

# PriceList 06/2004

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## Fresh vegetable

18001	Hokkaido Pumpkin * <b>green</b>	1kg		2,59€
	<i>Season: At the end of August to at the beginning of April</i>			
18002	Burdock roots *	1kg		6,54€
	<i>Season: At the beginning of of Octobers to Anf. April</i>			
18003	Lotusroot: <i>Season: all year round</i>	100g		2,10€
	starting from 1 kg	100g		2,00€
18000	Ginger <i>Season: all year round</i>	100g		1,28€
18007	Taro potatoes <i>Season: all year round</i>	1kg		6,44€
18010	Sweet potatoes <i>Season: all year round</i>	1kg		6,60€

## Makrobiotik extra specialities

10840mu	AO Nori sea vegetable flakes (Porphyra)	20g	100g=10,74€	2,15€
1700âr	Arbi powder Ing: Wheatflourl, Taro potatoes, oyster shelly limestone, ginger	200g	100g=5,35€	10,69€
10477	Brunnenkresse, dried and cut	100g		2,75€
10356mu	Hokkaido Azukibohnen	1kg		17,84€
10357mu	Hokkaido Azukibohnen	250g	100g=1,80€	4,50€
10018	Millet, sweetly, from Japan	500g	100g=2,03€	10,17€
10436	Hunza apricots, dried	250g	100g=€ 15,92	3,98€
10437	Hunza apricots, dried	1kg		14,80€
10435	Ginger powder *	100g		4,14€
10196	KOJA Tofu *, freezindried Ing.: Soy beans *, Nigari, (6)	99g	100g=5,83€	5,78€
18006	Lotus nuts	100g		3,32€
10880ar	Makuri (Corsican sea-grass) dte	100g		14,96€
10557	Maroni, Esskastanien, before-cooked	500g	100g=1,22€	6,08€
10559	Maroni *, sweet chestnut completely, dried	500g	100g=1,44€	7,20€
10586dv	Maroni *, sweet chestnut completely, in the glass	320g	100g=1,78€	5,69€
10588	Sweet chestnut flour	500g	100g=1,11€	5,57€
10820mu	ME Hijiki sea vegetable	50g	100g=9,38€	4,69€
17006	Moxa of roll Beifusskraut (cigar)	1Stk.		3,53€
18005	Natto starter culture for the production of Natto (are sufficient over to manufacture approx. 2,250g Natto)	11g	1g=0,79€	8,70€

10830mu	NE Kombu sea vegetable (laminaria FR.)	100g		23,80€
10430	Nuka rice bran (to the production of Pickle's) in the practical, re-usable plastic box Added: Rice bran, sea salt, lime powder, red pepper, Kombu	2kg	1kg=9,45€	18,89€
10516	Shisoleaves powder Ing.: Shisoblaetter, Ume juice	50g	100g=8,40€	4,20€
10584mu	Shiso Furikake Ing.: Red Shisoblaetter, sea salt	50g	100g=6,80€	3,40€
10354mu	Soy beans, black, from Japan	1kg		19,90€
10355mu	Soy beans, black, from Japan	250g	100g=2,20€	5,50€
17008	Spirulina (fresh water alga) <i>out</i>	50g	100g=23,30€	11,65€
	100 tablets à 500mg <i>controlled</i>			
17015	Spirulina refilling packing <i>biological</i>	500g	100g=13,46€	67,29€
	1,000 tablets à 500mg <i>Cultivation</i>			
17016	Spirulina ' Pacific ' from Hawaii 150 tablets à 300mg	45g	100g=19,20€	8,64€
17018	Spirulina ' Pacific ' from Hawaii 833 tablets à 300mg	250g	100g=14,30€	35,74€
17020	Chlorella micro alga from Japan à 300 pieces (monthly requirements) à 200mg	60g	100g=34,00€	20,40€
17025	Chlorella micro alga from Japan à 1,000 pieces	200g	100g=22,99€	45,97€
17027	Chlorella micro alga from Japan à 2,000 pieces	400g	100g19,16€	76,64€
10439	Sweet wood, peeled and dried	100g		2,91€
17070ar	SUIKATO water melon concentrate Ing.: Juice concentrate Japanese Kuerbis pulverized by biological wassermelo-nen, corn beard dte,	120g	100g=45,98€	55,17€
18004	To manufacture Tempeh starter culture for the production of Tempeh sufficiently over approx. 3.000g Tempeh	7g	1g=0,86€	6,00€

17012mu	Yansen dandelion root excerpt	50g	100g=65,80€	32,90€
1700är	Yansen dandelion root excerpt	40g	100g=66,34€	26,54€
17009mu	Wasabi paste in the tube	43g	100g=18,56€	7,75€
	Ing.: Wasabi, horse radish, syrup, rapeseed oil, sea salt, natuerl. Senfoel, apple vinegar, Koji, Gardenia, tower NIC, lactose			
17011ar	Wasabi peppering powder	20g	100g12,45€	2,49€
	Ing.: Horse radish, mustard seed, Wasabi Japanese horse radish			

**Grain**

10001mu	Hatomugi of grains, peeled (Semen coicis) seeds of a game grass	500g	1kg=23,42€	11,71€
10015mu	Hatomugi of grains, peeled	1kg		21,07€
10020mu	Hatomugi of grains, peeled	5kg	1kg=20,01€	100,06€
10005	Calasparra *Spanish round grain rice	1kg		3,95€
10006	Calasparra *Spanish round grain rice	5kg	1kg=3,79€	18,95€
10011	Long grain rice, nature *	1kg		2,89€
10012	Long grain rice, nature *	5kg	1kg=2,75€	13,73€
10055	Round grain rice * from Italy	1kg		2,69€
10057	Round grain rice * from Italy	5kg	1kg=2,56€	12,78€
10013	Basmati Naturreis *	1kg		5,98€
10014	Basmati Naturreis *	5kg	1kg=5,68€	28,40€
10009	Sweet rice *	1kg		5,57€
10010	Sweet rice *	5kg	1kg=5,30€	26,48€
10040	Red rice * from the Camargue	500g	1kg=5,98€	2,99€
10019	Game rice * from Canada	250g	100g=1,60€	3,99€
10065	Jasmine rice * brown	500g	100g=0,50€	2,49€
10035	Amaranth *	500g	100g=0,56€	2,79€
10060	Quinoa *	500g	100g=0,54€	2,69€
10007	Millet * (hulled)	1kg		3,79€
10008	Millet * (hulled)	5kg	1kg=3,60€	18,00€
10070	Gold millet * from Austria	500g	1kg=5,38	2,69€
10016	Book wheat * peeled	1kg		3,89€
10017	Book wheat * peeled	5kg	1kg=3,79€	18,48€
10025	Oats *	1kg		2,51€
10030	Barley *	1kg		2,49€

