

# Speerville Flour Mill

Certified Organic

at

Emmerdale Eden Farm

2023

## Cereal

7 Grain Cereal	1 lb.	\$2.75		
Rolled Oats	1 lb.	\$2.50	GF	1.5 lb. \$3.25
Steel-cut Oats	1 lb.	\$2.50	GF	

## Grains

Barley (Hulled)	1.25 lb.	\$3.00	
Brown Basmati Rice	10 oz.	\$4.00	GF
Brown Rice (Long Grain)	1 lb.	\$3.75	GF
Corn Meal	1.5 lb.	\$3.75	GF
Millet (Hulled)	10 oz.	\$3.00	GF
Oat Groats	1 lb.	\$2.50	GF
Popping Corn	10 oz.	\$3.25	GF
Quinoa	10 oz.	\$5.75	GF
Wheat Berries	1 lb.	\$2.25	

## Legumes

Green Lentils	10 oz.	\$3.50	
Green Split Peas	10 oz.	\$3.25	
Red Lentils	10 oz.	\$3.50	
Yellow Split Peas	10 oz.	\$3.00	

## Seeds

Chia Seeds	3 oz.	\$2.75	
Flax Meal (Ground seed)	6 oz.	\$3.75	
Flax Seed	8 oz.	\$2.50	
Pumpkin Seed	4 oz.	\$3.00	
Sprouting Seeds	1.5 / 2 oz.	\$2.00	
Sunflower Seeds (raw)	7 oz.	\$2.50	

## Misc.

Baking Powder (Aluminum Free)	4 oz.	\$3.00	
Golden Sugar	14 oz.	\$3.50	
Sea Salt: Coarse & Fine Grey	4 oz.	\$2.00	
Thompson Raisins	8 oz.	\$4.75	

## Freshly Milled Flour – by order

Rye	1.75 lb.	\$3.50	5 lb.	\$9.00	
Whole Wheat - Acadia	1.75 lb.	\$4.25	5 lb.	\$12.00	
Whole White	1.75 lb.	\$4.25	5 lb.	\$12.00	
Kamut	1.75 lb.	\$4.75	5 lb.	\$13.00	* low gluten
Spelt - Whole	1.75 lb.	\$5.50	5 lb.	\$14.00	* low gluten
Barley	1 lb.	\$3.50			
Buckwheat	1 lb.	\$4.50			*** GF

\*\*\*may come in contact with items with gluten

### Made at Emmerdale Eden Farm

Garlic Scape Powder	2 oz.	\$4.50		
Garlic Chips	2 oz.	\$6.00		
Hot & Sweet Pepper Flakes		\$3.50		
Ground Hot Peppers		\$3.00	3/\$8	
Soup Mix	10 oz.	\$3.75	1 lb.	5.50

**Soup in a Jar: 20 oz. \$15.00** 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 – 6 times a year or whenever there is a need. Please just let me know and I'll put you on the mailing list!

