

SEWARD CO-OP BULK ITEMS BY PLU

- 2000 Peanut, R/NS Conv.
- 2001 Regular Oats
- 2002 Thick Oats
- 2003 Rolled Rye Flakes
- 2004 Steel Cut Oats
- 2006 WW Bread Flour
- 2007 Pearled Barley
- 2009 Maple Mixed Nuts
- 2010 Quinoa Pagodas
- 2013 Agave Gummy Bears
- 2014 Jelly Pebbles, Org.
- 2015 Gummy Cubs, Org.
- 2017 Sundrops, Dark Org.
- 2019 Veggie Shells
- 2020 Choc. Almond Chip Chunks
- 2021 Honey Pistachio Chunks
- 2022 Couscous French, WW
- 2023 WW Penne
- 2024 Orzo
- 2025 Elbow Mac, White
- 2026 Brown Rice Penne
- 2027 Brown Rice Spirals
- 2029 Real Salt
- 2030 Golden Flaxmeal
- 2031 WW Spaghetti
- 2032 Artichoke Spaghetti
- 2033 Cavatappi
- 2034 Agave Nectar
- 2035 Apple Cider Vinegar
- 2039 Penne
- 2040 WW Fusilli
- 2042 Tamari Pepitas
- 2043 Choc. Cashew Cranberry Mix
- 2044 Carob Almonds
- 2045 Wizard's Reply Mix
- 2046 Sprouted Almonds
- 2048 Rice Pilaf
- 2049 Fava Beans
- 2050 Cranberries, apple-sweetened
- 2051 Org. Frankfurt 60%
- 2052 Semisweet Choc. Chips
- 2053 Maple Pecans
- 2054 Egg Noodles
- 2100 Green Split Peas
- 2101 Yellow Split Peas
- 2102 Red Lentils
- 2103 Green Lentils
- 2104 French Lentils
- 2105 Kidney Beans
- 2106 Cannelini Beans
- 2107 Navy Beans
- 2109 Lima Beans
- 2111 Safflower Oil (unrefined)

UPDATED: 3/22/11

- 2112 Adzuki
- 2113 Small Red Beans
- 2115 Pinto Beans
- 2117 Black Turtle Beans
- 2118 Garbanzo Beans
- 2121 Mung Beans
- 2122 Soybeans
- 2123 Black-Eyed Peas
- 2125 Pu-er Blend, 2006 Vintage
- 2126 Asian Pear Blossom Green
- 2127 Oolong, Coconut Jade
- 2128 Ginger Lime Rooibos
- 2129 Early Grey Rooibos
- 2130 Roasted Mate Gingersnap
- 2131 Rooibos Berry Fruit Melange
- 2132 Dark Choc. Peppermint Roasted Oolong
- 2172 Raw, Shelled Pistachios
- 2173 Almonds, Slivered
- 2174 Mix Nuts, R/NS
- 2175 Almonds, Sliced
- 2176 Peanuts, R/S
- 2177 Peanuts, R/NS
- 2178 Pistaschios
- 2180 Soynuts R/S
- 2181 Cashews, Raw Pieces
- 2182 Cashews, R/NS Pieces
- 2184 Almonds, R/NS
- 2185 Mix Nuts, R/S
- 2186 Pecans Conv.
- 2187 Walnuts Conv.
- 2188 Almonds, Raw
- 2189 Sunflower Seeds, R/NS
- 2190 Sunflower Seeds, R/S
- 2191 Cashews, R/S Whole
- 2192 Almonds, Tamari
- 2194 "Smokies"
- 2195 Almonds, R/S
- 2196 Walnuts Org.
- 2197 Almonds, Conv. Raw
- 2198 Maple Walnut Cranberry Mix
- 2199 Sunflower Seeds, Raw
- 2200 Brazil Nuts
- 2201 Hazelnuts (Filberts)
- 2202 Macadamia Nuts
- 2203 Pepitas
- 2204 Millet Flour
- 2206 Pecans Org.
- 2209 Crisped Rice
- 2210 Banana Chips
- 2211 Turkish Figs
- 2212 Pitted Prunes
- 2213 Apricots
- 2214 Cherries
- 2215 Mango
- 2216 Cranberries w/sugar
- 2217 Currants
- 2218 Raisins, Thompson
- 2219 Raisins, Flame