**Leguminous plants**

10350	Azukibohnen *	1kg		4,55€
10351	Azukibohnen *	5kg	1kg=4,33€	21,63€
10352	Du Puy Lentils *	1kg		4,60€
10353	Du Puy Lentils *	5kg	1kg=4,37€	21,85€
10373	Lentils, brown *	500g	100g=0,38€	1,89€
10374	Lentils, red *	500g	100g=0,40€	1,99€
10375	Troja lentils *	500g	100g=0,40€	1,99€
10376	Gourmet lentils *	500g	100g=0,40€	1,99€
10378	Beluga lentils, black * "caviar under the lenses"	500g	100g=0,50€	2,49€
10369	Soy beans, yellow *	1kg		2,99€
10370	Soy beans, yellow *	5kg	1kg=2,62€	14,20€
10358	White beans, navy *	1kg		4,38€
10359	White beans, navy *	5kg	1kg=4,16€	20,80€
10366	White beans *) JUMBO JET ' giant beans '	1kg		3,98€

10360	Kidney beans, red * (Kidney beans)	1kg		4,68€
10361	Kidney beans, red * (Kidney beans)	5kg	1kg=4,45€	22,23€
10362	Black beans *	1kg		4,55€
10363	Black beans *	5kg	1kg=4,32€	21,60€
10364	Pinto beans *	500g	100g=0,46€	2,29€
10367	Chick peas *	1kg		3,98€
10368	Chick peas *	5kg	1kg=3,78€	18,90€
10371	Peas, green *	500g	100g=, 29€	1,49€

**Miso and Koji of MUSO**

11001mu	Hatcho Miso * Sojapaste Ing.: Soy beans *, water, salt, Koji enzyme (6)	400g	100g=1,36€	5,45€
11025mu	Akadashi Miso Sojapaste from Shiro Miso and Hatcho Miso added: Soy beans, peeled rice, sea salt, Koji enzyme	400g	100g=1,36€	5,45€
11003mu	Gene May Miso * Sojapaste with full rice (6)	400g	100g=1,48€	5,90€
11002mu	Gene May Miso * non pasteurize (6)	350g	100g=2,37€	8,28€
11360mu	Gene May Miso *) non pasteurized	800g	100g=2,25€	18,00€
11365mu	Gene May Miso *) non pasteurized	2.500g	100g=2,19€	54,66€
11350mu	Gene May Miso "YAMAKI" Ing.: Soy beans, full rice, water, Koji enzyme	8.000g	1kg=12,97€	103,79€
11005mu	Mugi Miso * Sojapaste with barley Ing.: Soy beans *, barley *, water, salt, Koji enzyme (6)	400g	100g=1,44€	5,75€
11006mu	Mugi Miso * non pasteurized (6)	350g	100g=2,26€	7,90€
11370mu	Mugi Miso * non pasteurized	800g	100g=2,10€	16,80€
11375mu	Mugi Miso * non pasteurized	2.500g	100g=1,99€	49,71€
11050mu	Mugi Miso	4kg	1kg=10,20€	40,80€
11300mu	Mugi Miso *)"YAMAKI"	8kg	1kg=12,65€	101,24€
11007mu	Natto Miso (condiment from Sojapaste with barley malt and ginger) Ing.: Soy beans, barley, water, barley malt, Kombu, ginger, sea salt, Koji enzyme	300g	100g=1,73€	5,20€
11390mu	Mame Miso * non pasteurized "YAMAKI" Ing.: Soy beans *, water, sea salt, Koji enzyme - at least 2 years matured	500g	100g=1,57€	7,87€
11395mu	Mame Miso * non pasteurize "YAMAKI"	8kg	1kg=14,11€	112,90€
11009mu	Awase Miso (Sojapaste with rice and barley) Ing.: Peeled rice, peeled barley, soy beans, water, sea salt, Koji enzyme	400g	100g=1,23€	4,92€
11010mu	Shiro Miso (Sojapaste with rice) Ing.: Peeled rice, soy beans, water, sea salt, Koji enzyme	400g	100g=1,30€	5,20€
11011mu	Shiro Miso * (Sojapaste with rice) Ing.: Peeled rice *, soy beans *, water, sea salt, Koji enzyme	400g	100g=2,43€	9,70€
11012mu	Gene May Koji (fermentierter full rice) Ing.: Full rice, water, Koji enzyme	500g	100g=2,64€	13,20€
	<b>Miso of DANIVAL - are however <u>not</u> pasteurized or sterilized</b>			
11016dv	Rice Miso * in the glass	200g	100g=1,75€	3,49€
11015dv	Rice Miso * in the glass	390g	100g=1,47€	5,75€
11019dv	Rice Miso *, Ing.: Vollsoja *, rice *, water, sea salt, Koji enzyme	3kg	100g=1,10€	32,90€

11014dv	Barley Miso * in the glass	200g	100g=1,80€	3,59€
11013dv	Barley Miso * in the glass	390g	100g=1,47€	5,75€
11021dv	Barley Miso *	3kg	100g=1,10€	32,90€
	Ing.: Vollsjoja *, barley *, water, sea salt, Koji enzyme			
11030dv	Shiro Miso * in the glass	390g	100g=1,47€	5,75€
	Ing.: Vollsjoja *, peeled rice *, water, sea salt, Koji enzyme			

**Miso of ARCHE/MITOKU**

11017ar	Onozaki Gersten Miso * <i>non pasteurized</i>	1kg		19,59€
11040ar	Onozaki Gersten Miso * <i>non pasteurized</i>	10kg	1kg=17,65€	176,50 €
	Ing.: Soy beans *, barley *, water, sea salt, Aspergillus oryzae			
41140ar	Hatcho (Soja) Miso * strongly (6)	300g	100g=1,50€	4,49€
41100ar	Mugi (Barley) Miso * 'spicy'	300g	100g=2,32€	6,95 €
41180ar	Rice Miso * mildly (Shiro)	250g	100g=2,54€	6,35€
41130ar	Genmai (rice) Miso * 'aromatically')	300g	100g=2,00€	5,99€
41150ar	Onozaki rice Miso * traditionally <i>non pasteurized</i>	1kg		18,45€
41160ar	Onozaki rice Miso * traditionally <i>non pasteurized</i>	10kg	1kg=16,59€	165,90€
	Ing.: Soy beans *, rice *, water, sea salt, Aspergillus oryzae			

**Miso of LIMA**

11000li	Hatcho Miso *	300g	100g=2,15€	6,45€
61110li	Miso barley	300g	100g=2,32€	6,95€
61140li	Miso rice *)	300g	100g=2,32€	6,95€
61120li	Shiro Miso *	300g	100g=2,66€	7,99€

