

# Okines Food Co-op Price Lists at 15 JUNE 2022

<b>Item</b>	<b>Origin</b>	<b>Non-active price/kg</b>	<b>Active price/kg</b>
N/A = Not Currently Available			
<b>Cereals</b>			
<b>premix</b>			
MUESLI - gluten free	local/import	\$ 17.50	\$ 14.90
MUESLI - normal	local/import	\$ 11.00	\$ 9.40
MUESLI - organic	local/import	\$ 14.00	\$ 12.00
<b>processed</b>			
CORN flakes	local/import	\$ 13.50	\$ 11.00
<b>raw</b>			
OATBRAN	Australia	\$ 5.70	\$ 4.90
OATS - Rolled Conventional	Australia	\$ 4.30	\$ 3.60
OATS - rolled FOUR LEAF BIO	Australia	\$ 7.70	\$ 6.50
<b>OATS - rolled STABILISED organic NEW</b>	<b>Finland</b>	<b>\$ 5.75</b>	<b>\$ 5.00</b>
PSYLLIUM husks organic	India	\$ 50.00	\$ 43.00
QUINOA - rolled flakes/org	Bolivoa	\$ 13.00	\$ 11.00
RICE FLAKES - rolled	Australia	\$ 8.50	\$ 7.20
<b>Condiments</b>			
<b>ground</b>			
CARDAMOM ground	Guatemala	\$ 158.00	\$ 135.00
CAYENNE Pepper	India	\$ 23.50	\$ 20.00
CHILLI - crushed organic	India	\$ 50.60	\$ 43.00
CINNAMON - ground organic	Sri Lanka	\$ 70.00	\$ 60.00
CORIANDER - ground organic	India	\$ 55.00	\$ 46.80
CUMIN - ground organic	India	\$ 84.00	\$ 71.70
GINGER - ground	India	\$ 15.00	\$ 13.00
NUTMEG - ground	Israel	\$ 40.60	\$ 34.50
PAPRIKA/natural SMOKED organic	Israel	\$ 71.00	\$ 60.00
PAPRIKA/SWEET organic	Israel	\$ 68.60	\$ 58.40
PIMENTO/Allspice - ground	Jamaica	\$ 29.60	\$ 25.15
SUMAC	Turkey	\$ 19.25	\$ 16.35
TURMERIC ALLEPPY - ground		\$ 30.70	\$ 26.15
TURMERIC - ground organic	India	\$ 25.00	\$ 21.50
<b>herbs</b>			
OREGANO - organic	Albania	\$ 84.00	\$ 71.70
HERBS - mixed	Australia	\$ 20.00	\$ 17.00
ITALIAN HERBS - with tomato	Aus/Import	\$ 25.00	\$ 21.00
<b>house-made</b>			
Curry Powder MILD MADRAS style	Mix	\$ 43.20	\$ 36.70
GARAM MASALA	Mix	\$ 72.00	\$ 61.00
LEMON PEPPER	local/import	\$ 24.70	\$ 21.00
MIXED SPICE	Mix	\$ 75.00	\$ 63.75
PANCH PHORA	Mix	\$ 27.00	\$ 23.00
<b>salts</b>			
Salt/Murray River PINK FLAKES 500g bag	Australia	\$ 14.95	\$ 12.75
ROCK-SALT	Australia	\$ 3.50	\$ 2.95
SEA-SALT NON-iodised organic	Australia	\$ 2.45	\$ 2.00

<b>whole</b>			
CARAWAY seed ORGANIC	India	\$ 37.00	\$ 31.00
CARDAMOM pods ORGANIC	Guatemala	\$ 200.00	\$ 185.00
CASSIA quills conventional	Indonesia	\$ 44.50	\$ 38.00
CINNAMON quills ORGANIC	Sri Lanka	\$ 150.00	\$ 135.00
CLOVES whole conv	Indonesia	\$ 34.00	\$ 29.00
