



Good Harvest Market Bulk Foods Listing

Category	Item	Bin/PLU #
Baking	All Purpose Unbleached White Flour	26
Baking	Almond Meal Flour	238
Baking	Bakers Choice Flour	124
Baking	Brown Rice Flour	156
Baking	Chocolate Chips	158
Baking	Coconut Chips	378
Baking	Coconut Flour	377
Baking	Fine Salt	276
Baking	Oat Bran	190
Baking	Oat Flour	28
Baking	Panko Bread Crumbs	9941
Baking	Powdered Sugar	380
Baking	Shredded Coconut Macaroon	10
Baking	Spelt Flour	153
Baking	Sucanat Sweetener	147
Baking	Sugar	161
Baking	Unsweetened Carob Chips	112
Baking	Vital Wheat Gluten	9942
Baking	Wheat bran	152
Baking	White Rice Flour	9943
Baking	Whole Wheat Bread Flour	537
Baking	Whole Wheat Pastry Flour	32
Baking	Whole Wheat Bread Flour with Wheatgerm	375
Baking	Whole Wheat Flour	31
Baking	Whole Wheat Stoneground Flour	376
Beans & Seeds	Adzuki Beans	392
Beans & Seeds	Baby Lima Beans	261
Beans & Seeds	Black Chia Seeds	373
Beans & Seeds	Black Eyed Peas	263
Beans & Seeds	Black Turtle Beans	135
Beans & Seeds	Brown Flax Seeds	75
Beans & Seeds	Brown Lentils	396
Beans & Seeds	Cannellini Beans	65
Beans & Seeds	Chickpeas	66
Beans & Seeds	Fava Beans	141
Beans & Seeds	Flax Meal	405

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Beans & Seeds	French Lentils	71
Beans & Seeds	Golden Flax Meal	372
Beans & Seeds	Golden Flax Seeds	77
Beans & Seeds	Great Northern Beans	273
Beans & Seeds	Green Lentils	72
Beans & Seeds	Green Split Peas	73
Beans & Seeds	Hulled Sesame Seeds	404
Beans & Seeds	Light Red Kidney Bean	395
Beans & Seeds	Mung Beans	393
Beans & Seeds	Navy Bean	165
Beans & Seeds	Pinto Bean	70
Beans & Seeds	Pumpkin Seeds	107
Beans & Seeds	Raw Salted Sunflower Seeds	274
Beans & Seeds	Raw Sesame Seeds	80
Beans & Seeds	Raw Unsalted Sunflower Seeds	275
Beans & Seeds	Red Chili Beans	397
Beans & Seeds	Red Kidney Beans	68
Beans & Seeds	Red Lentils	78
Beans & Seeds	Shelled Hemp Hearts	460
Beans & Seeds	Soybeans	9
Beans & Seeds	Spicy Pumpkin Seeds	403
Beans & Seeds	Sunflower Seeds	81
Beans & Seeds	Tamari Pumpkin Seeds	82
Beans & Seeds	Yellow Split Peas	74
Butters	Almond Butter	5207
Butters	Peanut Butter	5107
Grains	7 Grain Cereal	264
Grains	Amaranth	34
Grains	Black Quinoa	121
Grains	Brown Basmati Rice	142
Grains	Brown Jasmine Rice	482
Grains	Buckwheat Groats	148
Grains	Buckwheat Kasha	8
Grains	Bulgar Wheat	311
Grains	Corn Grits	521
Grains	Cracked Freekah	470
Grains	Cracked Wheat	151
Grains	Forbidden Rice	236
Grains	French Couscous	13
Grains	Gluten Free Rolled Oats	468
Grains	Golden Rose Rice	134
Grains	Hulled Millet	160
Grains	Hulled Oat Groats	471

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Grains	Hulled Spelt Berries	469
Grains	Hulless Barley	36
Grains	Jade Pearl Rice	463
Grains	Long Grain Brown Rice	131
Grains	Long Grain White Rice	136
Grains	Madagascar Pink Rice	462
Grains	Mekong Flower Rice	464
Grains	Pearl Quinoa	455
Grains	Pearled Barley	37
Grains	Pearled Farro	467
Grains	Quick Rolled Oats	149
Grains	Quinoa	46
Grains	Rainbow Quinoa	461
Grains	Red Quinoa	235
Grains	Rolled Barley Flakes	62
Grains	Ruby Red Jasmine Rice	458
Grains	Rye Berries	472
Grains	Rye Flakes	2524
Grains	Short Grain Brown Rice	132
Grains	Soft White Wheat Berries	9944
Grains	Steel Cut Oats	117
Grains	Thick Rolled Oats	44
Grains	Volcano Rice	459
Grains	White Arborio Rice	145
Grains	White Basmati Rice	9946
Grains	White Jasmine Rice	133
Grains	White Sushi Rice	137
Grains	Wild Rice Blend	139
Grains	Wild Rice Giant Blend	41
Grains	Winter Wheat Berries HR	48
Grains	Yellow Cornmeal	25
Granolas	Ancient Grain Granola	295
Granolas	Baobab Coconut Granola	266
Granolas	Blueberry Flax Granola	201
Granolas	Cashew Raisin Granola	182
Granolas	Classic Granola	234
Granolas	Classic Granola	351
Granolas	Coco Almond Granola	476
Granolas	Cocoa Chia Granola	352
Granolas	Flax Plus Pumpkin Granola	191
Granolas	French Vanilla Granola	265
Granolas	Ginger Zing Granola	146
Granolas	Goji Agave Granola	23

