

2026**Speerville Flour Mill****2026**

Certified Organic

Emmerdale Eden Farm**Cereal**

7 Grain Cereal	1 lb.	\$2.75	
Rolled Oats	1 lb.	\$2.75	GF
Scottish Oats (steel-cut)	1 lb.	\$2.75	GF

Grains

Basmati Rice (Brown)	12 oz.	\$4.75	GF
Brown Rice (Long Grain)	12 oz.	\$3.75	GF
Corn Meal	1 lb.	\$3.25	GF
Hulled Barley	1 lb.	\$3.25	
Hulled Millet	10 oz.	\$3.50	GF
Popping Corn	10 oz.	\$3.75	GF
Quinoa	9 oz.	\$5.50	GF

Legumes

Chick Peas	8 oz.	\$3.75	
Green & Yellow Split Peas	9 oz.	\$3.75	
Green Lentils	9 oz.	\$3.75	
Red Lentils	10 oz.	\$3.75	

Seeds

Amaranth	10 oz.	\$3.50	
Chia Seeds	3 oz.	\$3.75	
Flax Meal (Ground seed)	6 oz.	\$4.00	
Flax Seed	8 oz.	\$3.50	
Hemp Hearts	3 oz.	\$4.75	
Pumpkin Seed	4 oz.	\$3.25	
Sesame Seed	3 oz.	\$2.00	
Sprouting Seeds	1.5 / 2 oz.	\$2.00	
Sunflower Seeds (raw)	7 oz.	\$3.50	

Pasta

Kamut Fusilli	12 oz.	\$5.25	
Spelt Penne	12 oz.	\$5.25	

Misc.

Baking Powder (Aluminum Free)	4 oz.	\$3.50	
Golden Sugar	10 oz.	\$3.50	
Maritime Maple Syrup	8.5 oz.	\$10.50	
Sea Salt: Coarse & Fine Grey	4 oz.	\$2.00	
Thompson Raisins	8 oz.	\$5.25	
Thompson Raisin Snack Pack	4 oz.	\$2.75	

Freshly Milled Flour – by order

Buckwheat	.75 lb.	\$5.00	GF
Kamut	1.75 lb.	\$5.75	* low gluten
Spelt	1.75 lb.	\$5.75	* low gluten
Rye	2 lb.	\$4.25	
Whole Wheat – Red Fife	2 lb.	\$5.50	
Whole White	2 lb.	\$6.00	

***may come in contact with items with gluten

Made at Emmerdale Eden Farm

Dry Beans	10 oz.	\$4.50	
Garlic Scape Powder	2 oz.	\$5.00	
Garlic Chips	2 oz.	\$6.00	
6 Bean Soup Protein Mix	1 lb.	\$5.75	(lentils, beans, split peas, rice, millet, etc)

Jam & Jellies:

\$8	(as long as our fruit lasts)
Blueberry Jam	Grape Jelly
Raspberry Jam & Jelly	
Rhubarb Jam & Jelly	
Strawberry/Rhubarb Jam & Jelly	
Strawberry Jam & Jelly	
Green (mild) & Red (hot) Pepper Jelly	

Mincemeat:

\$14	(available late Nov.)
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Soup in a Jar:

16 oz. \$15	(available late Nov. while quantities last, varieties may vary)
Vegetarian Bean Soup	GF
Spicy 3 Bean Soup	GF
Easy Winter Chili	GF
Easy Winter Chili w. Barley	
Masala Soup	GF
Minestrone	GF
Minestrone w. Barley	

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 approx. every 2 months. Please just let me know and I'll put you on the mailing list!