CORIANDER seed ORGANIC	Australia	\$ 50.00	\$ 43.00
CUMIN seed	Turkey	\$ 18.60	\$ 15.85
FENNEL seed	India	\$ 12.25	\$ 10.45
FENUGREEK seed	India	\$ 8.75	\$ 7.50
GARLIC GRANULES organic NEW	India	\$ 75.00	\$ 65.00
MUSTARD seed - BROWN organic	Canada	\$ 51.10	\$ 43.45
MUSTARD seed - YELLOW organic	India	\$ 50.00	\$ 43.00
NIGELLA seed	India	\$ 17.00	\$ 14.50
NUTMEG whole	Indonesia	\$ 52.00	\$ 44.00
PEPPERCORNS - black CONVENTIONAL AUST.	Australia	\$ 25.20	\$ 21.40
PIMENTOS Allspice whole	Jamaica	\$ 27.90	\$ 23.75
STAR ANISE - organic	Vietman	\$ 130.00	\$ 110.00
VANILLA BEANS - whole pods	Madagascar	\$ 5.00	\$ 4.00
<b>Dried Fruit</b>			
APRICOTS (sulphur free) organic	Turkey	\$ 23.00	\$ 20.00
BANANA strips Chem-free	Australia	\$ 20.70	\$ 17.60
CHERRIES red GLACE	France	\$ 18.00	\$ 15.30
CITRUS PEEL	Italy	\$ 9.00	\$ 7.70
CRANBERRIES light conventional	Canada	\$ 15.00	\$ 13.00
CURRENTS organic	Australia	\$ 16.00	\$ 13.70
GINGER GLACE	Australia	\$ 18.50	\$ 15.75
DATES - Middle-East	Iran	\$ 4.60	\$ 3.70
FIGS organic	Turkey	\$ 21.00	\$ 18.00
<b>MANGO Australian strips BACK IN STOCK</b>	<b>Australia</b>	<b>\$ 77.00</b>	<b>\$ 66.00</b>
<b>MUSCATEL RAISINS with stalk SPECIAL</b>	<b>Australia</b>	<b>\$ 33.00</b>	<b>\$ 30.00</b>
PEACHES Aus Dried	Australia	\$ 38.00	\$ 32.50
PRUNES Aust	Australia	\$ 15.20	\$ 12.90
RAISINS organic	Australia	\$ 13.75	\$ 11.70
SULTANAS natural conventional	Australia	\$ 10.00	\$ 8.60
<b>Drinks</b>			
<b>coffees</b>			
DANDELION Roasted coffee	Australia	\$ 49.50	\$ 42.15
South Roast coffee BEANS BULK - LOOSE	Tas roasted	\$ 45.50	\$ 40.00
South Roast coffee GROUND 500g bag	Tas roasted	\$ 23.00	\$ 19.50
South Roast coffee GROUND 250g bag	Tas roasted	\$ 13.00	\$ 11.00
<b>house-made</b>			
Okines CHAI Spice Mix	House mix	\$ 100.00	\$ 94.00
Okines GOLDEN MYLK Mix organic	House mix	\$ 46.00	\$ 39.00
<b>teas</b>			
BREAKFAST BLEND BLACK Tea organic	India/SriLan	\$ 57.60	\$ 48.95
EARL GREY Tea organic	Ind/SriL/Italy	\$ 72.00	\$ 61.50
FRENCH Earl Grey Tea organic	Aus/Import	\$ 72.00	\$ 61.50
GINGER GLOW herbal tea organic	Aus/Import	\$ 74.25	\$ 63.10
<b>LADY GREY Tea - SPECIAL</b>	<b>Aus/Import</b>	<b>\$ 55.00</b>	<b>\$ 50.00</b>

MINTY GREEN Tea - SPECIAL	Aus/Import	\$ 75.00	\$ 70.00
PEPPERMINTY Tea -SPECIAL	Aus/Import	\$ 75.00	\$ 70.00
