

WHOLESALE FOOD & GRAIN ORDER 2026 Deadline for order and payment is Friday September 18th, 2026**Orders can be called in at 250-701-0864, emailed to scoopsnatural@gmail.com or mailed to us.**Please make cheques payable to **PAM STILES** and mail toScoops Natural Foods, **1825 FALCON CRESCENT, COWICHAN BAY, BC V0R1N1**Credit cards are not accepted. However, we will accept e-transfers at scoopsnatural@gmail.com (PASSWORD: grain)**NEW PICK UP LOCATION & DELIVERY OPTIONS!!!****NEW ADDRESS: ROOT VALLEY FARMS (PREVIOUSLY RUSSELL FARMS)**

PICK UP DATES: Thursday October 8th, Friday October 9th & Saturday October 10th from 9am to 4pm

DELIVERY: VICTORIA OCT 12th - 13th/NANAIMO to COURTENAY OCT 14th - 15th - \$15 Delivery Fee**PLEASE NOTE: In the case of price increases we will advise you prior to placing our orders. We will only have a limited stock of whole grains throughout the year. Now would be the time to order extra if you think you may need it.**

Org. Hard White Wheat 20 Kg	88.00	Flax Seed, 5 kg.	30.00	ORG. DILL WEED 1/2LB	21.00
Hard White Wheat 10kg repack	48.00	Long Brown Rice, 10kg	44.00	ORG. FENNEL SEED 1LB	17.00
Org. Hard Red Wheat 20 Kg (BC)	82.00	Long White Rice 10kg	44.00	ORG. GARLIC POWDER 1LB	21.00
Hard Red Wheat 10kg repack	45.00	Jasmine 10kg	44.00	ORG. GINGER GROUND 1LB	20.00
Org. Red Fife Wheat 20Kg(BC)	88.00	White Basmati Rice, 5kg.	24.00	ORG. MARJORAM LEAVES 1/2LB	16.00
Red Fife Wheat 10kg repack	48.00	Brown Basmati Rice, 5kg	25.00	ORG. MUSTARD SEED YELLOW	16.00
Org. Rye 20 kg (BC)	78.00	Dried Cranberries, (Craisins)	56.00	ORG. MUSTARD SEED WHOLE,	13.00
Rye 10kg repack	43.00	Iranian Pitted Dates 10 kg	60.00	ORG. MUSTARD SEED WHOLE,	13.00
Org. Soft Wheat 20 Kg (BC)	80.00	California Pitted Dates 6.8kg	91.00	ORG. NUTMEG WHOLE 1/4LB	16.00
Soft Wheat 10kg repack	44.00	Jumbo Chilean	75.00	ORG. ONION POWDER 1LB	18.00
Org. Kamut 20 Kg (BC)	96.00	Callebault choc. Dark 5kg	135.00	ORG. OREGANO 1LB	24.00
Kamut 10kg repack	52.00	Callebault choc. Milk 5kg	132.00	ORG. PAPRIKA 1LB	23.00
Org. Spelt 20 Kg (BC)	88.00	Dutch Cocoa 12% 5 Kg.	152.00	ORG. PAPRIKA SMOKED 1LB	27.00
Spelt 10kg repack	48.00	Pure Dark Choc Chips - Foleys	48.00	ORG. PARSLEY 1/2 LB	17.00
Org. Quinoa 11.34 kg.	108.00	Chia Seeds, white 5Kg.	67.00	ORG. PEPPER GROUND BLACK	28.00
Quinoa 5kg repack	54.00	Tapioca Starch 5kg	32.00	ORG. PEPPERCORNS BLACK 1LB	26.00
Hulled Oats 10kg repack	53.00	Gluten flour 4 kg.	48.00	ORG. ROSEMARY WHOLE 1LB	17.00
Org. Quick Oats, 11.34 kg. (CDN)	69.00	Saf yeast .454 gr.	11.00	ORG. SAGE GROUND 1LB	22.00
Org. Quick Oats, 22,7 kg. (CDN)	114.00	Skim Milk powder non-instant	270.00	ORG. STAR ANISE WHOLE 1LB	44.00
Org. Roll Oats, lg. flake, 10 kg.	69.00	Honey, Liquid, Honey Bunny,	136.00	ORG. TURMERIC 1LB	18.00
Org. Roll Oats, lg. flake, 22.7 kg	114.00	Oat Groats 22.7 kg.	72.00	ORG. THYME LEAVES, WHOLE	17.00
Org. Gluten Free Rolled Oats	66.00	Steel cut oats 22.7 kg.	72.00	ORG. ALL PURPOSE SEASONING	21.00
Org. Popcorn 11.34 kg. (USA)	60.00	Quick Oats, 11.34 kg. (CDN)	47.00	ORG. APPLE PIE SPICE 1LB	21.00
Org. Hulled Millet 11.37 kg. (USA)	62.00	Quick Oats, 22,7 kg. (CDN)	72.00	ORG. BBQ RUB SEASONING 1LB	24.00
