

Okines Food Co-op Price Lists at OCTOBER 2024

Item	Origin	Non-active price/kg	Active price/kg
N/A = Not Currently Available			
Cereals			
<i>premix</i>			
MUESLI - gluten free	local/import	\$ 20.50	\$ 18.50
MUESLI - normal	local/import	\$ 12.00	\$ 11.00
MUESLI - ORGANIC	local/import	\$ 15.00	\$ 13.50
MUESLI - fruit/nut/coconut-free House Mix NEW	local/import	\$ 15.00	\$ 13.50
<i>processed</i>			
CORN flakes - Cornflakes	Local/Import	\$ 17.00	\$ 15.25
PUFFED MULTI GRAINS conv NEW	Local/Import	\$ 32.00	\$ 29.00
PUFFED BROWN RICE org NEW	Local/Import	\$ 20.00	\$ 18.00
RICEBRAN Shred Straws	Australia	\$ 15.00	\$ 13.75
WHEAT FLAKES conv NEW	Australia	\$ 10.00	\$ 9.00
<i>raw</i>			
OATS - Rolled Conventional	Australia	\$ 4.80	\$ 4.30
OATS - rolled FOUR LEAF BIO	Australia	\$ 9.50	\$ 8.50
OAT BRAN - back in stock	Australia	\$ 8.00	\$ 7.00
PSYLLIUM husks organic gst	India	\$ 42.00	\$ 38.00
RICE FLAKES - rolled	Australia	\$ 8.00	\$ 7.00
Condiments			
<i>ground</i>			
CARDAMOM ground	Guatam/India/Indo	\$ 158.00	\$ 144.00
CAYENNE Pepper	India	\$ 16.50	\$ 15.00
CHILLI - crushed organic	Zimbabwe	\$ 86.00	\$ 77.00
CINNAMON Ground conventional	India	\$ 51.00	\$ 46.00
CORIANDER GROUND organic	India	\$ 70.00	\$ 63.00
GINGER - ground	India	\$ 16.50	\$ 14.50
CUMIN - GROUND organic	India	\$ 90.00	\$ 82.00
PAPRICA/natural SMOKED organic	Spain	\$ 108.00	\$ 97.50
PAPRIKA/SWEET organic	China	\$ 87.00	\$ 79.00
NUTMEG - ground	India	\$ 44.00	\$ 39.50
PIMENTO/Allspice - ground	Jamaica	\$ 30.50	\$ 27.00
SUMAC	Turkey	\$ 22.00	\$ 19.50
TURMERIC/tumeric - ground conventional	India	\$ 12.00	\$ 10.75

house-made			
Curry Powder MILD MADRAS style	house made	\$ 53.00	\$ 47.00
GARAM MASALA	house made	\$ 74.00	\$ 66.50
LEMON PEPPER	Local/Import	\$ 25.00	\$ 22.50
MIXED SPICE	house made	\$ 80.00	\$ 72.00
PANCH PHORA	house made	\$ 28.00	\$ 25.00
SPICE IT UP Co-op Mix NEW	house made	\$ 55.00	\$ 50.00
SUPER SPICE BLEND	house made	\$ 48.00	\$ 43.00
herbs			
HERBS - mixed	Egy/Turk/Mor/Chil	\$ 27.00	\$ 24.00
ITALIAN Mixed Herbs with Tomato	China/India/Indo	\$ 26.00	\$ 23.00
OREGANO - organic SPECIAL	Turkey	\$ 60.00	\$ 55.00
salts			
CELTIC SEA SALT fine NEW	France	\$ 22.00	\$ 19.75
Salt/Murray River PINK FLAKES 500g gst	Australia	\$ 15.50	\$ 14.00
Salt/Murray River Pink Flakes LOOSE	Australia	\$ 22.50	\$ 20.25
ROCK-SALT gst	Australia	\$ 4.00	\$ 3.50
SALT/SEA IODISED	Australia	\$ 3.00	\$ 2.75
whole			
CARAWAY seed	India	\$ 22.00	\$ 20.00
