

ellora

natural & organic foods

ellora catalogue E

dried goods

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Many of the items listed in this catalogue are produced at New Brunswick's Speerville Flour Mill.



The Speerville Flour Mill was founded by Stu Fleischaker and George Berthault in 1982 with a mandate to provide a market for Maritime-produced grain and other products. Why was and does this continue to be so important? Because less than 1% of the cereals and flour products available for purchase in the Maritimes are actually grown and processed in this region!

The Speerville Flour Mill takes its role in promoting a regional food system and encouraging organic farming and a nutritious food supply very seriously. Speerville has always been a strong supporter of organic agriculture from the ground up—from working with farmers with production issues right through to marketing the results of their efforts.

You might find Speerville prices a bit higher than those of products from other mills and suppliers—this is because **Speerville pays its farmers a fair price for their harvest**. This is local fair trade in action, and is very heartening to see!

Speerville has grown from a small mill that produced basic flours and cereals to a bustling enterprise that now offers an enormous range of locally-grown whole grain products and quality foods from other organic sources. Speerville continues to support the local economy by helping build strong rural communities, and to that end will not ship its products outside the Maritime region.

I encourage you to support the Speerville Flour Mill—a company that has been doing the right thing from the very beginning—by purchasing their products over those from further afar whenever possible. Hurray for regional sustainability!

BAKING SUPPLIES

Le Paludier www.lepaludier.com

SFM	Sea salt, coarse grey	1kg	5.60
SFM	Sea salt, coarse grey	5kg	24.55
SFM	Sea salt, fine grey (in shaker)	250g	5.75

SFM	Sea salt, fine grey	500g	5.35
SFM	Sea salt, fine grey	5kg	41.00

Red Sea

SFM	Sea salt, white	700g	3.10
SFM	Sea salt, white	25kg	61.45

Speerville www.speervilleflourmill.ca

SFM*	Baking powder	5lb	12.75
SFM*	Baking powder	10kg	47.40
SFM*	Golden sugar, organic	5lb	12.40
SFM*	Golden sugar, organic	10kg	50.40
SFM*	Golden sugar, organic	25kg	116.45

BEANS, DRIED

Speerville Organic www.speervilleflourmill.ca

SFM*	Adzuki beans	5lb	16.20
SFM*	Adzuki beans	11.34kg	77.10
SFM*	Black turtle beans	5lb	16.05
SFM*	Black turtle beans	11.34kg	73.45
SFM*	Chick peas (garbanzos)	5lb	17.10
SFM*	Chick peas	11.34kg	82.05
SFM*	Green peas, whole	5lb	10.30
SFM*	Green peas, whole	11.34kg	46.80
SFM*	Lentils, green	5lb	15.05
SFM*	Lentils, green	11.34kg	66.65
SFM*	Lentils, red split	5lb	21.20
SFM*	Lentils, red split	11.34kg	97.35
SFM*	Navy beans	5lb	14.65
SFM*	Navy beans	11.34kg	64.60
SFM*	Pinto beans	5lb	16.25
SFM*	Pinto beans	11.34kg	72.70
SFM*	Red kidney beans	5lb	16.20
SFM*	Red kidney beans	11.34kg	69.30
SFM*	Soy beans	5lb	12.30
SFM*	Soy beans	11.34kg	50.75
SFM*	Split peas, green	5lb	13.45
SFM*	Split peas, green	11.34kg	62.75
SFM*	Split peas, yellow	5lb	13.05
SFM*	Split peas, yellow	11.34kg	55.55

Van Dine's New-Brunswick-Grown Beans

Allan and Carolyn VanDine have been producing high-quality beans for over 32 years on their family farm near Woodstock, New Brunswick. While their beans are not certified organic, they are regionally-produced, and are of extremely high quality. Support Maritime farmers!

SFM	Jacob's cattle beans	5lb	13.30
SFM	Jacob's cattle beans	11.34kg	60.30
	A large burgundy quick-cooking speckled bean favoured for its unique appearance. Much like the soldier bean, but with its own distinctive texture. Great for soups or salads.		
SFM	Soldier beans	5lb	14.90
SFM	Soldier beans	11.34kg	67.35
	A delicious large kidney-shaped heritage bean with a soft skin. This is New Brunswick's traditional baking bean, cooked with molasses or maple syrup. Cooks in 3-4 hours.		