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Granolas	Hemp Plus Granola	40
Granolas	Honey Apple Crisp Granola	475
Granolas	Mainely Maple Granola	474
Granolas	Muesli	477
Granolas	Raspberry Muesli	518
Granolas	Swiss Muesli	473
Liquid	Apple Cider Vinegar	1309
Liquid	Canola Oil	1304
Liquid	Extra Virgin Olive Oil	1301
Liquid	Golden Tamari	1303
Liquid	Honey	1300
Liquid	Maple Syrup	1307
Liquid	Red Wine Vinegar	1305
Liquid	Sunflower Oil	1302
Nuts	Brazil Nuts	49
Nuts	Filbert Nuts	55
Nuts	Pecan Halves	57
Nuts	Pignolias	535
Nuts	Raw Almonds	2
Nuts	Raw Cashew Pieces	67
Nuts	Raw Jumbo Peanuts	110
Nuts	Raw Pistachio Kernels	185
Nuts	Raw Salted Almonds	421
Nuts	Raw Salted Mixed Nuts	427
Nuts	Raw Salted Pistachios	60
Nuts	Raw Salted Soynuts	53
Nuts	Raw Salted Whole Cashew	422
Nuts	Raw Unsalted Cashews	423
Nuts	Raw Unsalted Peanuts	42
Nuts	Raw Unsalted Pistachios	59
Nuts	Sliced Almonds	20
Nuts	Tamari Almonds	87
Nuts	Unsalted Mixed Nuts	424
Nuts	Walnuts	63
Nuts	Whole Cashews	54
Pasta	Brown Rice Spiral Pata	541
Pasta	Durum Semolina Elbow Pasta	801
Pasta	Durum Semolina Orzo	802
Pasta	Gluten Free Brown Rice Penne Pasta	544
Pasta	Penne Rigate Pasta	454
Pasta	Quinoa Penne Pasta	543
Pasta	Semolina Gemelli Pasta	451
Pasta	Semolina Rigatroni Pasta	452

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Pasta	Tri Color Rotini	406
Pasta	Veggie Corkscrew Pasta	542
Pasta	Whole Wheat Penne Rigate Pasta	449
Prepackaged Dried Fruit	Black Mission Figs	2141
Prepackaged Dried Fruit	Coconut Dates	8006
Prepackaged Dried Fruit	Currants	4601
Prepackaged Dried Fruit	Deglet Dates	8005
Prepackaged Dried Fruit	Diced Apples	5471
Prepackaged Dried Fruit	Dried Apricots	2250
Prepackaged Dried Fruit	Dried Cranberries	2127
Prepackaged Dried Fruit	Dried Mango	2559
Prepackaged Dried Fruit	Dried Pineapple	2560
Prepackaged Dried Fruit	Medjool Dates	8004
Prepackaged Dried Fruit	Pitted Prunes	8016
Prepackaged Dried Fruit	Red Cherries	2150
Prepackaged Dried Fruit	Thompson Raisins	8015
Prepackaged Energy Bites	Almond Chocolate Chip Date Energy Bites	2166
Prepackaged Energy Bites	Cacao Goji Energy Bites	8002
Prepackaged Energy Bites	Carob Joy Banana Energy Bites	2157
Prepackaged Energy Bites	Carob Supergreens Energy Bites	2142
Prepackaged Energy Bites	Cha Cha Chia Energy Bites	2146
Prepackaged Energy Bites	Chocolate Chip Almond Energy Bites	2159
Prepackaged Energy Bites	Chocolate Paradise Energy Bites	2145
Prepackaged Energy Bites	Cranberry Apricot Energy Bites	2111
Prepackaged Energy Bites	Dates Flax Turmeric Energy Bites	2171
Prepackaged Energy Bites	Hawaiian Spirulina Energy Bites	2158
Prepackaged Energy Bites	High Country GORP Energy Bites	2160
Prepackaged Energy Bites	Honey Pistachio Energy Bites	2161
Prepackaged Energy Bites	Honey Vanilla Almond Energy Bites	2162
Prepackaged Energy Bites	Lemon Pomegranate Energy Bites	2175
Prepackaged Energy Bites	Mixed Berry Energy Bites	2147
Prepackaged Granola	Ancient Grains Granola	2957
Prepackaged Granola	Classic Granola	2347
Prepackaged Granola	Cocoa Chia Granola	3527
Prepackaged Granola	Pumpkin Flax Granola	1917
Prepackaged Granola	Wheat Free Salt Free Granola	3517
Prepackaged Nuts & Seeds	Almond Butter	5207
Prepackaged Nuts & Seeds	Blanched Jumbo Peanuts	1107
Prepackaged Nuts & Seeds	Brazil Nuts	497
Prepackaged Nuts & Seeds	Filbert Nuts	557
Prepackaged Nuts & Seeds	Macadamia Nuts	4182
Prepackaged Nuts & Seeds	Peanut Butter	5107
Prepackaged Nuts & Seeds	Pecans	577