**Soy products**

10190li	Tempeh * nature, in the glass LIMA	200g	100g=2,33€	4,65€
	Ing.: Soy beans *, water, Tempeh enzyme (6) amount of filling 340g/Abtropfgewicht 200g			
10914dv	Tempeh * in the glass of DANIVAL	150g	100g=3,17€	4,75€
	Ing.: Water, Soja *, Shoyu *, Kombu *, sea salt (6) Amount of filling 285g/Abtropfgewicht 150g			
10912tm	Tempeh *), vacuum pasteurisiert	200g	100g=1,74€	3,47€
	Added: Soy beans *), spring water, Tempeh enzyme, durability: approx.. 2 months			
10193tm	Tofu nature * <u>freshly</u> / vacuum in foil	500g	100g=0,63€	3,15€
	Ing.: Spring water, soy beans *			
12125tm	Silk tofu *	400g	100g=0,65€	2,60€
	Much yield Tofuspezialitaet, ideally for sauces + Nachsp. Added: Soy beans *,springwaterr, Nigari			
10194tm	Tofu, smoked * vaku. in foil	250g	100g=1,10€	2,76€
	Ing.: Spring water, soy beans *, sea salt, beech smoke			

Note: **A large selection of fresh Tofu and specialities you will find in our Extra list!**

10900mu	Soja drink "Bonsoy" * pasteurized, uncooled durable	1l		3,38€
	Ing.: Water, soy beans *, peeled Hatomugi, Kombu, barley malt excerpt (6)			
10903li	Soja drink * nature	1l		1,79€
10902	Sojadessert * with vanilla (16)	525g	100g=0,35€	1,85 €
	Ing.: Water, wheat syrup *) peeled soy beans *, Strength *, nat. Vanilla flavour *, stabilizers: Sea-seaweed excerpt, sea salt.			

10904	Sojadessert Schoko * (16)	525g	100g=0,35€	1,85€
	Ing.: like kind. 10902 instead of nat. Vanilla flavour here: Lean cocoa * 2%			
10909	Soja Cuisine Sojacream *) (15)	250ml	1l=4,40€	1,10€
	Ing.: Water, sonnenblumenoel *, peeled soy beans 6%, wheat syrup *, emulsifying agents: Lezithin, stabilizers Xanthan and Guarkernflour and Carrageen: Sea salt, natural flavour, Antioxidant:natural Tacopherolextrakt			

**Sojasauce of MUSO**

12002mu	Tamari Sojasauce *	0,25l	1l=18,20€	4,55€
12001mu	Tamari Sojasauce *	0,5l	1l=15,86€	7,93€
12010mu	Tamari Sojasauce *	1l		14,98€
30540mu	Tamari Sojasauce *	2,5l	1l=13,31€	33,29€
	Ing.: (before .filtration): Water, soy beans *, sea salt, Koji enzyme			
12003mu	Shoyu Sojasauce *	0,25l	1l=13,20€	3,30€
12004mu	Shoyu Sojasauce *	0,5l	1l=11,76€	5,88€
12020mu	Shoyu Sojasauce *	1l		10,69€
30560mu	Shoyu Sojasauce *	2,5l	1l=9,59€	23,98€
	Ing.: (before filtration): Water, soy beans *, wheat *, sea salt, Koji enzyme			
12040mu	Shoyu Sojasauce *)	5l	1l=8,68€	43,40€
12030mu	Nama Shoyu *) <u>non pasteurized</u> Yamaki	1l		11,20€
12035mu	Nama Shoyu *) <u>non pasteurized</u> Yamaki	2,5l	1l=10,64€	26,60€
30550mu	Shoyu Sojasauce * <b>low-salt</b> - contents 8,9% salt. By a double brewing procedure that becomes the contents around nearly half reduces, the full, spicy taste remains.	1l		12,70€

**Sojasauces of ARCHE/MITOKU**

42010ar	Johsen Shoyu	0,25l	1l=11,96€	2,99€
42020ar	BIO Shoyu *	0,25l	1l=13,16€	3,29€
	Zutaten:Water, soy beans *; wheat *, sea salt, Mikawa Mirin, Koji enzyme			
42040ar	Man San Tamari *	0,25l	1l=24,44€	6,14€
	Ing.: Soy beans *, water, Mikawa Mirin, sea salt, Koji enzyme			
42050ar	Man San Tamari *	0,5l	1l=22,44€	11,22€
	<b>Sojassauces of LIMA</b>			
62010li	Shoyu *	0,125l	100ml=2,83€	2,29€
62000li	Shoyu *	1l		8,99€
62040li	Tamari *	0,125l	100ml=2,39€	2,99€
62050li	Tamari *	1l		11,90€
62060li	Sweet Soja sauce *	235g	100g=2,34€	5,49€
	Ing.: Shoyu * 45%, barley malt *, rice syrup *, Mirin *, water			
62070li	Worcester Soja sauce *	235g	100g=2,12€	4,99€
	Ing: Water, wheat syrup *, vinegar *, sea salt, Tamarind *, balsam vinegar *, ginger *, Shoyu * 3%, apple vinegar *, garlic *, natural flavour materials: Shiitake, spice carnation *, thickeners: Xanthan rubber, lemon juice			
62080li	Ginger Thai sauce *	235g	100g=2,34€	5,49€
	Ing: Shoyu * 26%, wheat syrup *, water, rice syrup *, vinegar *, Mirin *, garlic *, ginger * 3%, sea salt, barley malt *.			

