



# PAUL'S GRAINS

2475-B 340TH ST. • LAUREL, IA 50141 • (641) 476-3373

WWW.PAULSGRAINS.COM • ORDERS@PAULSGRAINS.COM

Since 1964, our family has raised and marketed grains without the use of chemicals on the soil, on the plants in the field, or in the storage bins. We purchase additional products from other organic farmers when we are unable to supply the demand or can't raise a particular item here (those marked with an \*). Visit our website or call for a more complete listing of available items. We look forward to serving you!

## WHOLE GRAINS

### PRICE PER POUND

	1-4#	5-49#	50#+
Barley (hulled or unhulled).....	1.40	1.30	1.20
Barley (hulless).....	2.30	2.15	2.00
Buckwheat (whole).....	1.30	1.20	1.10
Buckwheat Groats (hulled)*.....	2.60	2.45	2.30
Colorful Soup Beans (12 var. mix)*.....	5.00	<b>for 2# bag</b>	
Corn Kernels (open-pollinated).....	1.20	1.10	1.00
Flax Seed, Brown* or Golden*.....	2.50	2.35	2.20
Kamut*.....	1.80	1.70	1.60
Millet*.....	1.50	1.40	1.30
Oat Groats (some broken).....	2.00	1.85	1.70
Popcorn, White*.....	2.10	2.00	1.90
Popcorn, Yellow or Multicolored*.....	1.60	1.50	1.40
Quinoa (red quinoa is +\$1/lb.)*.....	4.00	3.75	3.50
Rice, Brown (short or long grain)*.....	2.35	2.20	2.05
Rice, Wild*.....	10.00	----	----
Rye Berries.....	1.30	1.20	1.10
Spelt (hulled).....	2.30	2.15	2.00
Wheat, Hard Red or Hard White*.....	1.30	1.20	1.10
Wheat, Pastry*.....	1.00	0.90	0.80

September 1, 2009

### TO PLACE AN ORDER TO BE SHIPPED:

1. Total the weight of your order.
2. Add 2# for packaging materials (1#, if 5# or less of products).
3. Call your postmaster or UPS for the cost to ship a package of that total weight from your zip code to zip 50141.
4. Add \$1.50 for our transportation to the post office, or \$2.50 for UPS.
5. Send payment for the total amount with your order. Be sure to include your shipping address and phone number. We will fill and ship your order A.S.A.P.

*Thank you, and enjoy our products!*

### GRASS FED BEEF AVAILABLE:

No antibiotics, hormones, or chemicals—taste the difference!  
More information and photos online: [beef.paulsgrains.com](http://beef.paulsgrains.com)

*Call to place an order for 1/2, 1/4, or 1/8*

## FRESH MILLED CEREALS

7-Grain Cereal.....	1.40	1.30	1.20
Barley Grits.....	1.60	1.50	1.40
Corn Grits.....	1.60	1.50	1.40
Cornmeal.....	1.40	1.30	1.20
Cracked Wheat Cereal.....	1.40	1.30	1.20
Oat Bran.....	1.70	1.60	1.50
Oatmeal.....	1.60	1.50	1.40
Rye Cereal.....	1.40	1.30	1.20
Wheat Bran.....	1.70	1.60	1.50

## FRESH MILLED FLOURS

7-Grain Flour.....	1.40	1.30	1.20
7-Grain Pancake-Waffle Mix.....	1.60	1.50	1.40
Barley Flour.....	1.60	1.50	1.40
Buckwheat Flour (P-W Mix +20¢/lb.)....	1.60	1.50	1.40
Corn Baking Mix.....	1.60	1.50	1.40
Corn Flour (fine cornmeal).....	1.60	1.50	1.40
Oat Flour.....	1.60	1.50	1.40
Pastry Wheat Flour.....	1.60	1.50	1.40
Rye or Rye Graham Flour.....	1.40	1.30	1.20
Spelt Flour.....	2.20	2.00	1.90
Unbleached Flour (high gluten)*.....	1.90	1.80	1.70
Unbleached Flour (Wheatland)*.....	1.60	1.50	1.40
Whole Wheat or Wheat Graham Flour....	1.40	1.30	1.20

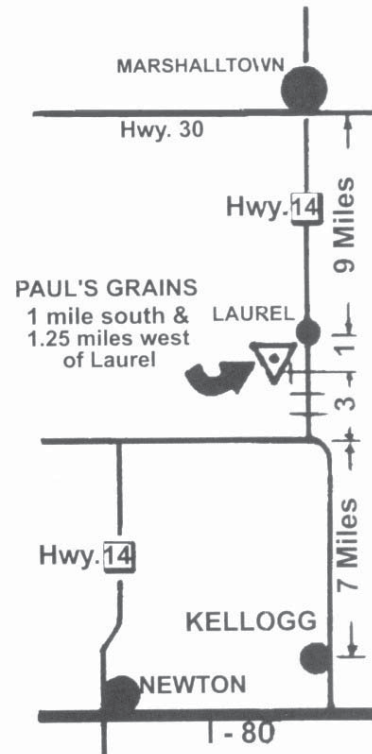
Hot Cereals Sampler Pack: 6 cereals (3-6 servings ea.) with recipes - \$9.95

Best Sellers Sampler Pack: 6 items (3-6 servings ea.) with recipes - \$10.95

“Real Salt” — Handy shaker (9 oz.), \$4.50; Resealable bag (26 oz.), \$7.50

Custom made flour or cereal mixes, beef, dried fruits, nuts, seeds, sorghum, etc.

Prices subject to change without notice.



*Visit us online for recipes,  
an order form, photos, tips,  
information, and more!*

**WWW.PAULSGRAINS.COM**