2618 | Short Brown |
| | 2512 | Barley Flakes |
| | 2505 | Hulled Barley |
| | 2501 | Buckwheat Groats |
| | 2367 | Yellow Popcorn |
| | 2370 | White Popcorn |
| | 2407 | Curry Lentil Soup |
| | 2408 | Split Pea Soup |
| | 2439 | Texturized Vegetable Protein |
| | 2601 | Black Jasmine Rice |
| | 2500 | Polenta |
| | 2513 | Millet, Hulled |
| | 2295 | Nature's Burger Mix |
| | 2402 | Falafel Mix |
| | 2406 | Hummus |
| | 2617 | Long White Rice |
| | 2607 | Arborio Rice |
| | 2615 | Brown Rice, Long Grain, Conv. |
| | 2048 | Rice Pilaf |
| | 2620 | Brown Rice, Long Grain |
| | 2600 | Jasmine Rice |
| | 2616 | Brown Rice, Short Grain, Conv. |
| 2625 | White Earth Wild Rice | |

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|-------|------|--------------------|
| Beans | 2113 | Small Red Beans |
| | 2115 | Pinto Beans |
| | 2112 | Adzuki |
| | 2121 | Mung Beans |
| | 2105 | Kidney Beans |
| | 2106 | Cannelini Beans |
| | 2049 | Fava Beans |
| | 2100 | Green Split Peas |
| | 2107 | Navy Beans |
| | 2122 | Soybeans |
| | 2123 | Black-Eyed Peas |
| | 2109 | Lima Beans |
| | 2101 | Yellow Split Peas |
| | 2118 | Garbanzo Beans |
| | 2117 | Black Turtle Beans |
| | 2104 | French Lentils |
| | 2102 | Red Lentils |
| | 2103 | Green Lentils |

- 2033 Cavatappi
- 2010 Quinoa Pagodas
- 2040 WW Fusilli
- 2019 Veggie Shells
- 2025 Elbow Mac, White
- 2026 Brown Rice Penne
- 2027 Brown Rice Spirals
- Pasta 2023 WW Penne
- 2264 WW Elbows
- 2039 Penne
- 2776 Gemelli
- 2054 Egg Noodles
- 2031 WW Spaghetti
- 2032 Artichoke Spaghetti
- 2045 Wizard's Reply Mix
- 2024 Orzo

- 2194 "Smokies"
- 2362 Yogurt Raisins
- 2352 Choc. Peanuts
- 2736 Dark Choc. Almonds
- 2351 Choc. Raisins
- 2870 Dark Chocolate Ginger
- Sweet Snacks 2017 Sundrops, Dark Org.
- 2014 Jelly Pebbles, Org.
- 2021 Honey Pistachio Chunks
- 2227 Carob Spirulina Chunks
- 2013 Agave Gummy Bears
- 2360 Maltballs
- 2349 Ginger Chews
- 2224 Ginger Chunks, Org.
- 2020 Choc. Almond Chip Chunks
- 2015 Gummy Cubs, Org.

- Non-Foods 2754 Liquid soap, gentle
- 2755 Laundry soap
- 2752 Dish soap
- 2750 All-Purpose soap
- 2573 Auto Dishwashing Gel

- Peace Coffee 3515 Ethiopian Yerga
- 3530 Guat. Dark
- 3521 Dark Decaf
- 3531 Guat. Light
- 3532 French Roast
- 3536 Sumatran Italian
- 3538 Espresso
- 3541 Colombian Heavy Pedal
- 3529 Birchwood
- 3516 Twin Cities Blend
- 3526 Full City Decaf
- 3542 Ethiopian Green
- 3542 Green Beans

Equal Exchange Coffee

- 3588 Breakfast Blend
- 3534 French
- 3520 Mind, Body, Soul
- 3535 Love Buzz
- 3517 Midnight Sun
- 3430 San Fernando
- 3441 Black Silk Espresso
- 2806 Oromian Coffee
- 3431 May Day Blend
- 3518 Breakfast Blend Decaf