UPDATED: 3/22/11

- 2220 Raisins, Golden
- 2221 Pineapple
- 2222 Pineapple, Conv.
- 2223 Ginseng, Whole
- 2224 Ginger Chunks, Org.
- 2225 Coconut
- 2227 Carob Spirulina Chunks
- 2228 Cashews Raw Whole
- 2232 Golden Flax
- 2233 Cashew Crunch
- 2235 Raisin Cashew
- 2236 Cane Sugar
- 2237 Pumpkin Flax
- 2240 Swiss Muesli
- 2241 Cherry Vanilla
- 2261 Great Harvest, No Oil
- 2262 Cinn. Apple Crunch
- 2263 8 Grain Hot Cereal
- 2264 WW Elbows
- 2265 Molasses Almond
- 2266 Peanut Butter
- 2267 Ginger Snap
- 2268 Honey Gone Nut
- 2269 6-Grain
- 2272 Orange Almond
- 2273 French Vanilla
- 2274 Blueberry Flax
- 2275 Raspberry Cream
- 2277 Farina
- 2281 Hemp Plus
- 2282 Animal Crackers
- 2284 Maple Almond
- 2289 Seward Honey Almond
- 2290 Hot Cocoa
- 2294 Rice Crackers
- 2295 Nature's Burger Mix
- 2300 Canola Oil
- 2301 Nut Butter, Peanut
- 2302 Nut Butter, Almond
- 2306 Ames Raw Honey
- 2307 Olive Oil Extra Virgin
- 2308 Wildflower Honey
- 2309 Maple Syrup Grade B
- 2311 Vanilla Extract
- 2312 Tamari
- 2313 Shoyu
- 2316 White Vinegar
- 2317 Balsamic Vinegar
- 2319 Olive Oil Extra Virgin, Conv.
- 2320 Maple Syrup Grade A
- 2321 Molasses
- 2344 Anti-Oxidant Mix
- 2346 Apple Cranberry Trail Mix
- 2349 Ginger Chews
- 2351 Choc. Raisins
- 2352 Choc. Peanuts
- 2354 Hokey Pokey
- 2355 Raw Trail Mix

UPDATED: 3/22/11

- 2356 Rstd Trail Mix
- 2360 Maltballs
- 2362 Yogurt Raisins
- 2363 Choc. Pretzels
- 2364 Yogurt Pretzels
- 2365 Glad Corn
- 2366 Wasabi Peas
- 2367 Yellow Popcorn
- 2369 Tropical Trail Mix
- 2370 White Popcorn
- 2371 Sesame Sticks
- 2372 Garlic Sticks
- 2373 Tex Mex Mix
- 2375 Rocky Mountain Mix
- 2382 Thin Oats
- 2402 Falafel Mix
- 2406 Hummus
- 2407 Curry Lentil Soup
- 2408 Split Pea Soup
- 2424 Maxi Choc. Chips
- 2428 Carob Chips
- 2430 Semisweet Choc. Chip
- 2433 Turbinado (Demerara)
- 2434 Natural Cocoa Powder
- 2435 Dutch Cocoa Powder
- 2436 Brown Sugar
- 2437 White Sugar
- 2438 Sea Salt
- 2439 Texturized Vegetable Protein
- 2500 Polenta
- 2501 Buckwheat Groats
- 2502 Quinoa
- 2503 Rye Berries
- 2505 Hulled Barley
- 2506 Oat Groats
- 2508 Wheat Berries
- 2509 Bulgar Wheat
- 2510 Cracked Barley
- 2511 Cracked Wheat
- 2512 Barley Flakes
- 2513 Millet, Hulled
- 2515 Swany White All-Purpose Flour
- 2516 Gold & White Flour
- 2517 White All-Purpose Flour
- 2518 MultiGrain Bread Mix
- 2519 WW Pastry Flour
- 2521 Brown Teff Flour
- 2522 Brown Rice Flour
- 2523 Spelt Flour
- 2524 Rye Flour
- 2563 Peanuts In-Shell
- 2573 Auto Dishwashing Gel
- 2600 Jasmine Rice
- 2601 Black Jasmine Rice
- 2602 Cacao Nibs
- 2603 Poppy Seeds
- 2604 Alfalfa Seeds
- 2605 Brown Flax

