



Flours, Cereals & More!

Minimum 300lbs or \$600 - FREE SHIPPING

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Minimum 300lbs & \$600 - FREE SHIPPING & 2% DISCOUNT

Minimum 300lbs & \$1200 - FREE SHIPPING & 4% DISCOUNT

"Pure Food ... Naturally!"

Certified Organic Products



Food Buying Group

Price List June 1, 2021

ORGANIC WHEAT

Red Fife Whole Wheat Flour	
2.27kg	\$ 8.61
10kg	\$ 30.03
25kg	\$ 73.29
Light Red Fife Wheat Flour	
2.27kg	\$ 10.01
10kg	\$ 34.78
25kg	\$ 85.25
Red Fife Wheat Kernels	
10kg	\$ 25.85
25kg	\$ 59.26
Acadia Whole Wheat Flour	
2.27kg	\$ 8.61
10kg	\$ 30.03
25kg	\$ 73.29
Light Acadia Wheat Flour	
2.27kg	\$ 10.01
10kg	\$ 34.78
25kg	\$ 85.25
Acadia Wheat Kernels	
10kg	\$ 25.85
25kg	\$ 59.26
All Purpose Heritage Flour	
2.27kg	\$ 10.01
10kg	\$ 34.78
25kg	\$ 85.25
Whole Wheat Flour	
2.27kg	\$ 6.97
10kg	\$ 26.10
25kg	\$ 63.47
Whole White Flour	
2.27kg	\$ 7.78
11.34kg	\$ 34.32
25kg	\$ 71.88
Hard Wheat Kernels	
10kg	\$ 21.89
25kg	\$ 52.89
Cracked Wheat	
2.27kg	\$ 6.42
10kg	\$ 26.10
25kg	\$ 63.47
Wheat Flakes	
8kg	\$ 20.63
Wheat Bran	
500 g	\$ 2.56
10kg	\$ 10.25
Cracked Freekeh Wheat	
2.27kg	\$ 32.41
11.34kg	\$ 149.59

ORGANIC PASTRY WHEAT

Whole Wheat Pastry Flour	
2.27kg	\$ 7.84
10kg	\$ 27.58
Soft Wheat Kernels	
10kg	\$ 19.36
25kg	\$ 46.64

ORGANIC CEREAL & MIXES

Couscous (Regular & Whole Wheat)	
2.27kg	\$ 17.60
11.34kg	\$ 84.61
Saint John Valley Cereal	
2.27kg	\$ 7.82
10kg	\$ 25.95
7-Grain Cereal	
2.27kg	\$ 8.52
10kg	\$ 31.71
25kg	\$ 77.50
12-Grain Cereal	
2.27kg	\$ 11.50
10kg	\$ 41.36
25kg	\$ 99.65
Maritime Sunshine Pancake Mix	
2.27kg	\$ 10.22
10kg	\$ 40.69
Buckwheat Pancake Mix	
2.27kg	\$ 10.41
10kg	\$ 40.09
Whole Wheat Pancake Mix	
2.27kg	\$ 10.31
10kg	\$ 35.84
Cornucopia Mix	
910g	\$ 5.84
Rainbow Medley Mix	
700g	\$ 4.85
Pharaoh's Favourite Mix	
700g	\$ 5.27
Trail Cookie Mix	
1.5kg	\$ 20.06
3 kg	\$ 38.93
case 8*1.5kg	\$ 153.26
case 4*3kg	\$ 147.13

ORGANIC OILS

Olive Oil	
750 ml	\$ 20.42
3L	\$ 64.24
Sunflower Oil	
750 ml	\$ 13.53
3L	\$ 37.11
Canola Oil	
750ml	\$ 13.53