Kickapoo Coffee

- 3443 Ethiopian Nat. Process
- 3447 Summer Solstice
- 3445 French Roast
- 3446 El Salvador
- 3453 Kenya AA
- 3449 Peru Cenfrocafe
- 3448 Driftless Morning
- 3451 Guat Rio Azul
- 3452 Winter Solstice
- 3450 Mexican
- 3604 Biodynamic Brazil
- 3454 Colombia Fondo Paez

Just Coffee

- 3438 Bike Fuel
- 3440 Maya Superdark
- 3439 Decaf

Herbs, Spices, Teas

- 2908 Agar Agar
- 2604 Alfalfa Seeds
- 2929 Allspice Whole Berries
- 2801 Allspice Powder
- 2804 Anise Seed Powder
- 2805 Anise Seed Whole
- 2823 Star Anise
- 2807 Arrowroot Powder
- 2809 Baking Powder
- 2810 Baking Soda
- 2811 Basil Leaf
- 2812 Bay Leaf
- 2999 Bee Pollen
- 2991 Berbere
- 2913 Veggie Chix Broth
- 2915 Veggie Broth
- 2814 Burdock Root
- 2988 Buttermilk Powder
- 2933 C Vitamin Powder
- 2602 Cacao Nibs
- 2840 Calendula
- 2927 Capsules Veg.
- 2815 Caraway Seed Whl
- 2990 Cardamon Pods
- 2817 Cardamon Seed Whl
- 2816 Cardamon Seed Pdr
- 2900 Carob Powder
- 2818 Catnip Leaf & Flower
- 2827 Cayenne 30,000
- 2826 Cayenne 90,000

- Herbs, Spices, Teas
- 2819 Celery Salt
 - 2820 Celery Seed Whl
 - 2821 Chamomile Ger.
 - 2931 Cheddar Cheese
 - 2707 Chia Seeds
 - 2829 Chilipowder
 - 2808 Chilipowder Spicy
 - 2825 Pepper, Anaheim Crsh
 - 2627 Pepper, Chipotle Pwd.
 - 2830 Chives
 - 2832 Cilantro
 - 2833 Cinnamon Chips
 - 2834 Cinnamon Ground
 - 2994 Cinn, Grd, Ceylon
 - 2835 Cinnamon Sticks
 - 2890 Citric Acid
 - 2836 Clay, Bentonite
 - 2837 Clay, French Green
 - 2903 Red Clover
 - 2839 Cloves Whole
 - 2838 Cloves Ground
 - 2290 Hot Cocoa
 - 2653 Comfrey Leaf
 - 2841 Comfrey Root
 - 2843 Coriander Whole
 - 2842 Coriander Ground
 - 2864 Cornstarch
 - 2654 Cramp Bark C/S
 - 2844 Cream of Tartar
 - 2846 Cumin Whole
 - 2831 Cumin Ground
 - 2822 Curry Powder
 - 2656 Dandelion Leaf, C/S
 - 2995 Dandelion Root
 - 2850 Dill Weed
 - 2657 Dulse Flakes
 - 2658 Echinacea Herb
 - 2852 Echinacea Root
 - 2943 Eucalyptus Leaf
 - 2853 Fennel Seed Whl
 - 2854 Fenugreek Seed Whl
 - 2847 Fenugreek Powder
 - 2881 Five Spice Powder
 - 2848 Garam Masala
 - 2856 Garlic Flakes
 - 2857 Garlic Granules
 - 2858 Garlic Powder
 - 2859 Garlic Salt
 - 2861 Ginger, Crystallized
 - 2939 Ginger Root, Cut
 - 2860 Ginger Root Gnd
 - 2223 Ginseng, Whole
 - 2863 Goldenseal Powder
 - 2659 Guar Gum
 - 2660 Gumbo File
 - 2936 Henna, Red Powder
 - 2865 Herbs de Provence
 - 2866 Hibiscus Flowers