<b>Seitan</b>				10850	Kombupowder	50g	100g=9,90€	4,95€	
10911tm	Seitan * fresh/vacuum in foil Ing: Whea flour *, glow flour *, Sojasauce *, ginger.	250g	100g=1,32€	3,30€	<b>Sea vegetable of ARCHE/MITOKU</b>				
10910li	Seitan in the glass * by LIMA (6) Ing: Water, wheat glows *, Shoyu, ginger, laurel. Filling weight 540g/dripping off weight 300g	300g	100g=1,75€	5,25€	40860ar	Algae, trying luggage with for each 5g Wakame, Arame, Hijiki	3x5g	100g=13,27€	1,99€
10915dv	Seitan in the glass * of DANIVAL (6) Ing: Water, wheat *, Soja *, Shoyu *, Kombu *, sea salt. Filling weight 510g/ dripping off weight 250g	250g	100g=2,24€	5,59€	40800ar	Arame sea vegetable	100g		6,39€
40900ar	Seitan * in disks of ARCHE (6) Filling weight 650g/ dripping off weight 330g Ing: Wheat protein *, water, Shoyu *, spice out courses (Kombu, Rosmarin) (6)	330g	100g=1,50€	4,95€	40810ar	Hijiki Meeressgmuese	100g		8,79€
40910ar	Seitan * in pieces of ARCHE (6) Filling weight 330g/ dripping off weight 230g Ing: see above art. NR. 40900	230g	100g=2,00€	4,59€	40880ar	Kombu (bath salts)	100g		8,99€
80045ts	Seitan * in Tamarisauce Added: Water, wheat protein *, Weizenmehl', Tamari *, Kombu sea vegetable, ginger * and herbs *	200g	100g=1,80€	3,60€	10880ar	Makuri ' Corsican sea-grass ' (5) (digenea simplex)	100g		14,96€
80050ts	Seitan * in Tamarisauce (added like kind. 80045) Filling weight 700g/ dripping off weight 500g (6)	500g	100g=1,18€	5,90€	40850ar	Mekabu sea vegetable	50g	100g=12,50€	6,25€
<b>Sea vegetable of MUSO</b>				40820ar	Nori ' standard sea vegetable	25g	100g=25,56€	6,39€	
10801mu	Arame sea vegetable (Eisenia bicyclis) (6)	100g		5,68€	40830ar	Sushi Nori sea vegetable	17g	100g=38,76€	6,59€
10809mu	Arame sea vegetable	1kg		42,40€	40840ar	Wakame sea vegetable	100g		6,89€
10800mu	Hijiki sea vegetable (Hijikia fusiforme) (6)	100g		8,39€	40870ar	Instant Wakame flakes	50g	100g=9,10€	4,55€
10799mu	Hijiki sea vegetable	1.000g		67,20€	10810ar	Dulse sea vegetable from Brittany (12)	50g	100g=5,98€	2,99€
10820mu	ME Hijiki sea vegetable (Hijikia fusiforme)	50g	100g=9,38€	4,69€	1081ár	Salad of the sea from Brittany (6) Added: Nori, sea lettuce, Dulse	50g	100g=7,38€	3,69€
10830mu	NE Kombu sea vegetable (Laminaria FR.)	100g		23,80€	<b>Sea vegetable by LIMA</b>				
10802mu	Mekabu sea vegetable (Undaria pinnatifida) (10)	100g		4,18€	60800li	Arame sea vegetable (12)	50g	100g=9,42€	4,71€
10803mu	Nori sea vegetable (Porphyra) (10)	25g	100g=17,00€	4,25€	60810li	Iziki sea vegetable (12)	50g	100g=11,64€	5,82€
10840mu	AO - Nori flakes sea vegetable (Porphyra)	20g	100g=21,00DM	2,15€	60840li	Wakame sea vegetable (6)	50g	100g=13,50€	6,75€
10804mu	Sushi Nori sea vegetable roasted 6 sheets (Porphyra)	17g	100g=24,59€	4,18€	60813li	Sea alga mixture in the scatterer Added: Nori, sea lettuce, Dulse.	40g	100g=8,23€	3,29€
10845mu	Sushi Nori roasted 50 sheets	125g	100g=14,72€	18,40€	<b>Sea vegetable from Iceland</b>				
10875mu	IwaNori Gourmet alga, roasted, with Sesamoil and sea salt peppered	8 sheets		7,18€	10888	Kombu sea vegetable from Iceland	40g	100g=8,44€	3,37€
10405mu	Tororo Kombu breath-thinly peeled Kombu in rice vinegar and dried) (10) marinier Added: Kombu, rice vinegar (before the drying process)	40g	100g=12,20€	4,88€	10890	Kombu sea vegetable from Isand	500g	100g=7,59€	37,94€
10805mu	Wakame sea vegetable (undaria pinnatifida) sun-dried ' A'-quality (6)	100g		5,88€	<b>Sea vegetable from Canada</b>				
10806mu	Wakame sea vegetable sun-dried ' A '	1kg		46,50€	10852	Kombu Laminaria setchellit & Laminaria groenlandica	50g	100g=7,90€	3,95€
10818mu	Instant Wakame Flakes	50g	100g=12,36€	6,18€	10854	Macro Kelp Macrocyctis integrifolia	30g	100g=13,17€	3,95€
10870mu	Mixed sea vegetable salad Ing: Wakame, becomes green to Nori, Kombu, agar agar, Akamodoki (red sea-grass)	10g	100g=34,70€	3,47€	10856	Bull Kelp Nereocystis leutkeana	40g	100g=9,88€	3,95€
<b>Sea vegetable of MUSO because of relatively high to use as bath salts</b>				<b>Sea vegetable of MUSO because of relatively high to use as bath salts</b>				<b>Iodine content</b>	
10808mu	Kombu sea vegetable	100g		6,25€	<b>Fresh water algae</b>				
10811mu	Kombu sea vegetable	1kg		51,90€	17008	Spirulina * fresh water alga 100 tablets à 500mg	50g	100g=23,30€	11,65€
<b>Sea vegetable of Chikaraichi</b>				<b>Sesame, Sesam products and Seeds</b>					
10440ra	Gomasio * (6) Added: 96.5% Sesamseet, 3.5% sea salt	250g		100g=1,41€	3,53€				
10448li	Gomasio *) (6) Ing: Sesamseet * 93.5%, sea salt 6,5%	225g		100g=1,64€	3,69€				
60200li	Gomasio * in the scatterer such as 10448li	100g			2,69€				

10442li	Gomasio *) Ing.: like 10448li	1kg		12,98€
10300mu	Sesam, black from Japan	1kg		13,14€
10301mu	Sesam, black from Japan	500g	100g=1,31€	6,57€
10302	Sesam, yellow * unpeeled	1kg		4,29€
10303	Sesam, yellow * unpeeled	500g	100g=0,44€	2,19€
10305	Flax seed/flax seed * brown	500g	100g=0,50€	1,99€
10381	Tahin *, Sesam mash (6) of Rapunzel Ing: Sesam *: unpeeled 50%, peeled 50% (6)	500g	100g=1,09€	5,45€
10380	Tahin *, Sesam mash (6) of Rapunzel Ing: Sesam *: unpeeled 50%, peeled 50% (6)	250g	100g=1,97€	2,99€
10385li	Tahin *, sesam mash by LIMA (6)	500g	100g=1,16€	5,79€
10386ra	Tahini *, sesam mash from peeled sesam (6)	250g	100g=1,32€	3,29€
10382	Tahin *, Sesam mash from unpeeled sesam (6)	250g	100g=1,06€	2,65€

**Nuts and nut cores**

10554	Pumpkinseed, hulled *, roasted	250g	100g=160€	3,99€
10551	Almonds, brown * European	200g	100g=1,64€	3,28€
10550	Almonds brown* European	500g	100g=1,39€	6,95€
10552	Californi, sweet almonds *)	200g	100g=2,98€	5,95€
10556	Sunflower seeds *, peeled	500g	100g=0,40€	1,99€
10553	Walnuts, hulled *, half	100g		2,29€
10558	Chufas Nuessli earth almond flakes	250g	100g=1,56€	3,90€

**Drying fruits**

10675	Agen plums * without stone	250g	100g=1,76€	4,40€
10673	Apricots *) whole, sweet	500g	100g=1,00€	4,99€
10672	Apricots *) wild, half, sour	250g	100g=1,12€	2,79€
10436	Hunza apricots, dried	250g	100g=1,59€	3,98€
10437	Hunza apricots, dried	1kg		14,80€
10555	Raisins * darkly (12)	250g	100g=0,74€	1,85€