Org. Long Brown Rice 11.34 Kg	112.00	Rolled Oats, lg. flake, 11.34 kg.	47.00	ORG. CAJUN BLACKENING RUB	24.00
Org. Short Brown Rice 11.34 Kg **	103.00	Rolled Oats, lg. flake, 22.7 kg	72.00	ORG. CHAI BLEND 1LB	43.00
Org. Basmati Brown Rice 11.34 kg	123.00	Pot Barley 10 kg.	45.00	ORG. CHILI POWDER 1LB	23.00
Org. Basmati White Rice 11.34 kg	138.00	Pinto Beans 11.34 kg.	55.00	ORG. CHINESE 5 SPICE	25.00
Org. Pinto beans, 11.34 kg. (USA)	85.00	Small Red Chili Beans 11.34 kg.	53.00	ORG. CURRY POWDER "salt free"	24.00
Org. Black Bean 11.34 kg. (CHN)	80.00	White Navy Beans, 10 kg.	60.00	ORG. GARAM MASALA "salt free"	33.00
Org. Chick Peas 11.34 kg. (USA)	85.00	Chick Peas 10 kg.	41.00	ORG. GARLIC HERB SEASONING	24.00
Org. White Navy Beans, 11.34 kg.	78.00	Green Lentils, 10 kg,	63.00	ORG. GINGER SNAP SPICE 1LB	26.00
Org. Green Lentils, 11.34 kg.	93.00	Red Split Lentils, 10 kg	55.00	ORG. GREEK SEASONING 1LB	26.00
Org. Red Split Lentils 11.34 kg	90.00	Green Split Peas, 10 kg.	40.00	ORG. HERBS DE PROVENCE "salt	24.00
Org. Green Split Peas, 11.34 kg.	75.00	Himalayan Crystal Salt Fine	43.00	ORG. ITALIAN SEASONING "salt	20.00
Org. Brown Flax 11.34 kg. (CDN)	69.00	Himalayan Crystal Salt Coarse	43.00	ORG. JERK SEASONING 1LB	24.00
Org. Sunflower hulled 11.34 kg.	110.00	Nutritional Yeast, Red Star	135.00	ORG. LEMON PEPPER SEASONING	24.00
Org. Unbleach White Flour 9. kg	55.00	ORG. ALLSPICE GROUND 1LB	25.00	ORG. MULLING SPICE 1/2LB	20.00
Org. Cane Sugar 11.34kg	60.00	ORG. BASIL 1LB	19.00	ORG. MOROCCAN RUB 1LB	24.00
Org. Thompson Raisins 13.61 kg	131.00	ORG. BAY LEAVES WHOLE	19.00	ORG. MEXICAN BLEND "salt free"	26.00
Org. Turkish Sultanais Raisins,	105.00	ORG. CAYENNE PEPPER 1LB	23.00	ORG. PASTA SEASONING "salt free"	23.00
Org. Steel Cut Oats 11.34kg	65.00	ORG. CELERY SEED WHOLE	20.00	ORG. PICKLING SPICE 1/2LB	18.00
Cashews, large pieces, 5 Kg	87.00	ORG. GROUND CINNAMON	19.00	ORG. PIZZA SEASONING "salt free"	23.00
Cashews, whole 5 kg.	127.00	ORG. CHILI PEPP CRUSHED	21.00	ORG. POULTRY SEASONING "salt	21.00
Whole Unblanched Almonds, 5	100.00	ORG. CHIPOTLE POWDER	33.00	ORG. PUMPKIN PIE SPICE 1LB	26.00
Walnuts Halves & pieces, 5 Kg.	98.00	ORG. CILANTRO 1LB	21.00	ORG. FISH & SEAFOOD	20.00
Pecan Halves, 5kg	165.00	ORG. CLOVES GROUND 1LB	35.00	ORG. SEASONING SALT 1LB	19.00
Pumpkin Seeds, Raw, 5kg.	59.00	ORG. CORIANDER GROUND	20.00	ORG. SOUTHERN FRIED CHICKEN	24.00
Sesame seeds, 5kg.	42.00	ORG. CUMIN GROUND 1LB	21.00	ORG. SOUTHWESTERN RUB 1LB	26.00
Sunflower Seeds, raw hulled 5 kg	42.00	ORG. DILL SEED 1/2LB	17.00	ORG. STEAK & GRILL SEASONING	24.00
				ORG. TACO SEASONING 1LB	24.00
				ORG. VEGETABLE SEASONING 1LB	24.00

ORDER FORM

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ADD \$15 FOR DELIVERY (optional) – Address: _____

(If you opt for delivery, Cam will call you to set up date and time for your area)

LAST NAME:

FIRST NAME:

PHONE:

EMAIL:

Please remember to keep a copy of your order for your own records. We will provide an invoice at pick up.

We ask that you take the time to double check your order before you leave pick up location. Then open and check the bags/boxes immediately upon arriving home.

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