- Herbs, Spices, Teas
- 2867 Italian Seasoning
 - 2661 Juniper Berries
 - 2909 Kelp Powder
 - 2868 Lavender Flowers
 - 2869 Lemon Balm Leaf
 - 2871 Lemongrass
 - 2948 Lemon Pepper
 - 2872 Licorice Root, Cut
 - 2873 Mace Ground
 - 2874 Marjoram
 - 2941 Marshmallow Root
 - 2996 Mexican Seasoning
 - 2662 Milk, Dry Non-Fat
 - 2875 Milk Thistle Seed
 - 2945 Mullein Leaf
 - 2876 Mustard Seed Brown
 - 2878 Mustard Seed Yellow
 - 2877 Mustard Yellow Pdr
 - 2879 Nettle Leaf
 - 2889 Nutmeg Whole
 - 2880 Nutmeg Ground
 - 2932 Oatstraw, Green Tops
 - 2882 Onion Flake
 - 2883 Onion Powder
 - 2885 Oregano Leaf
 - 2887 Paprika, Ground
 - 2663 Paprika, Hungarian
 - 2664 Smoked Paprika
 - 2888 Parsley Leaf
 - 2665 Peas, Whole Green
 - 2893 Peppercorns, Whl Blk
 - 2891 Pepper, Blk Coarse
 - 2803 Fine Grind Pepper
 - 2894 Peppermill, Gourmet
 - 2892 Pepper, White Ground
 - 2895 Peppermint Leaf
 - 2907 Pickling Spice
 - 2603 Poppy Seeds
 - 2997 Poultry Seasoning
 - 2959 Psyllium Powder
 - 2958 Psyllium Seed Husk
 - 2802 Pumpkin Pie Spice
 - 2902 Raspberry, Red Leaf
 - 2904 Rosehips
 - 2905 Rosemary
 - 2906 Sage Rubbed
 - 2862 Sandwich Mix Sprouting Seeds
 - 2608 Savory Leaf, Winter
 - 2898 Sea Salt, Coarse
 - 2666 Senna Leaf
 - 2828 Black Sesame Seed
 - 2884 Shiro
 - 2912 Slippery Elm Powder
 - 2928 Spearmint Leaf
 - 2926 Spike Seasoning
 - 2910 Spirulina Powder
 - 2855 Stevia Powder
 - 2667 Stevia Powder, White

Herbs, Spices, Teas
 2916 St. Johns Wort Herb
 2918 Tapioca Granules
 2919 Tarragon Leaf
 2920 Thai Seasoning
 2921 Thyme
 2924 Tomato Powder
 2922 Tumeric Powder
 2923 Valerian Root
 2998 Vanilla Beans (2-pak)
 2925 Soup, Veggie Delux
 2785 Wheat Grass Powder
 2668 Yellowdock Root

Teas
 2784 Decaf Ceylon
 2824 Chicory Roasted
 2788 Cranberry Orange herbal
 2966 Earl Grey decaf
 2669 Indian Black Decaf
 2131 Rooibos Berry Fruit Melange
 2129 Early Grey Rooibos
 2128 Ginger Lime Rooibos
 2787 Rooibos Tea
 2790 Rooibos Tea
 2798 Shanti
 2967 Verbena (french verveine)
 2126 Asian Pear Blossom Green
 2980 Malty Assam
 2670 Org Assam
 2973 Bancha
 2960 Ceylon
 2977 Chai
 2979 Masala Chai
 2961 Darjeeling
 2993 Darjeeling Muscatel
 2968 Dragonwell
 2962 Earl Grey
 2794 Earl Green
 2963 Eng. Breakfast
 2969 Genmaicha
 2970 Gunpowder
 2964 Irish Breakfast
 2971 Jasmine
 2975 Jasmine pearl, conv.
 2791 Red Lychee, conv.
 2982 Matcha
 2130 Roasted Mate Gingersnap
 2127 Oolong, Coconut Jade
 2792 Plum Oolong
 2132 Dark Choc. Peppermint Roasted Oolong
 2978 Wuyi Oolong
 2795 White Peach
 2125 Pu-er Blend, 2006 Vintage
 2992 Pu-erh Tuocha
 2972 Sencha
 2793 Japanese Sencha
 2789 White Peony
 2955 Yerba Mate