**Noodles of MUSO**

10106mu	Bifun rice noodles Ing:Rice starch, water (12)	150g	100g=2,97€	4,45€
10103mu	Cha Soba (Buckwheat Spaghetti with green tea powder) Ing:Buckwheat flour, sea salt, powder of green tea (6)	250g	100g=2,10€	5,26€
10122mu	Genmai Udon noodles (6) Ing: Weizenmehl, rice flour, water, sea salt	250g	100g=1,06€	2,65€
10128mu	Harusame noodles Ing: Mung beans, water (12)	70g	100g=4,21€	2,95€
10121mu	Quinoa Soba noodles (6) Ing: Full wheat flour, book wheat flour, Quinoa flour, sea salt	250g	100g=1,15€	2,88€
10123mu	Quinoa Udon noodles (6) Ing: Full wheat flour, wheat flour, Quinoa flour, sea salt	250g	100g=1,07€	2,68€
10100mu	Soba noodles Bo.100% Ing: Book wheat flour, water	250g	100g=1,95€	4,88€
10101mu	Soba noodles (Buckwheat spaghetti with wheat) (Added: Full wheat flour 60%, book wheat flour 40%, water, salt (6)	250g	10g=0,98€	2,45€
10120mu	Soba noodles with Lotusroot powder Ing: Wheat flour, book wheat flour, Lotusroot powder, water, sea salt (6)	250g	100g=1,35€	3,38€

10125mu	Soba Somen thin book wheat/wheat Spaghetti (6) Ing: Wheat flour 72%, book wheat flour 28%, water, salt	250g	100g=1,10€	2,75€
10107mu	Somen noodles (thin wheat-nspagh.) Ing:Wheat flour, water, sea salt (6)	250g	100g=0,95€	2,38€
10105mu	Udon noodles Full wheat spaghetti Ing: Full wheat flour, weizenmehl, water (6)	250g	100g=0,89€	2,22€
10102mu	Yomogi Soba (Buckwheat Spagh. with wheat and mugwort leaves) Ing: Wheat flour, buck wheat flour, mugwort-leaves, water, sea salt (6)	250g	100g=1,30€	3,25€
10104mu	Yinenjo Soba (Buckwheat-spagh. with Yinenjo powder) Ing: Wheat flour, buck wheat flour, Yinenjo powder (Dioscorea), water, sea salt (6)	250g	100g=1,30€	3,25€

**MUSO noodles Organic quality**

10130mu	Soba noodles * Buckwheat spaghetti with wheat Ing: Full wheat flour *, book wheat flour *, water, sea salt (6)	250g	100g=1,18€	2,96€
10134mu	Somen * thin wheat-spaghetti Ing: Wheat flour*, water, sea salt (6)	250g	100g=1,18€	2,96€
10132mu	Udon * Wheat flour spaghetti Ing: Wheat flour, *, water, sea salt (6)	250g	100g=1,18€	2,96€
10136mu	Yomogi Soba * Buckwheat-spaghetti with mugwort powder Ing: Weizenmehl*, buck wheat flour *, mugwort-powder *, water, sea salt (6)	250g	100g=1,30€	3,25€

**other suppliers**

80700ts	Fusilini Délices de Brittany *) Ing: Hard wheat semolina *, sea algae (Nori, Wakame, Dulse), Spirulina, red patches *. (6)	250g	100g=1,11€	2,78€
60300li	Kamut noodles * with sea vegetable Ing: Kamut *, full grain wheat flour *, Dulse 2%, Nori 2%, Spirulina 1%, Wakame 1% (6)	250g	100g=1,10€	2,75€
40300	Rice Spaghetti *) Added: Full grain rice flour *)	250g	100g=1,20€	2,99€
40310	Rice Makkaroni *) Added: Full grain rice flour *)	250g	100g=1,20€	2,99€
40170ar	Soba * Buckwheat nspaghetti with wheat (6) Ing: Buckwheat flour *, wheat flour *, Sea salt	250g	100g=1,14€	2,85€
1024är	Bifun glass noodles (6) Ing: Rice flour 90%, potato strength 10%	150g	100g=2,99€	4,49€
1024är	Udon *) Rice-spaghetti with wheat Ing: Full rice flour * 39%, full wheat flour * 30%, wheat flour * 30%, water, sea salt (12)	250g	100g=1,14€	2,85€
1024är	Udon *) Wheat-spaghetti Ing: Full wheat flour * 98%, water, sea salt (12)	250g	100g=1,14€	2,85€

**Ume products of MUSO**

10402mu	Umeboshi salt apricots (6)	250g	100g=3,38€	8,45€
10455mu	Umeboshi salt apricots	500g	100g=3,33€	16,65€
10465mu	Umeboshi salt apricots	1kg		33,07€
	Ing: Ume apricots, Shiso sheets (perilla), sea salt			
10403mu	Umeboshi, salt apricots * <i>organic</i>	150g	100g=5,50€	8,25€
10450mu	Umeboshi, salt apricots * <i>organic</i>	500g	from November	