SFM	Yellow-eyed beans	5lb	14.90
SFM	Yellow-eyed beans	11.34kg	67.35

A medium-sized soft-skinned quick-cooking round bean. Can be used as a baking bean, or in soups and salads.

CEREALS AND MIXES

Speerville Organic www.speervilleflourmill.ca

SFM*	7-grain baking blend/cereal	5lb	10.00
SFM*	7-grain baking blend/cereal	10kg	37.75
SFM*	7-grain baking blend/cereal (wheat, rye, flax, millet, barley, buckwheat, cornmeal)	25kg	86.90
SFM*	12-grain cereal	5lb	13.65
SFM*	12-grain cereal	10kg	50.25
SFM*	12-grain cereal (hard wheat, rye, barley, soft wheat, oats, rice, millet, buckwheat, corn, sunflower seeds, sesame seeds, flax seeds)	25kg	118.30
SFM*	Buckwheat pancake mix	5lb	12.25
SFM*	Buckwheat pancake mix (dark buckwheat flour, whole wheat flour, baking powder, sea salt)	10kg	43.20
SFM*	Cornucopia mix for Johnny cake/muffins (corn flour, whole wheat flour, cane sugar, baking powder, sea salt)	910g	6.50
SFM*	Maritime sunshine pancake mix	5lb	10.95
SFM*	Maritime sunshine pancake mix (corn, buckwheat and rye flours, baking powder, sea salt)	10kg	38.90
SFM*	Pharaoh's favourite mix (spelt flour, kamut flour, baking powder, sea salt)	700g	6.50
SFM*	Rainbow medley mix (whole wheat, rye, corn and buckwheat flours, rolled oats, baking powder, sea salt)	700g	6.00
SFM*	Saint John Valley cereal	5lb	9.10
	Saint John Valley cereal (cracked wheat, cracked rye, whole flax)	10kg	31.75
SFM*	Whole wheat pancake mix	5lb	11.60
SFM*	Whole wheat pancake mix	10kg	41.05

CONDIMENTS

Boates www.acornorganic.org/farmers/boates.html Nova Scotia product!

SFM*	Boates organic apple cider vinegar	.95L	7.80
SFM*	Boates organic apple cider vinegar	4L	15.40

DRIED FRUIT

Speerville Organic www.speervilleflourmill.ca

SFM*	Apples, unsulphured	1lb	16.35
SFM*	Apples, unsulphured	2.5kg	81.90

SFM*	Apricots, unsulphured	2lb	25.35
SFM*	Apricots, unsulphured	5kg	100.85
SFM*	Goji berries	910g	48.30
SFM*	Medjool dates	2lb	24.50
SFM*	Medjool dates	5kg	135.60
SFM*	Pitted prunes	2lb	25.75
SFM*	Raisins, Thompson	2lb	13.60
SFM*	Raisins, Thompson	5kg	70.55
SFM*	Raisins, Thompson	13.63kg	147.85

FLOUR, KERNELS, BRAN, GRAINS

Flour information from the Speerville Flour Mill www.speervilleflourmill.ca

- Speerville's Maritime-grown **bread wheat** is hard red spring wheat that is high in gluten and protein.
- Speerville's **unbleached white flour** contains 80% of the kernel and some of the germ, and has a beautiful golden colour. Good for transitioning from white to whole wheat flour, for a less-heavy baked product, and for all baking and cooking.
- Speerville's conventional **whole white flour** is a little darker in colour than commercial unbleached flours. With 85% of the original wheat kernel and wheat germ, it is nutritious and good for all baking and cooking.
- Speerville's **whole wheat flour** makes great bread, and works well as an all-purpose baking flour.
- Speerville's Maritime-grown **pastry (soft) wheats** are low in gluten and protein, and suitable for cakes, cookies and pie crusts.
- **Red Fife** heritage wheat, the parent variety of all modern wheat now grown in Canada, once verged on extinction, but has been revived by Speerville's Maritime growers. Many wheat-intolerant people find they can enjoy it without ill effect.
- **Spelt** is an ancient grain that goes way back in human history. Tolerated by many who cannot eat wheat, spelt is now becoming a favourite of many discerning bakers because of its light texture and unique flavour.
- **Whole spelt flour** can be used in any recipe to replace stoneground whole wheat flour. For yeast breads, be sure not to knead in too much extra flour to ensure a moist, delicious, nutty-flavoured end product.
- **Light spelt flour**, a sifted version of whole spelt flour that does not contain all the bran and germ, is a wonderful light flour for any baking. Good for introducing new bakers or hesitant whole grain eaters to spelt's unique flavour.