CARDAMOM PODS Conventional	Guatamala	\$ 103.00	\$ 93.00
CASSIA quills conventional	Indonesia	\$ 43.00	\$ 39.00
CHILLI Rocoto dried organic	Dodges Ferry	\$ 120.00	\$ 108.00
CINNAMON quills conventional	Sri Lanka	\$ 80.00	\$ 71.50
CLOVES whole CONVENTIONAL	Indonesia	\$ 53.50	\$ 48.00
CORIANDER SEED conv.	India	\$ 83.00	\$ 75.00
CUMIN - SEED organic	Pakistan	\$ 83.00	\$ 75.00
FENNEL seed organic	China	\$ 60.00	\$ 53.50
FENUGREEK seed	Australia	\$ 10.00	\$ 9.00
GARLIC GRANULES conv.	India	\$ 24.00	\$ 21.50
MUSTARD seed - YELLOW organic	India	\$ 53.50	\$ 47.00
MUSTARD seed BROWN org	India	\$ 53.00	\$ 48.00
NIGELLA seed	India	\$ 18.50	\$ 16.50
NUTMEG whole	India	\$ 56.00	\$ 50.00
PEPPER CORNS/BLACK conventional	Vietnam	\$ 31.50	\$ 28.50
PIMENTOS Allspice whole	Jamaica	\$ 30.00	\$ 26.50
STAR ANISE organic	Vietnam	\$ 123.00	\$ 110.00
VANILLA BEANS each	Madagascar	\$ 5.60	\$ 5.00

Dried Fruit			
APRICOTS (sulphur free) organic	Turkey	\$ 32.25	\$ 29.00
BANANA strips Chem-free	Australia	\$ 29.00	\$ 26.00
CHERRIES red GLACE organic gst	France	\$ 19.00	\$ 16.75
CITRUS PEEL mixed	Australia	\$ 9.80	\$ 8.80
CRANBERRIES light halves conv.	USA	\$ 21.50	\$ 19.50
CURRANTS conv.	Australia	\$ 13.50	\$ 12.25
DATES - Middle East conv.	Iran	\$ 6.00	\$ 4.50
DATES Medjool organic	Israel	\$ 30.00	\$ 27.00
FIGS organic	Turkey	\$ 25.00	\$ 22.00
GINGER GLACE gst	Fiji	\$ 35.00	\$ 30.00
MANGO STRIPS - Aust dried Chem-free	Australia	\$ 88.00	\$ 80.00
PEACHES Australian dried	Australia	\$ 46.00	\$ 42.00
PINEAPPLE Glace NEW	Thailand	\$ 20.00	\$ 18.00
Prunes PITTED imported	Chile	\$ 21.00	\$ 19.00
RAISINS conv.	Australia	\$ 11.50	\$ 10.50
SULTANAS - natural conventional	Australia	\$ 11.00	\$ 10.00
Drinks			
<i>coffee</i>			
DANDELION Roasted coffee	Australia	\$ 76.00	\$ 69.00
South Roast coffee BEANS BULK - LOOSE	Tas roasted	\$ 47.00	\$ 43.00
South Roast coffee GROUND loose per kilo	Tas roasted	\$ 47.00	\$ 43.00
<i>house-made</i>			
Okines CHAI Spice Mix	House Mix	\$ 148.00	\$ 133.00
Okines GROUND Chai Spice Mix NEW RECIPE	House Mix	\$ 120.00	\$ 108.00
Okines GOLDEN MYLK Mix organic	House Mix	\$ 49.50	\$ 44.50
<i>teas: 1 cup dry tea = btw 15g & 50g depending on density</i>			
BREAKFAST BLEND BLACK Tea organic	India/SriLan	\$ 68.00	\$ 60.50
CAMOMILE Tea ROCKYTOP organic	Tasmania	\$ 265.00	\$ 240.00
EARL GREY Tea organic	Ind/SriL/Italy	\$ 77.00	\$ 69.00
FRENCH Earl Grey Tea organic	Aus/Import	\$ 80.00	\$ 72.00
GINGER BLUSH Herbal Tea Mix organic	Aus/Import	\$ 77.00	\$ 69.00
