

## WHOLESALE FOOD AND GRAIN ORDER - 2010

All orders by Saturday September 18th. ( We will not take any orders after this date). All orders must be prepaid by cheque made to **Bosch Kitchen Centre** and mailed or in person with cash or debit in Cowichan Bay at 1617 Simon place., V0R 1N1. We cannot take charge cards for grain order to keep costs down. Pickup is 9:30 a.m. until 5 p.m., Thurs. Fri., and Sat, September 30th, October, 1st, and 2nd. with cleanup day Mon. Oct. 4th. until NOON. Pickup is in Victoria, Langford area at GLENWOOD MEATS PARKING LOT, 1245 Parkdale Drive . If you email or fax or mail an order I will confirm that I have received it.

PRICES ARE SUBJECT TO CHANGE ( but we really try hard to keep them at these quotes)!!!

To Order phone (250)701-0864 or toll free 1-888-735-1044 or Fax 1-250-701-0894 or email [Carol@healthykitchens.com](mailto:Carol@healthykitchens.com)

Org. Hard White Wheat 20 Kg (Schmidt)	\$28.00	Skim Milk powder, non-instant, 25 kg.	\$215.00	White Navy Beans, 11.34 kg.	\$38.00
Org. Hard Red Wheat 22.7 Kg.	\$29.00	Skim Milk powder, non-instant, 5 kg.	\$50.00	Black Turtle Beans, 11.34 kg.	\$30.00
Org. Rye 20 kg.(Schmidt)	\$26.00	Cashews, large pieces, 5 Kg	\$48.00	Chick Peas 11 kg. kg.	\$33.00
Org. Hulled barley (Schmidt)22.7 kg	\$40.00	Cashews, whole 5 kg.	\$79.00	Green Lentils, 10 kg,	\$29.00
Org. Soft Wheat 22.7 kg	\$35.00	Whole Unblanched Almonds, 5 kg.	\$58.00	Green Split Peas, 10 kg.	\$26.00
Org. Kamut 22.7 kg.	\$42.00	Whole Unblanched almonds, 11.34 kg.	\$115.00	Soybean, 10 kg.	\$30.00
Org. Spelt 22.7 kg.	\$70.00	Filberts/Hazelnuts, whole natural, 5 Kg.	\$68.00	Dried Cranberries, 2.27 kg.	\$35.00
Org. Amaranth 11.34 kg.	\$60.00	Walnuts Halves & pieces, 5 Kg.	\$72.00	Cal. Pitted Dates, 6.8 kg.	\$54.00
Org. Quinoa 11.34 kg.	\$90.00	Pecan halves, 5 Kg.	\$82.00	Iranian Pitted dates 10 kg	\$31.00
Org. Buckwheat Hulled 22.7 kg,	\$68.00	Pumpkin Seeds, Raw, 5kg.	\$57.00	Jumbo Chilean Thomp. raisins, 10 kg.	\$38.00
Org. Barley flakes, 11.34 kg	\$29.00	Sesame seeds, 5kg.	\$28.00	Coconut, med des., 5 kg.	\$23.00
Org. Hulled Oats 22.7 kg.	\$55.00	Sunflower Seed, 11.34 kg.	\$44.00	Honey, Unpasteurized clover, 33 lb.	\$90.00
Org. Quick Oats, 10 kg.	\$28.00	Sunflower Seeds, raw hulled, 5 kg.	\$25.00	Molasses 5 Kg, Black Strap	\$19.00
Org. Quick Oats, 22,7 kg.	\$48.00	Flax Seed, 10 kg.	\$26.00	Chocolate chips, pure, 3 kg	\$21.00
Org. Rolled Oats, lg. flake, 10 kg.	\$28.00	Flax Seed, 5 kg.	\$16.00	Callebault choc. dark-2.5kg	\$32.00
Org. Rolled Oats, lg. flake, 22.7 k	\$48.00	Long Brown Rice, Lund. 11.34kg	\$33.00	Callebault choc. milk- 2.5kg	\$36.00
Org. Triticale 22.7 kg.	\$35.00	Short Brown Rice, Lund. 11.34 kg.	\$38.00	Callebault choc, white, 2,5kg	\$33.00
Org. Durham (pasta)22.7 kg.	\$40.00	White Basmati Rice, 5kg.	\$20.00	Dutch Cocoa 5 kg.	\$49.00
Org. Popcorn 11.34 kg.	\$36.00	Brown Basmati Rice, 5 kg.	\$19.00	Vegele 21 oz.	\$16.00
Org. Hulled Millet 22.7 kg.	\$62.00	Millet 5 kg.	\$16.00	Vegele 14 oz.	\$13.00
Org. Long Brown Rice 11.34 Kg	\$53.00	Millet 11.34 kg.	\$26.00	Ultra Gel 12 oz	\$10.00
Org. Short Brown Rice 11.34 Kg	\$50.00	Oat Groats 22.7 kg.	\$32.00	Ultra Gel 30 oz	\$18.00
Org. Basmati Brown Rice 11.34 kg.	\$50.00	Steel cut oats 22.7 kg.	\$32.00	Xagave 18oz	\$11.00
Org. Basmati White Rice 11.34 kg.	\$53.00	Buckwheat Groats, 11.34 kg.	\$52.00		
Org. Pinto beans, 11.34 kg.	\$43.00	7 grain cereal 12 kg.	\$28.00	<p>GLENWOOD MEATS IS LOCATED IN THE GLEN LAKE AREA OF LANGFORD AT  <b>1245 PARKDALE DRIVE</b>            GET DIRECTIONS ONLINE AT:  <a href="http://WWW.GLENWOODMEATS.CA">WWW.GLENWOODMEATS.CA</a></p> 	
Org. Small Red Chili beans, 11.34 kg.	\$40.00	Pot Barley 10 kg.	\$24.00		
Org. Black Turtle Beans, 11.34 kg.	\$43.00	Popcorn 20 Kg	\$38.00		
Org. Chick Peas (Garbonzo) 11.34 kg.	\$45.00	Rolled Oats lg. flake 10 kg.	\$20.00		
Org. White Navy Beans, 11.34 kg.	\$43.00	Rolled Oats lg. flake 22.7 kg.	\$33.00		
Org. Soy Beans, 11.34 kg.	\$45.00	Quick Oats, 10 kg.	\$20.00		
Org. Green Lentils, 11.34 kg.	\$42.00	Quick Oats 25 kg.	\$34.00		
Org. Green Split Peas, 11.34 kg.	\$32.00	Oat Bran 5 kg.	\$21.00		
Org. Brown Flax 22.7 kg.	\$70.00	Multimix- 3 kg. 9 grains (no wheat)	\$24.00		
Org. Brown flax 5kg.	\$28.00	Gluten flour 4 kg.	\$28.00		
Org. Sunflower, raw hulled, 11.34 kg.	\$47.00	Saf yeast .454 gr.	\$6.00		
Org. almonds, natural 11.34 kg.	\$200.00	Dough Enhancer .454gr	\$11.00		
Org. Thompson Raisins, 13.61 kg	\$110.00	Pinto Beans 11.34 kg.	\$34.00		
Org. Turkish Sultanas Raisins, 12.7 kg.	\$60.00	Small Red Chili Beans 11.34 kg.	\$36.00		