Speerville Organic www.speervilleflourmill.ca

SFM*	Amaranth	5lb	18.05
SFM*	Amaranth	11.34kg	81.50
SFM*	Barley flour	5lb	11.35
SFM*	Barley flour	10kg	44.55
SFM*	Barley flour	25kg	106.95
SFM*	Barley, hulled	5lb	9.85
SFM*	Barley, hulled	10kg	30.50
SFM*	Brown rice flour	5lb	13.10
SFM*	Brown rice flour	10kg	44.45
SFM*	Buckwheat flour	5lb	12.75
SFM*	Buckwheat flour	10kg	46.25
SFM*	Buckwheat groats	5lb	13.35
SFM*	Buckwheat groats	11.34kg	58.15
SFM*	Bulghur	5lb	20.50
SFM*	Bulghur	11.34kg	87.35
SFM*	Corn flour	5lb	9.10
SFM*	Corn flour	10kg	29.50
SFM*	Corn meal	5lb	9.10
SFM*	Corn meal	10kg	29.50

SFM*	Corn, popping	5lb	13.95
SFM*	Corn, popping	11.34kg	62.30
SFM*	Couscous, regular	5lb	22.20
SFM*	Couscous, regular	11.34kg	103.95
SFM*	Couscous, whole wheat	5lb	22.20
SFM*	Couscous, whole wheat	11.34kg	103.95
SFM*	Kamut flour	5lb	11.75
SFM*	Kamut flour	10kg	40.20
SFM*	Kamut flour	25kg	98.15
SFM*	Kamut kernels	10kg	38.35
SFM*	Millet, hulled	5lb	14.55
SFM*	Millet, hulled	11.34Kg	56.55
SFM*	Oat groats	10kg	25.55
SFM*	Oat pieces—Scottish oatmeal	5lb	9.10
SFM*	Oat pieces—Scottish oatmeal	10kg	29.55
SFM*	Oats, rolled—Newfound oatmeal	4lb	8.05
SFM*	Oats, rolled—Newfound oatmeal	8kg	24.50
SFM*	Oats, rolled—Newfound oatmeal	20kg	57.65
SFM*	Quinoa	5lb	24.60
SFM*	Quinoa	11.34kg	113.60
SFM*	Rye, cracked	10kg	24.65
SFM*	Rye flakes	8kg	23.55
SFM*	Rye flour	5lb	7.65
SFM*	Rye flour	10kg	27.65
SFM*	Rye flour	25kg	65.35
SFM*	Rye kernels	10kg	22.25
SFM*	Rye kernels	25kg	49.45
SFM*	Soy flour	1.82kg	13.40
SFM*	Soy flour	10kg	63.85
SFM*	Spelt bran	10kg	15.40
SFM*	Spelt flakes	8kg	32.95
SFM*	Spelt flour, light	5lb	12.40
SFM*	Spelt flour, light	10kg	47.85
SFM*	Spelt flour, light	25kg	114.35
SFM*	Spelt flour, whole	5lb	12.25
SFM*	Spelt flour, whole	10kg	39.30
SFM*	Spelt flour, whole	25kg	89.45
SFM*	Spelt kernels	10kg	34.65
SFM*	Spelt kernels	25kg	82.00
SFM*	Wheat bran	10kg	10.85
SFM*	Wheat, cracked	5lb	7.00
SFM*	Wheat, cracked	10kg	28.55
SFM*	Wheat, cracked	25kg	68.35
SFM*	Wheat flakes	8kg	24.50
SFM*	Wheat kernels, Red Fife	10kg	33.00
SFM*	Wheat kernels, Red Fife	25kg	65.20
SFM*	Wheat kernels, hard	10kg	24.10
SFM*	Wheat kernels, hard	25kg	57.20
SFM*	Wheat kernels, soft	10kg	22.70
SFM*	Wheat meal	25kg	51.95
SFM*	White flour, unbleached hard (bread)	5lb	8.20
SFM*	White flour, unbleached hard (bread)	11.34kg	35.80
SFM*	White flour, unbleached hard (bread)	25kg	76.50
SFM*	Whole wheat flour, hard (bread)	5lb	7.90
SFM*	Whole wheat flour, hard (bread)	10kg	28.55
SFM*	Whole wheat flour, hard (bread)	25kg	67.60