Continued...Organic Oils

Grapeseed Oil (non-organic)	
case (6 x 750ml)	\$ 70.11
750ml	\$ 13.18
Coconut Oil	
454g	\$ 12.68
Alpha Mills Canola Oil	
500 ml	\$ 10.67
4 L	\$ 50.82
Alpha Mills (N/O) Tuscan Herb 250ml	\$ 9.06
Alpha Mills (N/O) Lemon Infused 250ml	\$ 10.21
ORGANIC PASTAS	
Whole Wheat Spaghetti	
300g	\$ 4.31
5kg	\$ 44.88
Whole Wheat Elbows	
450g	\$ 5.53
6kg	\$ 48.81
Spinach Spaghetti	
300g	\$ 4.70
5kg	\$ 47.50
Spelt Spaghetti	
300g	\$ 5.19
5kg	\$ 52.75
Spelt Elbows	
450g	\$ 5.91
6kg	\$ 58.24
Veggie Spirals	
300g	\$ 4.62
5kg	\$ 44.88
Whole Wheat Fusilli	
300g	\$ 4.24
6kg	\$ 42.26
Veggie Fusilli	
300g	\$ 4.35
6kg	\$ 51.96
Veggie Elbows	
450g	\$ 5.54
Veggie Shells	
300g	\$ 4.27
Whole Wheat Fettucini	
230g	\$ 3.72
Spelt Fettucini	
230g	\$ 3.93
Spinach Fettucini	
230g	\$ 3.82
Soya Spaghetti	
300g	\$ 4.70
Garlic & Parsley Linguini	
230g	\$ 3.76
continue...	

"Pure Food ... Naturally!"

1-866-277-6371



Certified Organic Products

No Additives



No Preservatives

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continued...Organic Pastas

Whole Wheat Lasagna Noodle	
3 kg	\$ 48.81
Tomato & Basil Linguini	
230g	\$ 3.76
Spelt Noodles (soup)	
400g	\$ 5.45
Whole Wheat Linguini	
230g	\$ 3.66
Spinach Linguini	
230g	\$ 3.76
Whole Wheat Penne	
300g	\$ 4.08
5kg	\$ 42.26

ORGANIC KAMUT

Kamut Flour	
2.27kg	\$ 10.07
10kg	\$ 33.95
25kg	\$ 83.12
Kamut Kernels	
10kg	\$ 31.79
25kg	\$ 82.24

ORGANIC SPELT

Whole Spelt Flour	
2.27kg	\$ 10.45
10kg	\$ 39.78
25kg	\$ 91.72
Light Spelt Flour	
2.27kg	\$ 11.95
10kg	\$ 48.39
25kg	\$ 115.40
Spelt Kernels	
10kg	\$ 33.19
25kg	\$ 76.07
Spelt Flakes	
8kg	\$ 30.31
Spelt Bran	
10kg	\$ 12.88

ORGANIC RYE

Whole Rye Flour	
2.27kg	\$ 6.60
10kg	\$ 24.31
25kg	\$ 58.06
Cracked Rye	
10kg	\$ 24.13
Rye Kernels	
10kg	\$ 19.36
25kg	\$ 46.64
Rye Flakes	
8kg	\$ 20.71

ORGANIC OATS

Oat Bran	
10kg	\$ 12.88

continue...

continued...Organic Oats

New Found Oatmeal	
1.82kg	\$ 6.74
8kg	\$ 23.05
20kg	\$ 52.66
Oat Groats	
10kg	\$ 29.95
2.27kg	\$ 7.65
Scottish Oatmeal	
2.27kg	\$ 7.75
10kg	\$ 26.66
Oat Flour - 2.27kg	\$ 10.49
10kg	\$ 41.69
25kg	\$ 98.96

ORGANIC BARLEY

Whole Barley Flour	
2.27kg	\$ 10.35
10kg	\$ 44.34
25kg	\$ 109.07
Hulled Barley	
2.27kg	\$ 9.38
10kg	\$ 28.45