SENGHA GREEN tea organic	Sri Lanka	\$ 50.25	\$ 42.70
SPRING FORTH herbal tea organic	Aus/Import	\$ 74.25	\$ 63.10
<b>Flours</b>			
<b>gluten</b>			
BREAD flour UNBLEACHED WGM org	Australia	\$ 3.50	\$ 3.00
BREAD flour WHOLEGRAIN Sustainable NEW	Australia	\$ 2.30	\$ 2.00
ALLPURPOSE Wh-wheat Premium Sust. NEW	Australia	\$ 2.80	\$ 2.40
CAKE flour unbleached Kialla org	Australia	\$ 4.50	\$ 3.80
RYE flour WHOLEGRAIN org	Australia	\$ 4.50	\$ 3.80
SEMOLINA - fine	Australia	\$ 4.50	\$ 4.00
SPELT flour WHITE Sustainable NEW	Tasmania	\$ 5.00	\$ 4.20
SPELT flour WHOLEGRAIN organic	Australia	\$ 6.00	\$ 5.00
<b>gluten-free</b>			
BESAN (Chickpea) flour brown KIALLA org	Australia	\$ 6.20	\$ 5.25
BUCKWHEAT flour WHITE Kindred org	Tasmania	\$ 12.20	\$ 10.40
BUCKWHEAT fl WH/GRAIN Kindred org	Tasmania	\$ 13.00	\$ 11.00
COCONUT flour organic	Sri Lanka	\$ 10.00	\$ 8.50
CORN/MAIZE flour	NZ	\$ 3.90	\$ 3.30
CORN MASA/MASECA Flour Blue	Mexico	\$ 9.60	\$ 8.15
GLUTEN FREE flour (Orgran) org	Australia	\$ 8.60	\$ 7.30
MACA POWDER organic	Bolivia	\$ 13.50	\$ 11.50
POLENTA coarse organic	Australia	\$ 7.00	\$ 6.00
RICE flour - Brown organic	Australia	\$ 8.00	\$ 6.90
TAPIOCA Flour/Starch bulk	Thailand	\$ 4.40	\$ 3.75
<b>Grains</b>			
BARLEY pearled organic	Australia	\$ 5.80	\$ 4.90
BUCKWHEAT (BUCKINIS) ACTIVATED organic	Australia	\$ 17.00	\$ 14.50
BUCKWHEAT GROATS RAW organic	Australia	\$ 7.75	\$ 6.50
BURGHUL coarse	Turkey	\$ 4.75	\$ 4.00
COUSCOUS WHOLEWHEAT organic		\$ 8.00	\$ 6.80
COUSCOUS whole wheat PEARL organic	Israel	\$ 10.45	\$ 8.90
MILLET - hulled organic	Australia	\$ 8.70	\$ 7.40
POPCORN	Australia	\$ 4.85	\$ 4.12
QUINOA wholegrain Kindred organic	Tasmania	\$ 11.80	\$ 10.00
Rice ARBORIO	Spain	\$ 5.70	\$ 4.80
Rice BASMATI BROWN organic	Australia	\$ 7.15	\$ 6.00
Rice BASMATI WHITE organic	India	\$ 8.00	\$ 6.75
Rice BROWN MEDIUM-GRAIN Bio organic	Australia	\$ 10.50	\$ 9.00
RYE whole grain	Australia	\$ 4.75	\$ 4.00
SPELT wholegrain Kindred organic	Tasmania	\$ 9.15	\$ 7.80
<b>Grocery</b>			
<b>cooking</b>			
BAKING POWDER - Salt Skip	local/import	\$ 26.00	\$ 22.10
CACAO powder - raw organic	Peru	\$ 16.50	\$ 14.00
COCOA powder ROASTED organic NEW	Netherlands	\$ 25.00	\$ 21.00
Chocolate DARK COUVERTURE organic	Germany	\$ 35.20	\$ 29.90
Dried CARROT NEW	China	\$ 23.50	\$ 20.00

