

Speerville Flour Mill

at

Emmerdale Eden Farm

2020

Cereal

7 Grain Cereal	1 lb.	\$2.75	
Rolled Oats/ Steel-cut Oats	1 lb.	\$2.50	GF

Grains

Amaranth	10 oz.	\$3.50	GF
Barley (Hulled)	1 lb.	\$2.25	
Brown Rice (Long Grain)	1 lb.	\$3.25	GF
Buckwheat Groats (Kasha)	10 oz.	\$3.00	GF
Corn Meal	1 lb.	\$2.50	GF
Millet (Hulled)	14 oz.	\$3.00	GF
Oat Groats	1 lb.	\$2.25	GF
Popping Corn	10 oz.	\$3.00	GF
Wheat Berries	12 oz.	\$1.50	

Legumes

Green Lentils	10 oz.	\$3.25	
Green Split Peas	12 oz.	\$3.25	
Red Lentils	10 oz.	\$3.50	
Yellow Split Peas	12 oz.	\$3.25	

Seeds

Chia Seeds	2 oz.	\$2.50	
Flax Meal (Ground seed)	6 oz.	\$3.50	
Flax Seed	9 oz.	\$2.50	
Pumpkin Seed	4 oz.	\$3.00	
Sesame Seed	3 oz.	\$2.00	
Sprouting Seeds	2 oz.	\$2.00	
Sunflower Seeds (raw)	7 oz.	\$2.50	

Pasta

Spelt Elbows	10oz.	\$4.75	
Spelt Spaghetti –	10 oz.	\$4.75	
Spinach Spaghetti	10 oz.	\$4.50	
Veggie Spirals	10 oz.	\$4.25	
Whole Wheat Spaghetti	10. oz	\$4.50	
Whole Wheat Penne Pasta	12 oz.	\$4.50	

Misc.

Baking Powder (Aluminum Free)	4 oz.	\$3.00	
Golden Sugar	1 lb.	\$3.25	
Sea Salt: Coarse Grey & Fine Grey	4 oz.	\$2.00	
Thompson Raisins	8 oz.	\$4.00	

Freshly Milled Flour

*** may come in contact with items with

gluten

Barley	1 lb.	\$3.00		
Buckwheat	1 lb.	\$4.00	5 lb. \$18.50	*** GF
Kamut	2 lb.	\$4.75	5 lb. \$10.75	* low gluten
Oat	1 lb.	\$2.75		* low gluten
Rye	2 lb.	\$3.50	5 lb. \$8	
Spelt - Whole	2 lb.	\$5.50	5 lb. \$12.00	* low gluten
Whole Wheat - Acadia	2 lb.	\$4.25	5 lb. \$10.50	
Wheat – Whole White	2 lb.	\$4.25	5 lb. \$10.50	

Made at Emmerdale Eden Farm

Garlic Scape Powder	2 oz.	\$4.50	
Onion Flakes (dehydrated)	1 oz.	\$3.00	
Soup Mix	10 oz.	\$3.50	1 lb. 5.25

Soup in a Jar: \$12.00	Bean Soup
	Easy Winter Chili
	Masala Soup
	Minestrone

Bulk Buying from Speerville

We have a bulk buying group which you can join if you would like to order larger bags of Speerville items. We order about 4 times a year or whenever there is a need. Please just let me know and I'll put you on the mailing list!