ORGANIC GOLDEN SUGAR

2.27kg	\$ 11.05
10kg	\$ 48.65
25kg	\$ 104.84

ORG 70% DARK CHOCOLATE CHIPS

910 g	\$ 22.41
2.27 kg	\$ 52.56
5 kg	\$ 118.26

ORGANIC LOW GLUTEN PRODUCTS

Buckwheat Flour	
2.27kg	\$ 15.64
10kg	\$ 61.65
Buckwheat Groats	
2.27kg	\$ 17.37
11.34kg	\$ 85.31
Cornmeal	
2.27kg	\$ 8.42
10kg	\$ 30.87
Corn Flour	
2.27kg	\$ 8.42
10kg	\$ 30.87
Corn Kernels	
10kg	\$ 26.14
25kg	\$ 56.46
Hulled Millet	
2.27kg	\$ 14.92
11.34kg	\$ 65.76
Quinoa	
2.27kg	\$ 26.58
11.34kg	\$ 123.71
Popping Corn	
2.27kg	\$ 14.41
11.34kg	\$ 69.93

continued...Low Gluten Products

Long Grain Brown Rice	
2.27kg	\$ 12.07
11.34kg	\$ 52.01
Brown Basmati Rice	
2.27kg	\$ 18.00
11.34kg	\$ 83.95
White Basmati Rice	
2.27kg	\$ 19.36
11.34kg	\$ 90.35
Brown Rice Flour	
2.27kg	\$ 13.45
10kg	\$ 53.67
Amaranth (Grain)	
2.27kg	\$ 18.55
11.34kg	\$ 82.71
ORGANIC SEEDS	
Brown Flax Seed	
2.27kg	\$ 14.72
11.34kg	\$ 66.20
22.7kg	\$ 132.52
Yellow Flax Seed	
2.27kg	\$ 16.94
11.34kg	\$ 81.21
22.7kg	\$ 154.59
Hulled Sunflower Seed	
2.27kg	\$ 16.02
11.34kg	\$ 77.26
Unhulled Sesame Seed	
2.27kg	\$ 24.60
11.34kg	\$ 112.41
Pumpkin Seed	
2.27kg	\$ 33.32
10kg	\$ 136.95
Hemp Seed	
300g	\$ 13.01
910g	\$ 38.91
2.27kg	\$ 86.67
Maritime Grown	
Organic Pumpkin Seed (Raw)	
200g	\$ 10.76
1kg	\$ 35.98
Organic Roasted Pumpkin Seed	
200g	\$ 12.20
1kg	\$ 38.65
ORGANIC SPROUTING SEEDS	
Alfalfa Seed	
910g	\$ 20.40
2.27kg	\$ 48.71
11.34kg	\$ 229.57
Red Clover Seed	
910g	\$ 14.28
2.27kg	\$ 34.30

continue...

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Certified Organic Products

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Continued...Organic Sprouting Seeds

Radish Seeds	
910g	17.99
2.27kg	42.91
Ancient Eastern Blend	
910g	\$ 14.88
2.27kg	\$ 33.43
Broccoli Brassica Blend	
910g	\$ 39.70
2.27kg	\$ 88.87
Crunchy Bean Mix	
910g	\$ 14.59
2.27kg	\$ 32.65
Sandwich Booster	
910g	\$ 25.91
2.27kg	\$ 57.98
Spicy Lentil Crunch	
910g	\$ 22.22
2.27kg	\$ 49.72
Broccoli Seed	
910g	\$ 67.45
2.27kg	\$ 150.96
Spring Salad Mix	
910g	\$ 37.70
2.27kg	\$ 84.37
Black Chia Seed	
Case 10*350g	\$ 80.22
350g	\$ 8.98
910g	\$ 17.63
2.27kg	\$ 40.20

ORGANIC BEANS & PEAS

Black Turtle Beans	
2.27kg	\$ 15.79
11.34kg	\$ 71.12
Chickpeas (Garbanzos)	
2.27kg	\$ 22.39
11.34kg	\$ 105.75
Pinto Beans	
2.27kg	\$ 17.94
11.34kg	\$ 73.85
Red Kidney Beans	
2.27kg	\$ 22.45
11.34kg	\$ 98.97
Green Lentils	
2.27kg	\$ 16.56
11.34kg	\$ 76.97
Red Split Lentils	
2.27kg	\$ 16.33
11.34kg	\$ 73.40
Green Split Peas	
2.27kg	\$ 15.03
11.34kg	\$ 70.41