GREEN Tea organic SRI LANKA	Sri Lanka	\$ 72.00	\$ 65.00
IMMUNE & LUNG Tonic Rockytop org	Tasmania	\$ 225.00	\$ 210.00
MINTY Tea - organic	Aus/Import	\$ 115.00	\$ 105.00
PEPPERMINT Tea Rockytop org	Tasmania	\$ 175.00	\$ 160.00
PERSIAN DIGESTIF Herbal Tea Mix Org	Aus/Import	\$ 96.00	\$ 86.50
SPICED CHAI + Aus tealeaf	Aus/Import	\$ 88.00	\$ 79.00
STRESSLESS SLEEP Herbal Tea Mix Org	Aus/Import	\$ 144.00	\$ 130.00
TULSI Tea Rockytop org	Tasmania	\$ 225.00	\$ 210.00

Flours			
<i>gluten</i>			
BREAD Flour UNBLEACHED/WHITE Sust	Australia	\$ 3.50	\$ 3.00
BREAD Flour WHOLEWHEAT Sustainable	Australia	\$ 2.75	\$ 2.25
CAKE Premium WHITE flour Organic	Australia	\$ 4.50	\$ 4.00
RYE flour WHOLEGRAIN organic	Australia	\$ 6.00	\$ 5.25
SPELT flour UNBLEACHED/WHITE org	Australia	\$ 8.50	\$ 7.50
SPELT flour WHOLEMEAL org	Australia	\$ 8.50	\$ 7.50
<i>gluten-free</i>			
BESAN (Chickpea) fl brown KIALLA org	Australia	\$ 12.00	\$ 11.00
BUCKWHEAT flour WHITE Kindred org	Tasmania	\$ 14.00	\$ 12.50
BUCKWHEAT fl WHOLEGRAIN Kindred org	Tasmania	\$ 13.50	\$ 12.20
COCONUT flour organic	Sri Lanka	\$ 9.25	\$ 8.25
CORN/MAIZE flour	NewZealand	\$ 6.00	\$ 5.50
GLUTEN FREE flour (Orgran) org	Australia	\$ 10.00	\$ 9.50
MACA POWDER organic	Peru/Bolivia	\$ 54.00	\$ 48.00
MASA FLOUR BLUE corn	Mexico	\$ 11.00	\$ 10.00
POLENTA coarse organic	Australia	\$ 9.00	\$ 8.00
POTATO STARCH conv	Poland	\$ 7.50	\$ 6.50
RICE flour - Brown organic	Australia	\$ 10.25	\$ 9.25
TAPIOCA Flour/Starch bulk	Thailand	\$ 5.50	\$ 4.90
Grains			
<i>gluten</i>			
BARLEY pearled organic	Australia	\$ 8.50	\$ 7.50
BARLEY BLACK	USA	\$ 12.00	\$ 10.50
BURGHUL coarse	Turkey	\$ 6.25	\$ 5.75
BURGHUL fine	Turkey	\$ 6.25	\$ 5.50
COUSCOUS WHOLEWHEAT organic	Italy	\$ 9.50	\$ 8.50
COUSCOUS whole wheat PEARL organic	Israel	\$ 10.00	\$ 9.00
FARRO Roasted	Australia	\$ 14.50	\$ 13.25
FREEKEH Cracked Greenwheat	Australia	\$ 11.50	\$ 10.40
RYE whole grain	Australia	\$ 5.75	\$ 5.00
SPELT wholegrain	Australia	\$ 11.00	\$ 9.75
WHEAT wholegrain organic	Australia	\$ 4.50	\$ 4.00
<i>gluten-free</i>			
AMARANTH white	India	\$ 11.00	\$ 10.00
BUCKWHEAT BUCKINIS ACTIVATED org	China	\$ 22.00	\$ 19.50
BUCKWHEAT GROATS RAW Kindred org	Tasmania	\$ 12.50	\$ 11.25
BUCKWHEAT GROATS ROASTED conv	Australia	\$ 14.00	\$ 13.00
MILLET - hulled CONV	Australia	\$ 7.50	\$ 6.50
POPCORN conv.	Australia	\$ 6.25	\$ 5.50
QUINOA wholegrain Kindred organic	Tasmania	\$ 14.00	\$ 12.50

RED Rice	Sri Lanka	\$ 6.10	\$ 5.50
Rice ARBORIO	Spain	\$ 10.00	\$ 9.00