Dried ONION NEW	China	\$ 14.50	\$ 12.30
Dried SWEETCORN NEW	New Zealand	\$ 59.00	\$ 50.00
Dried TOMATO NEW	China	\$ 40.00	\$ 34.00
FALAFEL mix	local/import	\$ 10.20	\$ 8.70
KELP meal organic	Tasmania	\$ 82.00	\$ 70.00
MISO Spiral Genmai Brown Rice org 400g ea	Japan	\$ 16.75	\$ 14.00
MUSHROOMS dried not mixed NEW	China	\$ 65.00	\$ 55.00
MUSHROOMS MIXED dried BACK IN STOCK	France	\$ 100.00	\$ 85.00
PASTA SPAGHETTI 'Eat Pasta' 375g pkt ea	Australia	\$ 4.00	\$ 3.50
PASTA PAPPARDELLE 'Eat Pasta' 375g pkt ea NeW	Australia	\$ 4.00	\$ 3.50
STOCK powder- Massel/BEEF style	Australia	\$ 25.65	\$ 21.80
STOCK powder- Massel/CHICKEN style	Australia	\$ 26.50	\$ 22.50
STOCK powder- Massel/VEGGIE	Australia	\$ 26.30	\$ 22.35
YEAST- nutritional flakes	USA	\$ 49.50	\$ 42.00
<b>general</b>			
BUTTER Ashgroves Farmhouse	Tasmania	\$ 16.75	\$ 15.50
BICARB of soda NATURAL	USA	\$ 7.95	\$ 6.75
BICARB of soda SYNTHETIC	Germany	\$ 3.80	\$ 3.25
CACAO BUTTER organic		\$ 38.30	\$ 32.50
COCONUT CHIPS/FLAKES organic	Phillipines	\$ 20.60	\$ 17.50
COCONUT Fine DESSICATED organic	Phillipines	\$ 11.50	\$ 9.80
COCONUT SHREDDED organic	Phillipines	\$ 13.50	\$ 11.50
COCOMINO Sauce Nuilife 250ml each	Australia	\$ 10.80	\$ 9.60
Cheese Millel PECORINO	Australia	\$ 25.00	\$ 23.00
<b>PRESERVES: request variety next to item name</b>			
Julia's - SMALL	Dodges	\$ 5.00	\$ 5.00
Julia's - LARGE	Dodges	\$ 7.00	\$ 7.00
Sally's - JAM/RELISH cash in jar	Pawleena	\$ 5.00	\$ 5.00
Sally's - KASUNDI cash in jar	Pawleena	\$ 6.00	\$ 6.00
OLIVES Mixed organic N/A	Greece	\$ 22.70	\$ 19.30
TAMARI Spiral organic	Japan	\$ 29.30	\$ 24.95
TAHINI BLACK organic 375g jar each	import ing.	\$ 15.13	\$ 12.40
TAHINI UNHULLED organic	Australia	\$ 15.30	\$ 13.00
Vinegar APPLE CIDER organic	Tasmania	\$ 12.00	\$ 10.20
Vinegar WHITE/NATURAL	Australia	\$ 2.19	\$ 1.85
<b>Household</b>			
<b>cleaning</b>			
<i>cleaning products are by Clean Conscience except the dishwasher machine pdr: locally made &amp; non-toxic</i>			
DISHWASHING liquid	Tas-made	\$ 18.00	\$ 16.00
DISHWASHER MACHINE pdr Clean Machine NEW	Tas-made	\$ 11.00	\$ 9.50
Multi-purpose LEMON MYRTLE spray	Tas-made	\$ 11.00	\$ 10.00
Multi -purpose EUCALYPTUS spray	Tas-made	\$ 8.25	\$ 7.00
LAUNDRY SOAKER	Tas-made	\$ 11.25	\$ 9.55
SOAP Liquid	Tas-made	\$ 18.00	\$ 15.30