UPDATED: 3/22/11

- 2606 Sesame Seeds
- 2607 Arborio Rice
- 2608 Savory Leaf, Winter
- 2612 Brown Basmati
- 2613 White Basmati
- 2615 Brown Rice, Long Grain, Conv.
- 2616 Brown Rice, Short Grain, Conv.
- 2617 Long White Rice
- 2618 Short Brown
- 2620 Brown Rice, Long Grain
- 2625 White Earth Wild Rice
- 2627 Pepper, Chipotle Pwd.
- 2653 Comfrey Leaf
- 2654 Cramp Bark C/S
- 2656 Dandelion Leaf, C/S
- 2657 Dulse Flakes
- 2658 Echinacea Herb
- 2659 Guar Gum
- 2660 Gumbo File
- 2661 Juniper Berries
- 2662 Milk, Dry Non-Fat
- 2663 Paprika, Hungarian
- 2664 Smoked Paprika
- 2665 Peas, Whole Green
- 2666 Senna Leaf
- 2667 Stevia Powder, White
- 2668 Yellowdock Root
- 2669 Indian Black Decaf
- 2670 Org Assam
- 2701 Wheat Germ
- 2703 Corn Flour
- 2704 Nutritional Yeast Flakes
- 2705 Buckwheat Flour
- 2706 White Rice Flour
- 2707 Chia Seeds
- 2708 Active Dry Baker's Yeast
- 2709 Oat Flour
- 2714 Barley Flour
- 2716 Semolina Flour
- 2719 Corn Meal
- 2720 Pine Nuts
- 2721 Nutritional Yeast Powder
- 2724 Wheat Bran
- 2725 Oat Bran
- 2736 Dark Choc. Almonds
- 2750 All-Purpose soap
- 2752 Dish soap
- 2754 Liquid soap, gentle
- 2755 Laundry soap
- 2776 Gemelli
- 2784 Decaf Ceylon
- 2785 Wheat Grass Powder
- 2787 Rooibos Tea
- 2788 Cranberry Orange herbal
- 2789 White Peony
- 2790 Rooibos Tea
- 2791 Red Lychee, conv.
- 2792 Plum Oolong

UPDATED: 3/22/11

- 2793 Japanese Sencha
- 2794 Earl Green
- 2795 White Peach
- 2798 Shanti
- 2801 Allspice Powder
- 2802 Pumpkin Pie Spice
- 2803 Fine Grind Pepper
- 2804 Anise Seed Powder
- 2805 Anise Seed Whole
- 2806 Equal Exchange Oromian Coffee
- 2807 Arrowroot Powder
- 2808 Chilipowder Spicy
- 2809 Baking Powder
- 2810 Baking Soda
- 2811 Basil Leaf
- 2812 Bay Leaf
- 2814 Burdock Root
- 2815 Caraway Seed Whl
- 2816 Cardamon Seed Pdr
- 2817 Cardamon Seed Whl
- 2818 Catnip Leaf & Flower
- 2819 Celery Salt
- 2820 Celery Seed Whl
- 2821 Chamomile Ger.
- 2822 Curry Powder
- 2823 Star Anise
- 2824 Chicory Roasted
- 2825 Pepper, Anaheim Crsh
- 2826 Cayenne 90,000
- 2827 Cayenne 30,000
- 2828 Black Sesame Seed
- 2829 Chilipowder
- 2830 Chives
- 2831 Cumin Ground
- 2832 Cilantro
- 2833 Cinnamon Chips
- 2834 Cinnamon Ground
- 2835 Cinnamon Sticks
- 2836 Clay, Bentonite
- 2837 Clay, French Green
- 2838 Cloves Ground
- 2839 Cloves Whole
- 2840 Calendula
- 2841 Comfrey Root
- 2842 Coriander Ground
- 2843 Coriander Whole
- 2844 Cream of Tartar
- 2846 Cumin Whole
- 2847 Fenugreek Powder
- 2848 Garam Masala
- 2850 Dill Weed
- 2852 Echinacea Root
- 2853 Fennel Seed Whl
- 2854 Fenugreek Seed Whl
- 2855 Stevia Powder
- 2856 Garlic Flakes
- 2857 Garlic Granules
- 2858 Garlic Powder

UPDATED: 3/22/11

- 2859 Garlic Salt
- 2860 Ginger Root Gnd
- 2861 Ginger, Crystallized
- 2862 Sandwich Mix Sprouting Seeds
- 2863 Goldenseal Powder
- 2864 Cornstarch
- 2865 Herbs de Provence
- 2866 Hibiscus Flowers
- 2867 Italian Seasoning
- 2868 Lavender Flowers
- 2869 Lemon Balm Leaf
- 2870 Dark Chocolate Ginger
- 2871 Lemongrass
- 2872 Licorice Root, Cut
- 2873 Mace Ground
- 2874 Marjoram
- 2875 Milk Thistle Seed
- 2876 Mustard Seed Brown
- 2877 Mustard Yellow Pdr
- 2878 Mustard Seed Yellow
- 2879 Nettle Leaf
- 2880 Nutmeg Ground
- 2881 Five Spice Powder
- 2882 Onion Flake
- 2883 Onion Powder
- 2884 Shiro
- 2885 Oregano Leaf
- 2887 Paprika, Ground
- 2888 Parsley Leaf
- 2889 Nutmeg Whole
- 2890 Citric Acid
- 2891 Pepper, Blk Coarse
- 2892 Pepper, White Ground
- 2893 Peppercorns, Whl Blk
- 2894 Peppermill, Gourmet
- 2895 Peppermint Leaf
- 2898 Sea Salt, Coarse
- 2900 Carob Powder
- 2902 Raspberry, Red Leaf
- 2903 Red Clover
- 2904 Rosehips
- 2905 Rosemary
- 2906 Sage Rubbed
- 2907 Pickling Spice
- 2908 Agar Agar
- 2909 Kelp Powder
- 2910 Spirulina Powder
- 2912 Slippery Elm Powder
- 2913 Veggie Chix Broth
- 2915 Veggie Broth
- 2916 St. Johns Wort Herb
- 2918 Tapioca Granules
- 2919 Tarragon Leaf
- 2920 Thai Seasoning
- 2921 Thyme
- 2922 Tumeric Powder
- 2923 Valerian Root
- 2924 Tomato Powder