Rice BASMATI BROWN organic	Australia	\$ 9.50	\$ 8.40
Rice BASMATI WHITE organic	India	\$ 8.00	\$ 7.50
Rice BROWN Bio MEDIUM-GRAIN org	Australia	\$ 8.50	\$ 7.70
Grocery			
cooking			
BAKING POWDER - Salt Skip	local/import	\$ 27.00	\$ 24.00
CACAO powder - raw organic	Peru	\$ 32.00	\$ 29.00
CEREMONIAL CACAO paste 200g each	Peru/Tas	\$ 32.00	\$ 29.00
CEREMONIAL CACAO paste 500g each	Peru/Tas	\$ 68.50	\$ 62.00
Chocolate DARK COUVERTURE org	Germany	\$ 55.00	\$ 50.00
COCOA powder ROASTED organic	Netherlands	\$ 42.00	\$ 37.75
FALAFEL mix	local/import	\$ 11.00	\$ 10.00
KELP meal organic	Tasmania	\$ 48.00	\$ 43.00
STOCK pdr- Massel/BEEF style	Australia	\$ 30.00	\$ 27.00
STOCK pdr- Massel/CHICKEN style LOW SALT	Australia	\$ 39.00	\$ 35.00
STOCK pdr- Massel/VEGGIE	Australia	\$ 28.00	\$ 25.00
TVP textured vegetable protein NEW	Aus/Import	\$ 13.00	\$ 11.50
YEAST- nutritional flakes	USA	\$ 60.00	\$ 54.00
cooking-dehydrated vegetables			
Dried CARROT diced/flaked	China	\$ 17.50	\$ 15.75
Dried GREEN PEAS	Hungary	\$ 31.00	\$ 28.00
MUSHROOMS mixed dried	France	\$ 125.00	\$ 110.00
MUSHROOMS PORCINI dried	France	\$ 220.00	\$ 195.00
Dried ONION FLAKES Chopped/Kibbled	China	\$ 15.30	\$ 13.75
Dried RED CAPSICUM	China	\$ 35.00	\$ 31.00
Dried SWEETCORN N/A	New Zealand	\$ 63.00	\$ 56.50
Dried TOMATO	France	\$ 43.00	\$ 38.50
cooking-pasta			
Eat Pasta' vars 375g pkt ea	Australia	\$ 5.50	\$ 5.00
general			
BICARB of soda SYNTHETIC gst	Germany	\$ 4.00	\$ 3.50
BICARB SODA NATURAL	U.S.A.	\$ 10.80	\$ 9.80
BUTTER Ashgroves Farmhouse NO BULK DISC	Tasmania	\$ 19.00	\$ 17.50
CACAO BUTTER organic	Peru	\$ 59.00	\$ 53.00
COCONUT AMINO Sauce Nuilife 250ml	Philippines	\$ 13.50	\$ 12.00
COCONUT CHIPS/FLAKES organic	Sri Lanka	\$ 14.50	\$ 13.00
COCONUT Fine DESSICATED organic	Sri Lanka	\$ 14.00	\$ 12.50
COCONUT SHREDDED organic	Sri Lanka	\$ 14.00	\$ 12.50
PECORINO cheese Milel	Australia	\$ 40.00	\$ 37.00
TAHINI BLACK Carwari 375g jat	Impt	\$ 14.00	\$ 12.75
TAHINI HULLED organic	Import/Aus	\$ 18.50	\$ 16.50

TAHINI UNHULLED organic	Import/Aus	\$ 18.50	\$ 16.50
TAMARI Spiral organic	Japan	\$ 32.00	\$ 29.00
Vinegar APPLE CIDER organic	Tasmania	\$ 12.50	\$ 11.00
Vinegar white NATURAL	Australia	\$ 2.25	\$ 2.00
PRESERVES/KOMBUCHA/BISCUITS: request variety			
Local Preserves prices may vary LARGE	Dodges	\$ 10.00	\$ 10.00
Local Preserves prices may vary SMALL	Dodges	\$ 7.00	\$ 7.00
Dinki Di Kombucha 250ml,750ml,1lt		\$ 2.50	\$ 7.00