10460mu	Umeboshi, salt apricots * <i>organic</i> Ing: Ume apricots*, Shiso leaves (perilla), sea salt	1kg	<i>again available</i>				
10404mu	Ume paste from salt apricots Ing: Ume apricots, Shiso sheets (perilla), sea salt (6)	250g	100g=2,98€	7,45€			
10458mu	Ume paste from salt apricots	1kg		27,27€			
17050mu	Umeboshi San ball in the practical bag donor Ing: 100% Ume paste (Ume apricots, Shiso leaves, sea salt)	10g		3,22€			
17000mu	Ume apricots balls Added: Ume apricots concentrate, Yinenjo powder (dioscorea)	65g	100g=26,08€	16,95€			
17001mu	Ume concentrate from Ume apricots	40g	100g=35,45€	14,18€			
10415mu	Ume Su jap. vinegar	0,25l	1l=9,60€	2,40€			
30300mu	Ume Su jap. vinegar	1l		8,79€			
30330mu	Ume Su jap. vinegar Filtrate of, sour Ume apricots inserted with shiso leaves into sea salt	2,5l	1l=8,35€	20,87€			
<b>Ume products by ARCHE and LIMA</b>							
17210ar	Umeboshi pastillen with Shiso Ing: Japanese apricots (Prunus mume), Shisoblaetter, sea salt	20g	100g=69,95€	13,99€			
17200ar	Ume concentrate-Pastillen Ing: Japanese apricots (Prunus mume), full grain rice flour. Note: <i>Umekonzentrat and not the Umekuegelchen correspond there without Yinenjo powders!</i>	20g	100g=78,45€	15,69€			
40000ar	Ryujin Umeboshi * (6)	125g	100g=6,23€	7,79€			
63220li	Umeboshi *)	200g	100g=6,75	13,50€			
4000är	Ryujin Umeboshi *	1kg		62,90€			
40010ar	Ryujin Umeboshi *	4kg	100g=5,60€€	224,00€			
40040ar	Umeboshi paste (6)	220g	100g=3,02€	6,65€			
40080ar	Umesho Ing: Shoyu (soy beans, wheat, Koji enzyme, sea salt), Umeboshi	145g	100g=€6,88	9,97€			
43200ar	Ume Wuerzsauce ' moderate vinegar '	0,25l	1l=10,36€	2,59€			
63200li	Ume SU (6)	0,25l	1l=12,28€	3,07€			
<b>Lotus products</b>							
18003	Lotus rootl, freshly	100g		3,68€			
18003	Lotus root, freshly	starting from 1kg		33,20€			
10408mu	Lotuswurzel, dried and cut	50g	100g=11,50€	5,75€			
17003mu	Kohren Lotus root powder (dte) (12)	50g	100g=11,30€	5,65€			
18006	Lotus nuts (seed)	100g		3,32€			
10703mu	Lotus root barley malt drop	130g	100g=3,65€	4,75€			
10120mu	Soba noodle with Lotus root powder Ing: Wheat flour, buck wheat flour, Lotus root powder, water, sea salt	250g	100g=1,33€	3,38€			
40100ar	Lotus roots, dried, cut	50g	100g=11,98€	5,99€			
44000ar	Lotus root herb tea	50g	100g=17,10€	8,55€			
<b>Pickle's of MUSO</b>							
10510mu	Daikon radish ` sourly inserted ' Ing: Daikon radish, barley malt, Sojasosse, vinegar (12)	50g	100g=5,44€	2,45€			
10500mu	Ginger in Gemai Su, silced Ing: Ginger, rice mal, rice vinegar, Ume plums, Shisoleaves, sea salt (12)	60g	100g=4,58€	2,45€			
10502mu	Shisoleaves, completely, in Ume Su Ing: Red Shiso leaves, Ume Su, sea salt (12)	50g	100g=6,80€	3,40€			
10501mu	Takuan salt radish Added: Daikon radish, rice bran, sea salt (6) <b>Pickle's of ARCHE/MITOKU</b>	200g	100g=3,09€	6,19€			
1057är	Sushi Daikon Ing: Daikonrettich, Shoyu, sweet wood root (10)	50g	100g=5,98	2,99€			
1052är	Sushi cucumber Ing: Cucumber, Shoyu, rice vinegar, ginger root, Shisoleaves, Sesamseed, licorice, red pepper, sea salt (10)	50g	100g=5,98€	2,99€			
1057är	Sushi ginger Ing: blows ginger roots, rice vinegar, apple vinegar, Ume Su Shisoleaves, sea salt (10)	50g	100g=5,98€	2,99€			
1052är	Sushi garlic with Umeboshi Ing: Garlic, umepaste, rice malt, mirin (10)	50g	100g=8,60	4,30€			
1057är	Shisoleaves Ing: Red Shisoblaetter, Umeboshi vinegar (10)	80g	100g=6,74€	5,39€			
1057är	Takuan radish in rice bran Ing: Daikon radish, rice bran, sea salt (4)	200g	100g=3,20€	6,39€			
<b>Condiments</b>							
10485	Basilic * (Basil in oil with garlic) Ing: Basil *, olive oil * nat. ex. garlic *, sea salt, lemon juice concentrate *, sunfloweroil *	120ml	100ml=2,46€	2,95€			
80125	Pesto *) vegetarian Ing: Specially native olive oil *, fresh basilic *, garlic *, sea salt, majoran *, oregano *, dried parsley *	180g	100g=€2,53	4,55			
10444	Dill tips *	15g	100g=13,27€	1,99€			
43150ar	Trying set Japanese peppering sauces for each 20ml genmai su, ume su and Mikawa mirin	3 x 20ml	100ml=4,92€	2,95			
10414mu	Genmai Su * vinegar spice	0,25l	1l=14,08€	3,52€			
30200mu	Genmai Su *	1l		13,19€			
30220mu	Genmai Su * full rice * Ing: (before the filtration): Full rice *, water, Koji enzyme, Shisoleaves, sea salt	2,5l	1l=12,52€	31,29€			
43100ar	Genmai Su *)	0,25l	1l=13,96€	3,49€			
63100li	Genmai Su	0,25l	1l=17,88€	5,96€			
10490mu	Vinegar from sweet rice Ing: Sweet rice, water, koji enzyme	0,3l	1l=23,16€	6,95€			
1049är	Hatomugi vinegar Ing: Hatomugi of grains, koji enzyme	0,15l	1l=37,15€	5,57€			
40200	Kelpamare table bottle	85ml	100ml=2,340€	1,99€			
40205	Kelpamare refilling bottle Ing: liquid food spice 90%, Soja sauce, vegetable concentrate, parsley flavour, kelp excerpt, bulb excerpt.	500ml	100ml=1,89€	9,45€			
10908	Cook (oats) cream *) the vegetable alternative Ing: Water, oats * 9%, rapeseed oil *, palmoel *, Emulgator: Rapsleztin, stabilizer: Xanthan, sea salt	250ml	100ml=0,64€	1,59€			
1088är	Kombu Cha concentrate Ing: Shoyu, mirin, kombu powder, rice malt	150g	100g=5,70€	8,55€			