SFM*	Whole wheat flour, Red Fife	5lb	8.85
SFM*	Whole wheat flour, Red Fife	10kg	34.75
SFM*	Whole wheat flour, Red Fife	25kg	81.10
SFM*	Whole wheat flour, soft (pastry)	5lb	11.10
SFM*	Whole wheat flour, soft (pastry)	10kg	34.15

Speerville Non-Organic www.speervilleflourmill.ca

SFM	Wheat kernels, hard	10kg	16.95
SFM	Wheat kernels, hard	25kg	38.65
SFM	Whole wheat flour	5lb	7.50
SFM	Whole wheat flour	10kg	21.40
SFM	Whole wheat flour	25kg	50.50
SFM	Whole white flour	5lb	7.50
SFM	Whole white flour	10kg	22.90
SFM	Whole white flour	25kg	53.50

NUT BUTTERS, ORGANIC

Yum Foods www.yumfoods.ca  **Nova Scotia product!**

SFM*	Almond butter, organic	240g	12.50
SFM*	Cashew butter, organic	240g	11.05
SFM*	Peanut butter, crunchy organic	500g	7.70
SFM*	Peanut butter, crunchy organic full case	12x500g	90.55
SFM*	Peanut butter, crunchy organic	4.1kg	51.25
SFM*	Peanut butter, crunchy organic	10kg	122.450
SFM*	Peanut butter, smooth organic	500g	7.70
SFM*	Peanut butter, smooth organic full case	12x500g	90.55
SFM*	Peanut butter, smooth organic	4kg	51.25
SFM*	Peanut butter, smooth organic	10kg	122.45
SFM*	Tahini, organic	500g	9.85
SFM*	Tahini, organic	4kg	70.05

NUTS AND SEEDS

Speerville Seeds www.speervilleflourmill.ca

SFM*	Chia seeds, black, organic	350g	12.00
SFM*	Chia seeds, black, organic	5lbs	56.10
SFM*	Chia seeds, white, organic	350g	11.00
SFM*	Chia seeds, white, organic	5lbs	49.75
SFM*	Flax seeds, brown, organic	5lb	15.70
SFM*	Flax seeds, brown, organic	11.34kg	65.95
SFM*	Flax seeds, yellow, organic	5lb	19.20
SFM*	Flax seeds, yellow, organic	11.34kg	76.10
SFM*	Pumpkin seeds, organic	2.27kg	45.45
SFM*	Pumpkin seeds, organic	10kg	162.00
SFM*	Sesame seeds, unhulled, organic	5lb	22.80
SFM*	Sesame seeds, unhulled, organic	11.34kg	104.80
SFM*	Sunflower seeds, hulled, organic	5lb	18.35
SFM*	Sunflower seeds, hulled, organic	11.34kg	81.90

Mumm's Organic Sprouting Seeds www.sprouting.com

SFM*	Mumm's ancient eastern blend	910g	17.80
SFM*	Mumm's ancient eastern blend (fenugreek, lentils, kamut, adzuki beans)	5lb	43.65