LAUNDRY POWDER	Tas-made	\$ 15.00	\$ 12.75
<b>containers</b>			
Spray bottle each		\$ 2.50	\$ 2.50
<b>general</b>			
Air Freshener REFILL (bottles available)	Tas-made	\$ 7.75	\$ 6.50
EPSOM SALTS	Germany	\$ 6.50	\$ 5.50

TEA TREE OIL Clarence River 25ml	Australia	\$ 10.00	\$ 10.00
WGAC Toilet Paper 1 ROLL	China/Aus	\$ 1.25	\$ 1.25
WGAC Kitchen Towel x 1 ROLL	China/Aus	\$ 3.25	\$ 3.25
WGAC Tissues SINGLE Pack	China/Aus	\$ 1.75	\$ 1.75
WGAC T P CARTON X 48 rolls	China/Aus	\$ 45.00	\$ 45.00
WGAC Kitchen Towel CARTON x 6 rolls	China/Aus	\$ 18.00	\$ 18.00
WGAC Tissues CARTON x 12 boxes	China/Aus	\$ 18.00	\$ 18.00
<b>personal all prices are per item</b>			
Deodorant Stick - Vegan - Body of Nature	Tas-made	\$ 15.00	\$ 15.00
Face Serum Oil 15ml	Tas-made	\$ 10.00	\$ 10.00
Face Serum Oil 25ml	Tas-made	\$ 15.00	\$ 15.00
Insect Itch RESCUE BALM- 5g stick	Queensland	\$ 8.00	\$ 7.50
Insect Itch RESCUE BALM- 45g tub	Queensland	\$ 37.00	\$ 33.00
Lip Balm - Body of Nature	Tas-made	\$ 8.00	\$ 8.00
Moisturiser ORIGINAL/HONEY 50ml	Tas-made	\$ 20.00	\$ 20.00
SHAMPOO BAR All Washed Up	Tas-made	\$ 7.50	\$ 7.50
SOAP BAR All Washed Up	Tas-made	\$ 6.50	\$ 6.50
TOOTHBRUSH Enviro ADULT Black Soft	China	\$ 3.50	\$ 3.50
TOOTHBRUSH Enviro CHILD Black Soft	China	\$ 3.00	\$ 3.00
TOOTHPASTE Grants Proplis	Australia	\$ 4.00	\$ 3.40
TOOTHPASTE Grants mild mint	Australia	\$ 4.00	\$ 3.40
<b>Milks</b>			
COCONUT milk powder VEGAN organic	Sri Lanka	\$ 32.00	\$ 28.00
SOY milk Bonsoy organic BOX of 6	Australia	\$ 35.00	\$ 29.00
<b>Nuts</b>			
<b>meal/butter</b>			
ALMOND MEAL from whole nuts - chem free	Australia	\$ 28.80	\$ 24.50
PEANUT BUTTER - conventional	Australia	\$ 12.00	\$ 10.20
<b>whole/pieces</b>			
ALMONDS RAW WHOLE chem free	Australia	\$ 22.50	\$ 19.00
ALMONDS ROASTED WHOLE chem free	Australia	\$ 28.00	\$ 23.75
BRAZIL nuts organic	BoliviaBrazil	\$ 47.00	\$ 40.00
CASHEWS raw whole - conventional	Vietnam	\$ 24.00	\$ 20.00
CASHEWS ROASTED whole - conventional	Indonesia	\$ 32.30	\$ 27.50
HAZELNUTS roasted organic	Tasmania	\$ 71.70	\$ 61.00
MACADAMIA pieces chem free	Australia	\$ 61.00	\$ 52.00
MACADAMIA WHOLE salted	Australia	\$ 73.60	\$ 62.60
PECANS halves conventional NEW	Australia	\$ 46.00	\$ 39.00
PEANUTS roasted unsalted conventional	Australia	\$ 9.50	\$ 8.00
PINENUTS organic	China	\$ 84.00	\$ 71.50