19350	Fine mustard *	Ing: Water, apple vinegar *, mustard grains *, sea salt, spices	125ml	100ml=1,19€	1,49€	40525	Peaches *, cuts, peeled	370ml	100ml=0,59€	2,19€
19355	Herbs mustard *	Ing: Water, apple vinegar *, mustard grains *, sea salt, herbs of Provence *, spices	125ml	100ml = 1,19€	1,49€	40535	Plums *, half, without stone	370ml	100ml=0,59€	2,19€
19360	Complete grain mustard *	Ing: Water, mustard grains *, apple vinegar *, sea salt, spices *	125ml	100ml=0,79€	0,99€	40515	Sour cherries *, darkly, without stone	370ml	100ml=0,59€	2,19€
19365	Fire mustard *	Ing: Water, mustard grains *, apple vinegar *, sea salt, spices *	125ml	100ml=1,19€	1,49€	40520	Sweet cherries * in the own juice	370ml	100ml=0,59€	2,19€
10413mu	Mirin rice wine spice		0,25l	1l=15,52€	3,88€	10498	Dolmades * filled wine sheets	190g	100g=1,99€	3,79€
30100mu	Mirin rice wine spice		1l		13,96€	10497	Green Cabbage* in the glass	720ml	100ml=0,30€	2,19€
30150mu	Mirin rice wine spice	Ing.: (before the filtration): Rice*, water, salt, koji enzyme	2,5l	1l=13,25€	33,13€	10665	Cucumbers *, sourly, in the glass, not sweetened	380g	100g=0,84€	3,20€
40110ar	Mikawa Mirin (6)		0,25l	1l=37,00€	9,25€	10505dv	Hokkaido pumpkin puree *	500g	100g=0,69€	3,45€
10400mu	Nigari for making Tofu		100g		1,23€	10549dv	Sweet pumpkin with vegetable *)	500g	100g=0,71€	3,55€
1048är	Nori Miso condiment GOMA MISO FURIKAKE	Ing: Barley miso, roasted sesam seeds, AO nori flakes	80g	100g=4,53€	3,62€	80030	Sauerkraut * in the glass	700g	100g=0,36€	2,51€
10865mu	Nori NO Tsukudani condiment	Ing: Ao-nori, shoyu, mirin	170g	100g=4,81€	8,18€	10504dv	Sweet corn * in the glass	220g	100g=0,96€	3,59€
10412mu	Ponzu sauce (12)	Ing:Shoyu Soja sause, genmai su *, mirin rice wine spice, barley malt excerpt, Yuzu yuzu-und Sudachi (jap. lemon) juice	0,2l	1l=22,00€	4,40€	80040	Ear of corn *, before-cooked, in the box 4 pieces	535g	100g=0,89€	4,75€
10407mu	Sengiri, dried radish (12)		100g		3,75€		<b>Salt specialities</b>			
10417mu	Shiitake, cut (Cortinellus shiitake) (6)		40g	100g=22,38€	8,95€	64200li	Sea salt, finely, from the Atlantic of LIMA	1kg		2,59€
10418mu	Shiitake, largely, completely (dried mushrooms)		50g	100g=24,62€	12,31€	64210li	Sea salt, finely, in the scatterer	220g	100g=0,95€	2,09€
10482mu	Shiitake, completely, small, sun-dried		25g	100g=18,88€	4,72€	10422dv	Sea salt, finely from the Atlantic of DANIVAL	1kg		1,89€
10480ar	Shiitake of mushrooms, dried (7)		50g	100g=15,30€	7,65€	10424	Sea salt, jodiert with finest alga flour transferred (0.4% algae)	500g	1kg3,98€	1,99€
1048är	Shiitake dashi peppering central concentrate	Ing: Shoyu, mirin, shiitake mushrooms, kombu	0,3l	1l=28,97€	8,69€	19250mu	Hakata NO shio	500g	1kg=9,00€	4,50€
10488	Tahin Umeboshi sauce	Ing: Water, Tahin 24%, rice vinegar, Umepaste 10%Mandelmus, corn strength, ginger	180g	100g=2,71€	4,88€		Natural sea salt from salt from Australia and Mexico			
10411mu	Teriyaki sauce	Ing: Xanthan, and black pepper knows tamari, mirin, water, honey, apple and rice vinegar, mustard, garlic, ginger, plum juice,	0,298l	1l=19,13€	5,74€		<b>Fleur de Sel ' flower of the salt '</b>			
10406mu	Tekka, soy condiment (10)	Ing: Soy pastry, carrots, burdocks, loots roots, , Tahin	80g	100g=5,48€	4,38€	19200	in the box	125g	100g=3,12€	3,90€
40120ar	Tekka (4)	Ing: like kind. 10406 + ginger	80g	100g=8,31€	6,65€	19210	in the linen pouch	250g	100g=2,48€	6,20€
10443	Vanilla *, Bourbon		15g	100g=93,27€	13,99€	19230	In the PE bag	500g	100g=2,03€	10,17€
10445	Cinnamon *, husbands		50g	100g=4,98€	2,49€		<b>Food oils</b>			
10664	Apple pueree * added: Apples * (6)		700g	100g=0,26€	1,84€	10655	Bake & roasting oil * cold pressed	0,75l	1l=5,72€	4,29€
40530	Pineapple * pieces in the own juice	Ing: Pieces of pineapple *, pineapple juice *, (6)	370ml	100ml=0,67€	2,49€		Ing: Sunflower cores *)			
40505	Apricots *, half fruit without stone	Ing: Apricots * unpeeled, water, apple juice concentrate *. (6)	370ml	100ml=0,59€	2,19€	10652	Peanut oil *), natively <u>the Wok oil!</u> (6)	0,5l	1l=14,70€	7,35€
40500	Strawberries *	Ing: Strawberries *, strawberrie juice concentrate *, water, apple juice concentrate *. (6)	370ml	100ml=0,59€	2,19€	10473	Corn germ oil * from organic cultivation, cold pressed	0,5l	1l=9,98€	4,99€
40510	Cowardly one *, whole fruit	Ing: Cowardly one *, water, apple juice concentrate * (	370ml	100ml=0,59€	2,19€	10474	Olive oil * ' natively specially ' (6)	0,5l	1l=11,58€	5,79€
						10431	Sesame oil * out first, cold pressing	0,5l	1l=10,12€	4,98€
						10640	Sesame oil * from first, cold pressing	1l		9,15€
						10645	Sesame oil * from first, cold pressing	5l	1l=8,69€	43,46€