SFM*	Mumm's broccoli	910g	60.85
SFM*	Mumm's broccoli	5lb	145.85
SFM*	Mumm's broccoli/brassica blend	910g	35.90
SFM*	Mumm's broccoli//brassica blend (broccoli, broccoli raab, canola, radish, mustard, arugula)	5lb	88.95
SFM*	Mumm's crunchy bean mix sprouting blend	910g	15.70
SFM*	Mumm's crunchy bean mix sprouting blend (garbanzo beans, mixed lentils)	5lb	37.70
SFM*	Mumm's sandwich booster sprouting blend	910g	23.40
SFM*	Mumm's sandwich booster sprouting blend (red clover, alfalfa, radish, canola)	5lb	56.05
SFM*	Mumm's spicy lentil crunch sprouting blend	910g	20.55
SFM*	Mumm's spicy lentil crunch sprouting blend (mixed lentils, radish, alfalfa, red clover, canola, black mustard)	5lb	49.30
SFM*	Mumm's spring salad mix	910g	32.25
SFM*	Mumm's spring salad mix (broccoli, radish, red clover, alfalfa)	5lb	77.30

Speerville Organic Sprouting Seeds www.speervilleflourmill.ca

SFM*	Alfalfa	910g	16.75
SFM*	Alfalfa	5lb	37.60
SFM*	Radish	910g	15.30
SFM*	Radish	5lb	37.80
SFM*	Red clover	910g	12.45
SFM*	Red clover	5lb	30.60

OILS

Soleil d'Or Oils www.maisonorphee.com

SFM*	Soleil d'or canola oil, organic	1L	16.80
SFM*	Soleil d'or canola oil, organic	3L	41.00
SFM	Soleil d'or grapeseed oil, conventional	1L	16.05
SFM*	Soleil d'or olive oil, organic	1L	26.50
SFM*	Soleil d'or olive oil, organic	3L	77.20
SFM*	Soleil d'or sunflower oil, organic	1L	15.50
SFM*	Soleil d'or sunflower oil, organic	3L	38.05

PASTAS, ORGANIC

Alegria Organic Pastas www.lamilanaise.com/en/alegria/aleg_ang.html

SFM*	Kamut spaghetti	5kg	62.00
SFM*	Spelt elbows	5kg	60.75
SFM*	Spelt spaghetti	5kg	64.80
SFM*	Spinach spaghetti	5kg	44.45
SFM*	Veggie spirals	5kg	40.90
SFM*	Whole wheat elbows	5kg	40.35
SFM*	Whole wheat spaghetti	5kg	40.35

PERSONAL CARE

Homestead Soap Company www.homesteadsoaps.com

SFM	Calendula bar soap	120g	6.25
SFM	Lavender bar soap	120g	6.25
SFM	Lemongrass bar soap	120g	6.25
SFM	Oatmeal bar soap	120g	6.25
SFM	Patchouli bar soap	120g	6.25
SFM	Rosemary mint bar soap	120g	6.25
SFM	Spiced oatmeal bar soap	120g	6.25

Tom's of Maine www.tomsomaine.com

SFM	Fennel toothpaste, no flouride	75ml	5.95
SFM	Fennel toothpaste, no fluoride case	6x75ml	32.10
SFM	Homeopathic apricot toothpaste, no fluoride	75ml	6.95
SFM	Peppermint toothpaste, no flouride	75ml	5.95
SFM	Peppermint toothpaste, no fluoride case	6x75ml	32.10
SFM	Silly strawberry toothpaste, flouride	75ml	5.95
SFM	Silly strawberry toothpaste, fluoride case	6x75ml	32.10
SFM	Spearmint toothpaste, no flouride	75ml	5.95
SFM	Spearmint toothpaste, no fluoride case	6x75ml	32.10

PET CARE

Speerville www.speervilleflourmill.ca

SFM	Enviro Litter	2.27kg	7.90
SFM	Enviro Litter	10kg	24.55

An environmentally-friendly alternative to clay cat litter, Enviro-litter is a natural wheat product that absorbs both odours and liquids.

RICE

Speerville Organic www.speervilleflourmill.ca

SFM*	Basmati, brown	5lb	22.10
SFM*	Basmati, brown	11.34kg	103.10
SFM*	Basmati, white	5lb	19.20
SFM*	Basmati, white	11.34kg	87.20
SFM*	Long-grain brown	5lb	13.75
SFM*	Long-grain brown	11.34kg	56.80
SFM*	Short-grain brown	5lb	22.80
SFM*	Short-grain brown	11.34kg	102.85