Continued...Organic Peas & Beans

Yellow Split Peas	
2.27kg	\$ 14.17
11.34kg	\$ 66.29
Soy Beans	
2.27kg	\$ 12.79
11.34kg	\$ 55.98
Navy Beans	
2.27kg	\$ 18.85
11.34kg	\$ 88.25
Adzuki Beans	
2.27kg	\$ 21.21
11.34kg	\$ 99.28
Whole Green Peas	
2.27kg	\$ 11.08
11.34kg	\$ 52.24
Mung Beans	
2.27kg	\$ 18.17
11.34kg	\$ 90.72

ORGANIC DRIED FRUIT

Apples	
454g	\$ 17.25
2.5kg	\$ 76.95
11.34kg	\$ 291.80
Apricots	
910g	\$ 20.90
5kg	\$ 101.89
12.5kg	\$ 249.13
Medjool Dates	
910g	\$ 21.68
5kg	\$ 110.47
Pitted Prunes	
910g	\$ 20.45
5kg	\$ 108.00
13.63kg	\$ 282.86
Thompson Raisins	
910g	\$ 11.25
5kg	\$ 58.60
13.63kg	\$ 138.44

ORGANIC MARITIME PRODUCTS

Boates Vinegar	
Organic Apple Cider Vinegar	
.95L	\$ 7.22
4L	\$ 15.75
Organic Perry Vinegar	
500ml	\$ 6.63
Organic Balsamic Style	
Apple Cider Vinegar	
500ml	\$ 9.36

Canadian Organic Maple Company

Organic Maple Syrup	
250ml	\$ 7.32
375ml	\$ 11.29
1L	\$ 23.50
4L	\$ 83.64
Organic Maple Sugar	
250g	\$ 8.17
500g	\$ 13.16

Just Us! Coffee Roasters Co-Op

Whole Bean Organic Coffee	
Tierra Madre	
French Roast	
Rise Again Blend	
Italian Roast	
Rebel	
910g	\$ 28.84
Magnanimo (Decaf)	
910g	\$ 34.89
Organic Cocoa	
224g	\$ 7.75
Case (6 x 224g)	\$ 45.61
Organic Hot Chocolate Mix	
Mexican Spicy (Milk)	
Peppermint (Dark)	
Classic (Dark)	
300g	\$ 9.92
Case (6 x 300g)	\$ 57.53
Organic Tea	
Green (20/box)	
Black Ceylon (20/box)	
Earl Grey (20/box)	
Single Box	\$ 4.99
Case of 10 boxes	\$ 46.48

Nutsmith Foods

"Naturally Nutty Nut Butters"

Peanut Butter - Smooth	
500g	\$ 7.56
4kg	\$ 47.67
10kg	\$ 112.56
Peanut Butter - Crunchy	
500g	\$ 7.56
4kg	\$ 47.67
10kg	\$ 112.56
Almond Butter	
240g	\$ 10.59
Cashew Butter	
240g	\$ 9.81
Sesame Tahini	
500g	\$ 8.32
4kg	\$ 57.98

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NON-ORGANIC MARITIME PRODUCT

NON-ORGANIC WHEAT

Whole Wheat Flour	
2.27kg	\$ 6.39
10kg	\$ 19.93
25kg	\$ 48.04
Whole White Flour	
2.27kg	\$ 6.83
10kg	\$ 21.61
25kg	\$ 52.24
Hard Wheat Kernels	
10kg	\$ 15.71
25kg	\$ 37.52

