

SPIRITUAL FOOD FOR THE NEW MILLENNIUM

4217 EAST-WEST HIGHWAY, BETHESDA, MD 20814
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SPIRITUAL FOOD FOR THE NEW MILLENNIUM



SERVING BIODYNAMIC FAMILY FARMERS
AND CONSCIOUS CONSUMERS SINCE 1997

PRODUCT LIST 2009



SFNM'S MISSION...

is to help heal the earth and ourselves through a commitment to give ourselves and our families real nutrition by supporting the farmers and gardeners who practice spiritual farming (Biodynamic and Sattvic Organic). In offering this service, we do not approach it as a commercially oriented operation. It is a truly spiritual, self-less action honoring and linking the interaction of farmers and consumers.

For more information on SFNM and our related work: Aparigraha Economics, Peace, CSA, Yoga, & Spiritual Community, please visit our website at: www.schooloflife.org

MAY PEACE BE WITH YOU

FRUIT

FRESH

Threshold Farms, NY

Apples—13 varieties! Please ask what's in season.

1 lb.	1.90
20 lb. Box	35.00

Lady Oak Orchards, FL

Grapefruit

Oranges: Hamlin, Tangelos,

Temples, Valencia

One Type, Case (38 lbs.) 42.00

Mixed Case 46.00

Small Case (15 lbs.) \$25.00 INCLUDES SHIPPING

LaVigne Orchards, CA

Most items available between Oct and April. Ask what's in season.

\$55/ 25 lb. box, \$22/ 10 lb. box, single or mixed:

Asian Pears , Blood Oranges, Cara Cara Navels ,

Guavas, Lemons (Meyer), Limes (year round),

Minneolas , Tangerines, Satsuma

Persimmons, Fuyu: 10 lb box minimum

Kumquats: Jan-Jun 10 lb. box \$52.63

DRIED

Good Humus Produce, CA, Sun-dried, per lb.

Apricots	7.25
Nectarines	6.95
Peaches	6.75

Steve Jones, AZ: Wild Harvested

Medjool Dates, fresh-- not dried

1 lb	5.25
12 lbs.	48.00

Lavigne Orchards, CA

Dried Persimmons, 1/2 lb. 6.00

2.5 lb bag 28.00

Marian Farms in CA

Raisins (un-oiled, sun-dried)

1 lb.	2.75
25 lbs.	63.00

organic - per pound

Turkish Figs	6.40
Prunes	7.40

GRAINS

WHOLE

Delta Star Farms, AK

Rice (white, short grain) 1 lb.	1.75
25 lb.	40.00

Lone Pine, AK—BD preps

Rice, White Basmati, 1 lb.	1.80
25 lb.	41.00
Rice, Brown Basmati, 1 lb.	1.70
25 lb.	39.00

Kirschenmann Farms, ND

Rye Berries, 5 lb.	3.25
50 lb.	25.50
Rye Flour, 5 lb.	3.75
50 lb.	29.75
Wheat Berries (hard red spring),	
5 lb.	4.00
50 lb.	32.00
Whole Wheat Flour, 5 lb.	4.50
50 lb.	40.00
Buckwheat, 1 lb.	1.00

Organic—U.S. Grown

Amaranth 1 lb.	3.20
Barley, Hulled, 1 lb.	1.70
Corn Meal , 1 lb.	1.25
Millet, 1 lb.	1.25
Oats, Rolled, 1lb.	1.50
Spelt , 1 lb.	1.70

BREAD & PASTA

Kimberton Hills, Camphill Village PA

Sourdough Whole Wheat Bread

1.5 lb. Loaves

Varieties: Mountain Brown, Seed,

Oatmeal, Sesame French 4.50

Walnut Raisin 5.25

Handmade at Shanti Yoga Ashram, MD

Parvati's "Peace by Piece" Pasta

(Whole Wheat Penne-style Noodles)

1 lb. 4.50

TO ORDER CALL 1 - 888 - 384- 9642

LEGUMES

Organic, US grown

Great Northern beans, 1 lb.	1.50
Lentils, Green, 1 lb.	1.50
Black Beans, 1 lb.	1.85

Organic, Imported (no US growers)

Mung Beans, 1lb.	2.10
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NUTS & SEEDS

Marian Farms, CA

Almonds, 1 lb.	12.00
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Massena Farms, NB

Flax, Golden 1 lb.	2.75
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Organic—per pound

Pumpkin (imported)	4.00
Sunflower	3.50
Walnuts	8.90

RAW CHEESE

Hawthorne Valley Farms, NY

Mild Alpine	10.90
Edamer (org.)	9.50
Havarti (org.)	9.50
Cheddar (org.)	10.50

Prices are per pound. Discount of .50 per pound when ordering full (10-12 lbs.) or half wheel.

TEA & COFFEE

Coffee (from Café Altura, fair trade, sustainably & Biodynamically grown in Chiapas, Mexico)

Regular, 1 lb.	11.00
Regular, 5 lb.	50.00
French Roast, 4 lb.	40.00

TEA from Makaibari Tea Estate, India. BD, Fairtrade, eco-friendly, the world's finest tea

Black Tea, Darjeeling:

Loose leaf, 4.0 oz	5.50
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Green Tea:

Loose Leaf, 4.0 oz.	5.50
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Tea Bags, 1.9 oz.	3.50
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TREATS

Cornucopia Café, PA

Baking Mix (Biodynamic, Org & Natural)

2 lb, 5.00	5 lb, 12.00
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Cookies (Vegan): Chocolate Chip, "Butter"

Pecan, "Butter" Pecan w/ White Choc. Chip, Date Nut, Mint Chocolate Chip

½ doz.	2.50
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1 doz.	4.50
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FOOD SUPPLEMENTS

Honey (Really Raw brand, Wild Crafted NY)

8 oz.	4.50
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1 lb.	6.80
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2.6 lb.	17.00
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5 lb.	28.00
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Salt (Celtic Sea Salt, Wild Crafted, per lb.)

Fine Ground	9.00
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Coarse (Grey)	5.00
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Vinegar, (Raw Apple Cider, aged)

Walton's Orchards, MI

1 quart	3.90
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GIFT BOX

A taste of this special food for your friends & family.

1 lb. Raisins, 8 oz Really Raw honey,

2 lb. Rice, 1 recipe Baking Mix,

1 lb. dried fruit, 1 pkg. 24 teabags.

Custom Orders upon request. 20.00

~ ITEMS ARE BIODYNAMIC UNLESS OTHERWISE NOTED.

~ PRICES DO NOT INCLUDE SHIPPING.

~ E-MAIL ORDERS ARE PREFERRED: SHANTIYOGA2@SCHOOLOFLIFE.ORG

~ KINDLY E-MAIL OR CALL TO CONFIRM PRICING. 1-888-384-9642