Yuwanna biscuit?: Singles and packets	range of varieties and prices \$1.25-\$10		
Household			
cleaning			
cleaning products are locally made & non-toxic			
LIQUID CONCENTRATE	Tas-made	\$ 22.50	\$ 20.50
use to mix all other cleaners: see recipe sheet in store			
LAUNDRY POWDER	Tas-made	\$ 15.00	\$ 13.50
SODA ASH natural		\$ 10.50	\$ 9.50
containers			
Spray bottle each		\$ 2.50	\$ 2.50
general			
Air Freshener REFILL (bottles available)	Tas-made	\$ 12.00	\$ 10.80
EPSOM SALTS Natural gst	Germany	\$ 8.00	\$ 7.00
WGAC Kitchen Towel SINGLE roll	China/Aus	\$ 4.00	\$ 4.00
WGAC Tissues SINGLE Packet	China/Aus	\$ 3.00	\$ 3.00
WGAC Toilet Paper SINGLE roll	China/Aus	\$ 2.00	\$ 2.00
bulk cartons			
WGAC Kitchen Towel CARTON X 6 rolls	China/Aus	\$ 20.00	\$ 20.00
WGAC Tissues CARTON x 12 packets	China/Aus	\$ 24.00	\$ 24.00
WGAC Toilet Paper CARTON x 48 rolls	China/Aus	\$ 60.00	\$ 60.00
personal all prices are per item			
Deodorant Stick - Vegan	Tasmania	\$ 15.00	\$ 15.00
Face Serum Oil RiverRich 25ml	Tasmania	\$ 15.00	\$ 15.00
HILLBILLY Fire Cider Throat Spray N/A	Tasmania	\$ 12.50	\$ 12.50
HILLBILLY Tassie Tiger Balm	Tasmania	\$ 20.00	\$ 20.00
LEAPFUL Face Cream	Tasmania	\$ 40.00	\$ 40.00
LEAPFUL Hand Cream	Tasmania	\$ 28.00	\$ 28.00
Lip Balm - Body of Nature - pawpaw	Tasmania	\$ 8.00	\$ 8.00
Moisturiser RiverRich 100ml	Tasmania	\$ 40.00	\$ 40.00
Moisturiser RiverRich 50ml	Tasmania	\$ 22.00	\$ 22.00
SHAMPOO BAR All Washed Up	Tasmania	\$ 7.00	\$ 7.00
SOAP BAR All Washed Up	Tasmania	\$ 7.00	\$ 7.00
TOOTHBRUSH Enviro ADULT Black Soft gst	China	\$ 4.00	\$ 4.00
TOOTHBRUSH Enviro CHILD Black Soft gst	China	\$ 3.50	\$ 3.50
TOOTHPASTE Grants MILD MINT gst	Australia	\$ 4.50	\$ 4.00

Milks			
COCONUT milk powder VEGAN organic	Sri Lanka	\$ 27.00	\$ 24.00
SOY milk Bonsoy organic BOX of 6: each	Australia	\$ 30.00	\$ 28.00
Nuts			
<i>meal/butter</i>			
ALMOND MEAL unhulled chem-free	Australia	\$ 19.50	\$ 17.50
PEANUT BUTTER - conventional	Australia	\$ 14.00	\$ 12.50
<i>whole/pieces</i>			
ALMONDS RAW WHOLE chem free	Australia	\$ 22.00	\$ 20.00
Almonds ROASTED chem free gst	Australia	\$ 29.00	\$ 26.00
BRAZIL nuts organic	Bolivia	\$ 40.00	\$ 36.00
CASHEWS raw whole - ORG	Vietnam	\$ 36.00	\$ 32.00
CASHEWS ROASTED unsalted gst	Viet/Switz	\$ 35.00	\$ 31.00
MACADAMIA Nuts WHOLE salted	Australia	\$ 64.00	\$ 57.00
PEANUTS roasted unsalted CONV gst	Australia	\$ 12.00	\$ 10.75
PECAN nuts HALVES	Australia	\$ 43.00	\$ 38.50
PINENUTS organic	China	\$ 90.00	\$ 80.00