OTHER MARITIME PRODUCTS

Down East Products **

** Applicable Taxes NOT Included

Liquid laundry Detergent	
750ml	\$ 4.24
4L	\$ 17.24
case (4*4L)	\$ 62.04
Dishwashing Liquid	
750ml	\$ 4.15
4L	\$ 15.68
case (4*4L)	\$ 56.48
Hand & Body Wash	
500ml	\$ 4.90
4L	\$ 16.83
case (4*4L)	\$ 60.58
All Purpose Cleaner	
750ml	\$ 4.24
4L	\$ 14.47
Oxygen Bleach Cleaner	
1.5kg	\$ 13.36

Brighton Botanicals

Loose Herbal Teas

- Vitalitea	
- Stormdale Tea	
28g	\$ 8.56

Single Herbs

- Basil	- Spearmint
- Nettle	- Dill
- Red Raspberry Leaf	
- Parsley	
28g	\$ 8.56

Culinary Blends

-Poultry Blend	-Dill & Lemon
-Italian Blend	-Garlic Gusto
28g	\$ 8.56

Non Organic Beans

Soldier Beans -Yellow Eyed Beans	
Jacob's Cattle Beans	
2.27kg	\$ 16.12
11.34kg	\$ 80.53
22.72kg	\$ 147.43

All Natural Homemade Soaps**

*With Essential Oils Only

Lavender	- Patchouli
Lemongrass	- Rosemary Mint
Anise	- Cinnamon Clove
Tea Tree	- Oatmeal
Bar	\$ 5.64

Baking Powder

350g	\$ 7.32
2.27kg	\$ 31.37
10kg	\$ 132.02

Enviro Litter

2.27kg	\$ 6.88
10kg	\$ 22.28

Unpasteurized Bees Honey

Glass Jar	
375 ml	\$ 8.00
500 ml	\$ 11.33
750 ml	\$ 16.00
White Plastic Container	
5 lb	\$ 37.31
7 lb	\$ 50.64

Bees Wax	1 lb Bar	\$ 16.00
Wooden Honey Spool		\$ 4.66

Chaga Tea	
2.5 oz (71g)	\$ 14.65
5 oz (142g)	\$ 27.82

NON-ORGANIC

CANADIAN PRODUCTS

Green Beaver Co. **

** Applicable Taxes NOT Included

Toothpaste	
Frosty Mint	
Zesty Orange	
Green Apple	
Star Anise	
Each 75ml Tube	\$ 5.29
Case (12 x 75ml)	\$ 63.33
Deodorant	
Lavender	
Citrus	
Tea Tree	
Unscented	
50g	\$ 6.69
Case (12 x 50g)	\$ 75.75

OTHER PRODUCTS

White Sea Salt	
700g	\$ 3.32
10kg	\$ 38.59
25kg	\$ 71.75
Coarse Grey Sea Salt	
1kg	\$ 5.15
10kg	\$ 43.47
Fine Grey Sea Salt	
500g	\$ 4.59
10kg	\$ 64.96
Fine Grey Sea Salt Shaker	
250g	\$ 4.83

ORGANIC CHEESE (Lactose Free)

*cheese is not included in the discounts

Approx. 5 lbs per block	price/lb
Mild Cheddar	\$ 11.56
Old Cheddar	\$ 12.49
Extra Old Cheddar	\$ 12.61
Swiss	\$ 12.78
Mozzarella	\$ 10.68
200g blocks	Unit price
Mild Cheddar	\$ 5.63
Old Cheddar	\$ 6.18
Extra Old Cheddar	\$ 6.46
Swiss	\$ 6.46
Mozzarella	\$ 5.50
Gouda	\$ 6.65
Parmesan	\$ 6.69

ORDERING INFORMATION

PH: 866-277-6371
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 EMAIL: speerville@xplomet.com
 website - www.speervilleflourmill.ca

Speerville Flour Mill utilizes grain grown on family farms in the Maritimes. We make a variety of cereals, flours and grain products and sell a variety of other certified organic products. We are Certified Organic with ECOCERT and guarantee quality. If you are not completely satisfied, please contact us.

** Applicable Taxes NOT Included

"Pure Food ... Naturally!" 1-866-277-6371