UPDATED: 3/22/11

- 2925 Soup, Veggie Delux
- 2926 Spike Seasoning
- 2927 Capsules Veg.
- 2928 Spearmint Leaf
- 2929 Allspice Whole Berries
- 2931 Cheddar Cheese
- 2932 Oatstraw, Green Tops
- 2933 C Vitamin Powder
- 2936 Henna, Red Powder
- 2939 Ginger Root, Cut
- 2941 Marshmallow Root
- 2943 Eucalyptus Leaf
- 2945 Mullein Leaf
- 2948 Lemon Pepper
- 2955 Yerba Mate
- 2958 Psyllium Seed Husk
- 2959 Psyllium Powder
- 2960 Ceylon
- 2961 Darjeeling
- 2962 Earl Grey
- 2963 Eng. Breakfast
- 2964 Irish Breakfast
- 2966 Earl Grey decaf
- 2967 Verbena (french verveine)
- 2968 Dragonwell
- 2969 Genmaicha
- 2970 Gunpowder
- 2971 Jasmine
- 2972 Sencha
- 2973 Bancha
- 2975 Jasmine pearl, conv.
- 2977 Chai
- 2978 Wuyi Oolong
- 2979 Masala Chai
- 2980 Malty Assam
- 2982 Matcha
- 2988 Buttermilk Powder
- 2990 Cardamon Pods
- 2991 Berbere
- 2992 Pu-erh TuoCha
- 2993 Darjeeling Muscatel
- 2994 Cinn, Grd, Ceylon
- 2995 Dandelion Root
- 2996 Mexican Seasoning
- 2997 Poultry Seasoning
- 2998 Vanilla Beans (2-pak)
- 2999 Bee Pollen
- 3430 Equal Exchange San Fernando
- 3431 Equal Exchange May Day Blend
- 3438 Just Coffee Bike Fuel
- 3439 Just Coffee Decaf
- 3440 Just Coffee Maya Superdark
- 3441 Equal Exchange Black Silk Espresso
- 3443 Kickapoo Coffee Ethiopian Nat. Process
- 3445 Kickapoo Coffee French Roast
- 3446 Kickapoo Coffee El Salvador
- 3447 Kickapoo Coffee Summer Solstice
- 3448 Kickapoo Coffee Driftless Morning

UPDATED: 3/22/11

- 3449 Kickapoo Coffee Peru Cenfrocafe
- 3450 Kickapoo Coffee Mexican
- 3451 Kickapoo Coffee Guat Rio Azul
- 3452 Kickapoo Coffee Winter Solstice
- 3453 Kickapoo Coffee Kenya AA
- 3454 Kickapoo Coffee Colombia Fondo Paez
- 3515 Peace Coffee Ethiopian Yerga
- 3516 Peace Coffee Twin Cities Blend
- 3517 Equal Exchange Midnight Sun
- 3518 Equal Exchange Breakfast Blend Decaf
- 3520 Equal Exchange Mind, Body, Soul
- 3521 Peace Coffee Dark Decaf
- 3526 Peace Coffee Full City Decaf
- 3529 Peace Coffee Birchwood
- 3530 Peace Coffee Guat. Dark
- 3531 Peace Coffee Guat. Light
- 3532 Peace Coffee French Roast
- 3534 Equal Exchange French
- 3535 Equal Exchange Love Buzz
- 3536 Peace Coffee Sumatran Italian
- 3538 Peace Coffee Espresso
- 3541 Peace Coffee Colombian Heavy Pedal
- 3542 Peace Coffee Ethiopian Green
- 3542 Peace Coffee Green Beans
- 3588 Equal Exchange Breakfast Blend
- 3604 Kickapoo Coffee Biodynamic Brazil
- 6066 Tomatoes
- 6187 Walnuts Conv.