Walnuts - WEBSTERS	Tasmania	\$ 26.00	\$ 23.00
Walnuts COALDALE IN SHELL NEW STOCK	Tasmania	\$ 16.50	\$ 15.00
Walnuts COALDALE PIECES chem free Back in	Tasmania	\$ 58.00	\$ 52.50
Oils			
COCONUT oil - virgin org 900g/1lt jar ea	Sri Lanka	\$ 16.00	\$ 14.00
HEMP SEED OIL 250ml ea	Tasmania	\$ 25.00	\$ 22.00
OLIVE OIL Olives Groves of Tas 1kg=1.1lt	Tasmania	\$ 25.50	\$ 23.00
SESAME oil Spiral organic 500g bottle ea	Mexico	\$ 21.00	\$ 19.00
Pulses			
ADZUKI Beans conv. NEW	Australia	\$ 9.00	\$ 8.00
BLACK TURTLE Beans SPECIAL	Canada	\$ 6.50	\$ 5.50
BLACKEYED Peas	USA	\$ 8.20	\$ 7.50
BORLOTTI Beans	USA/Canada	\$ 9.50	\$ 8.50
CANNELLINI Beans	Australia	\$ 9.50	\$ 8.50
CHICKPEAS conventional	Australia	\$ 9.50	\$ 8.50
GREEN SPLIT PEAS conv.	Australia	\$ 6.00	\$ 5.00
HARICOT/NAVY Beans	Canada	\$ 8.00	\$ 7.25
LENTILS Brown-Green	Canada	\$ 4.30	\$ 3.80
LENTILS French PUY ORGANIC	Canada	\$ 12.00	\$ 10.75
LENTILS Red Split CONV	Turkey	\$ 5.00	\$ 4.50
LIMA Beans large	USA	\$ 13.00	\$ 11.50
MUNG beans	Australia	\$ 8.50	\$ 7.50
SOY BEANS organic	Australia	\$ 9.25	\$ 8.25
RED KIDNEY beans	Canada	\$ 8.50	\$ 7.70

Seeds			
ALFALFA Seed	Australia	\$ 32.00	\$ 29.00
CHIA seeds ORG - BLACK	Paraguay	\$ 14.50	\$ 13.00
HEMP SEED Aus CONVENTIONAL	Australia	\$ 43.40	\$ 39.00
LINSEED Kialla organic	Australia	\$ 14.00	\$ 12.00
POPPY seed	Tas/Spain	\$ 20.00	\$ 18.00
PUMPKIN/Pepita seed ORG China	China	\$ 16.50	\$ 14.50
SESAME seed BLACK	India	\$ 14.50	\$ 12.70
SESAME seeds HULLED org	India	\$ 15.50	\$ 14.00
SESAMED Seeds UNHULLED ROASTED org	Ethiopia	\$ 19.00	\$ 17.00
SPROUTING mix seeds	Aust/India	\$ 15.00	\$ 13.25
SUNFLOWER seeds conventional	Bulgaria	\$ 11.50	\$ 10.25
TAPIOCA seed	Thailand	\$ 8.00	\$ 7.00

Treats/Snacks			
<i>Treats/Sweet</i>			
CHOCOLATE drops DARK organic	Germany	\$ 58.00	\$ 52.00
CHOCOLATE drops MILK organic	Germany	\$ 41.50	\$ 37.50
CHOC-RASP LICORICE organic	Australia	\$ 52.00	\$ 46.75
SALMIAK Rock - Licorice	Holland	\$ 39.00	\$ 35.00
<i>Snacks</i>			
Banana CHIPS dried	Philippines	\$ 15.00	\$ 13.50
Chickpeas SALTED	Australia	\$ 18.50	\$ 16.50
SOY CRISPS plain	Aust/Import	\$ 28.00	\$ 25.00
Sweeteners			
Honey BUSH	Tasmania	\$ 17.50	\$ 15.00
Honey LEATHERWOOD	Tasmania	\$ 17.50	\$ 15.00
K Bee W Honey NEW 1kg, 500g, 300g	Local	\$20, \$10, \$7 set price	
MAPLE syrup 100% organic	Canada	\$ 34.00	\$ 31.00
Sugar COCONUT organic	Indonesia	\$ 12.40	\$ 10.50
Sugar RAW organic	Australia	\$ 4.50	\$ 4.00
Sugar RAPADURA organic	Sri Lanka	\$ 9.25	\$ 8.25