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Prepackaged Nuts & Seeds	Pistachio Meat	1857
Prepackaged Nuts & Seeds	Pumpkin Seeds	1077
Prepackaged Nuts & Seeds	Raw Almonds	277
Prepackaged Nuts & Seeds	Raw Cashews	547
Prepackaged Nuts & Seeds	Raw Salted Almonds	4217
Prepackaged Nuts & Seeds	Raw Salted Mixed Nuts	1818
Prepackaged Nuts & Seeds	Raw Salted Pistachios	6077
Prepackaged Nuts & Seeds	Raw Salted Soynuts	537
Prepackaged Nuts & Seeds	Raw Unsalted Peanuts	5106
Prepackaged Nuts & Seeds	Raw Unsalted Pistachios	5977
Prepackaged Nuts & Seeds	Sliced Almonds	207
Prepackaged Nuts & Seeds	Sunflower Seeds	817
Prepackaged Nuts & Seeds	Tamari Pumpkin Seeds	827
Prepackaged Nuts & Seeds	Walnuts	637
Prepackaged Snacks	Banana Chips	1227
Prepackaged Snacks	Cheddar Sesame Sticks	2527
Prepackaged Snacks	Cocoa Dusted Almonds	1957
Prepackaged Snacks	Dark Chocolate Almonds	1777
Prepackaged Snacks	Dark Chocolate Chips	1858
Prepackaged Snacks	Dark Chocolate Espresso Beans	1837
Prepackaged Snacks	Dark Chocolate Ginger	1787
Prepackaged Snacks	Garlic Sesame Sticks	2497
Prepackaged Snacks	Honey Sesame Sticks	2517
Prepackaged Snacks	Hot Sesame Sticks	2447
Prepackaged Snacks	Maple Walnut Cranberry Mix	3057
Prepackaged Snacks	Sesame Sticks	2528
Prepackaged Snacks	Triple C Mix	4267
Prepackaged Snacks	White Popcorn	1237
Prepackaged Snacks	Yellow Popcorn	457
Snacks	Antioxidant Trail Mix	4444
Snacks	Apple Cranberry Cashew Mix	533
Snacks	Banana Chips	122
Snacks	Cajun Sesame Sticks	244
Snacks	Carob Raisins	197
Snacks	Cheddar Sesame Sticks	252
Snacks	Chocolate Almond Trail Mix	479
Snacks	Chocolate Cranberry Cashew Trail Mix	534
Snacks	Cocoa Almonds	516
Snacks	Cranberry Harvest	144
Snacks	Dark Chocolate Almonds	177
Snacks	Dark Chocolate Banana Chips	9945
Snacks	Dark Chocolate Cranberries	179
Snacks	Dark Chocolate Ginger	178

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Snacks	Garlic Herb Cashews	517
Snacks	Garlic Sesame Sticks	249
Snacks	Honey Sesame Sticks	251
Snacks	Jolly Beans	520
Snacks	Maple Roasted Cashews	530
Snacks	Maple Walnut Cranberry Mix	532
Snacks	Milk Chocolate Raisins	199
Snacks	Multicolor Popcorn	480
Snacks	Plain Sesame Sticks	250
Snacks	Raspberry Yogurt Pretzels	303
Snacks	Rice Cracker Mix	257
Snacks	Sunny Bears	519
Snacks	Toasted Coconut Almonds	531
Snacks	Triple C Mix	426
Snacks	White Popcorn	123
Snacks	Wild Rice Sticks	203
Snacks	Yellow Popcorn	45
Snacks	Yogurt Pretzels	198

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