PISTACHIO nuts in shell	Australia	\$ 45.00	\$ 38.00
Walnuts - WEBSTERS	Tasmania	\$ 26.30	\$ 22.30
Walnuts COALDALE IN SHELL chem free SPECIAL	Tasmania	\$ 11.00	\$ 10.50
Walnuts COALDALE PIECES chem free	Tasmania	\$ 40.50	\$ 34.45
<b>Oils</b>			
COCONUT oil - virgin org 900g/1lt jar	Sri Lanka	\$ 18.00	\$ 15.25
COCONUT oil Melrose flav free org. 325g N/A	Sri Lanka	\$ 6.80	\$ 5.80
OLIVE oil Platypus Creek extra virgin	Tasmania	\$ 24.00	\$ 20.40
SESAME oil Spiral organic 500g bottle each	Mexico	\$ 15.50	\$ 14.20
<b>Pulses</b>			

**all pulses are not always in stock - please indicat a sub and we will endeavour to provide**

BLACK TURTLE Beans	Canada	\$ 8.00	\$ 6.75
BLACKEYED Peas	USA	\$ 10.40	\$ 8.90
BORLOTTI Beans	USA/Canada	\$ 7.35	\$ 6.25
CANNELLINI Beans	Australia	\$ 7.75	\$ 6.60
CHICKPEAS organic	Australia	\$ 11.25	\$ 9.60
HARICOT/NAVY Beans	Canada	\$ 7.25	\$ 6.20
LENTILS Brown-Green organic	Canada	\$ 3.60	\$ 3.00
LENTILS French PUY organic	Canada	\$ 5.25	\$ 8.60
LENTILS Red Split CONV	Turkey	\$ 7.50	\$ 4.50
LIMA Beans large	USA	\$ 10.50	\$ 8.90
MUNG beans	Australia	\$ 7.85	\$ 6.70
SOY BEANS organic	Australia	\$ 8.55	\$ 7.30
RED KIDNEY beans	Canada	\$ 7.70	\$ 6.60
<b>Seeds</b>			
ALFALFA seed	Australia	\$ 21.75	\$ 18.50
CHIA seeds - BLACK	Paraguay	\$ 21.20	\$ 18.00
HEMP SEED Aus Primary conventonal	Australia	\$ 36.30	\$ 30.90
LINSEEDS Kialla organic	Australia	\$ 12.20	\$ 10.35
POPPY seed	Tas/Spain	\$ 18.10	\$ 15.40
PUMPKIN/PEPITA seed org China	China	\$ 19.20	\$ 16.30
SESAME seed BLACK	India	\$ 16.50	\$ 14.00
SESAME seeds HULLED org	India	\$ 13.70	\$ 11.70
SESAME seeds UNHULLED org	Ethiopia	\$ 14.00	\$ 11.90
SPROUTING mix seeds	60% Aus	\$ 11.80	\$ 9.70
SUNFLOWER SEEDS chem free	Australia	\$ 9.50	\$ 8.00
<b>Snacks/Treats</b>			
CHOC-RASP LICORICE organic	Australia	\$ 47.90	\$ 40.70
CHOCOLATE drops DARK organic	Germany	\$ 40.45	\$ 34.40
CHOCOLATE drops MILK organic	Germany	\$ 42.35	\$ 36.00
SALMIAK Rock - Licorice	Holland	\$ 25.90	\$ 22.00
<b>Sweeteners</b>			
Honey BUSH	Tasmania	\$ 16.50	\$ 14.00
Honey LEATHERWOOD	Tasmania	\$ 16.50	\$ 14.00
MAPLE syrup 100% organic	Canada	\$ 29.00	\$ 24.75
Sugar COCONUT organic	Indonesia	\$ 11.70	\$ 10.00
Sugar RAW organic	Australia	\$ 4.25	\$ 3.60
Sugar RAPADURA organic	Sri Lanka	\$ 6.50	\$ 5.50