10601mu	Full rice noodle soup (20) Ing: (full rice noodles) full wheat flour, full rice flour, water, salt. Soup stock: see kind. 10600	88g	100g=2,19€	1,93€	10604mu	Miso soup, instant Ing: Rice miso 72,2%, dextrin of sweet potatoes 17.2%, allium 3.8%, sea salt 3.7%, wakame 2.5%, Kombu powder 0,6%.	10x8g	100g=6,75€	5,40€
10615mu	Sea vegetable noodle soup Ing: (noodles): Full wheat flour, full rice flour, sea salt (soup stock): Red Miso powder, white Miso powder, Sojasauc powder, sea salt, dried onions, garlic, pepper, getr. allium bulbs, wakame sea vegetable (20)	88g	100g=2,19€	1,93€	10613mu	Miso soup *, instant bio Ing: Rice miso *, barley miso *, wakame, kombu	6x10g	100g=9,00€	5,40€
10625mu	Shiitake noodle soup Ing: (noodles): Full wheat flour, full rice flour, sea salt (soup stock): like 10615 only: In place of wakame here: Shiitake mushrooms. (20)	88g	100g=2,19€	1,93€	10602mu	Miso soup instant in the glass	200g	100g=5,95€	11,90€
10618mu	Instant Dashi 'Iriko' - Instant soup purifies Ing: Roasted and dried fish (Anchovis/anchovies, Bonito flakes), barley malt syrup, sea salt, kombu powder. Contents of a bag result in 6-7 cups of bouillon	8x8g	100g=11,48€	7,35€	10605mu	Miso soup instant in the refill bag	200g	100g=5,70€	11,40€
61750li	Garden vegetable soup with Quinoa * Ing: Vegetable * 45% (carrots *, potatoes*, tuber sellerie*, onions *, cauliflower*, leek*, French beans *, water, Quinoa *, wheat strength flour *, barley miso *, native olive oil *, sea salt. (6)	1l		3,79€	10607mu	Miso soup instant, refill bags Ing: see 10604mu	1kg		51,30€
61760li	Vegetable lens soup * Ing: Vegetable * 50% about which 38% green vegetables * (green lenses*, Zucchini*, *, onions*, spinach *, carrots *, leek *, beans become green to Brokkoli *, tuber sellerie *, kerbel *, water, shoyu *, native olive oil *, sea salt, thymian *. (6)	1l		3,79€	10608mu	Misosuppe instant 'white' with Tofu Ing: Shiro Miso 34.1% rice miso 29.4%, dextrin Tofu 3.7%, allium 0.6%, Kombupowder 0,3% freezingdried by sweet potatoes 23%, sea salt 5.2%, wakame 3.7%,	10x8g	100g=8,38€	6,70€
	<b>Canned fish. Guarantee: does not com from drift-net fishing</b>				10603mu	Misosuppe instant "white" with Tofu in the glass	200g	100g=6,39€	12,78€
19000	Sardine <u>without</u> skin and fishbones Added: Sardines, sunflower oil *, sea salt (10) Fish originally weighted-in quantity: 90g	120g	100g=2,16€	2,59€	10610mu	Misosuppe instant 'white' with Tofu refill bags, Ing: see 10608mu	200g	100g=6,14€	12,27€
19005	Mackerel filet <u>without</u> skin and fishbones Ing: Mackerel-filet, sunflower oil*, sea salt(10) Fish originally weighted-in quantity: 90g	120g	100g=1,66€	1,99€	10609mu	Misosuppe instant 'red' Ing: Rice miso 67.3% dextrin of sweet potatoes 19%, sea salt 7.2%, wakame 2.5%, Soja sauce powder 1.9%, allium 1.3%, Kombu powder 0.5%, yeast excerpt 0.2%, black pepper 0,05%.	10x8g	100g=6,75€	5,40€
19015	Sardine with skin and fishbones Ing: Sardines, olive oil *, sea salt (10) Fish originally weighted-in quantity: 90g	120g	100g=2,21€	2,65€	61600li	Miso soup instant Ing: Rice miso *, sea salt, wakame, Fu, onions.	4 x 10g	100g=11,48€	4,59€
19010	White Tunny Added: White tunny (filet), sunflower oil*), sea salt (10) fish originally weighted-in quantity: 90g	110g	100g=3,35€	3,69€	61700li	Miso soup * inst. with mushrooms Ing: Rice miso* 73% sea salt, onions*, corn strength*, mushrooms* 3%, shiitake 2%, shoyu *, young onions*, sea weed (nori, wakame).	4 x 10g	100g=11,73€	4,69€
19020	Bright Tunny in organic sunflower oil Fish originally weighted-in quantity: 90g	120g	100g=2,26€	2,49€	43500ar	Miso soup inst. *) Ing: Rice miso*, spring onions*, wakame, shoyu*, kombu	4x10g	100g=11,45€	4,58€
19025	Bright Tunny in organic olive oil Fish originally weighted-in quantity: 90g	110g	100g=2,26€	2,49€		<b>Grain preparing</b>			
19040	Bright Tunny 'naurell' in the own juice	120g	100g=2,16€	2,59€	10209li	Corn Flakes * Ing: Corn *, water, salt	375g	100g=0,98€	3,68€
19030	Smoked herrings filets Ing: Smoked herrings filets 74%, sunflower oil * 25%, Sea salt, smoke	110g	100g=2,26€	2,29€	10250li	Kokoh, before-refined* child grain food Ing: Full rice*, sweet rice*, oats*, wheat*, millet*, barley *, soy beans *, aduki beans, sesam seet*, kombu sea vegetable (6)	500g	100g=1,01€	5,06€
19035	Kieler Sprotten over beech wood smoked Ing: Sprotten 77%, sunflower oil * 22%, Sea salt, smoke.	110g	100g=2,26€	2,29€	10207mu	Mochi rice cake Ing: Sweet rice*, water (6)	300g	100g=2,45€	7,35€
	<b>Miso soups</b>				10208mu	Mochi with mugwort leaves rice cake Ing: Sweet rice, water, mugwort leaves (6)	300g	100g=2,55€	7,66€
					10227mu	Sweet rice & millet mochi Ing: Sweet rice, sweet millet 35%, water (6)	300g	100g=2,63€	7,66€
					10260ar	Sweet rice mochi (12) Ing: Sweet full rice, water.	250g	100g=3,25€	8,13€
					1026är	Yomogi mochi (12) Ing: Sweet full rice, mugwort leaves, water	250g	100g=3,35€	8,39€
					1026är	Sweet rice sesam mochi Ing: Sweet one unpeeled rice, sesam, water (12)	250g	100g=3,46€	8,64€
					10214	Black Westphalian rye bread* Ing: Full rye flour *, water, sauerteig *, natural it taste material (Malt extract), salt, yeast 0,12%	500g	100g=0,36€	1,79€
					10235	Vollkornknaeckebrot with sesam Ing: Full grain rye flour *, sesam *, sea salt	200g	100g=0,74€	1,48€

80020	Germinated wheat bread * Ing: Germinated wheat *	400g	100g=0,86€	3,45€	65000li	Si'Doux rice syrup * <i>in the practical dosing bottle</i> Ing: Rice * (6)	420g	100g=1,17€	4,91€
10901mu	Zenryu Fu wheat protein <i>approx. 111g</i> Ing: Full wheat flour, wheat protein flour, water (10)	12 pieces		4,89€	45000	Rice syrup * of Werz	500g	100g=0,80€	3,98€
10940mu	Zeni Fu wheat protein cake Ing: Full wheat flour, wheat glows (salt-free)	79g	100g=4,29€	3,39€	45010	Rice syrup * of Werz	2,5kg	1kg=7,76€	19,40€
10930mu	Ita Fu of sheets (approx. 22x7cm) Ing: Full wheat flour, wheat glows (salt-free)	130g	100g=4,69	6,10€	10732	Apple thick juice * Ing: Apple fruit *)	0,33l	0,1l=1,39€	4,60€
10920ar	Full wheat Fu (rings) (12) Ing: Full wheat flour, tradition. produced. Wheat glows	100g		6,55€	10735	Maple syrup *) Degree of A	330g/250ml	100ml=2,36€	5,90€
10204li	LIMA Muesli * Ing: Rolled oats*, rice flakes*, raisins*, buck wheat*, hazel nuts*, wheat flakes*, barley flakes*, sesam*, sea salt. (6)	1kg		6,29€	10736	Maple syrup *) Degree of A m i n i	50ml	100ml=3,90€	1,95€
60100li	Royal Muesli Kamut *) Ing: Driet fruits* and nuts * 37% (raisins *, pears *, hazelnuts*, apples*, cornflakes*, kamut*, wheat flakes*, buck wheat*, roasted sesam*, sea salt.	375g	100g=1,06€	3,99€	10737	Maple sugar *)	100g		3,80€
60150li	Rice&Millet * Muesli (Poppies) Ing: Fruits* 30.4% (sultanas*, dates*, apples*), popped full grain rice* 17.9%, corn flakes*(corn*, sea salt), millet*15%, sunflower cores popped * 14.6%, hazelnuts * 9 5,1%.	250g	100g=1,80€	4,49€	10702mu	Ginger barley malt drop Ing: Barley malt excerpt, ginger root powder (6)	130g	100g=3,60€	4,68€
10233	Sonam's Tsampa * traditional Tibetan basic food from roasted and milled barley *)	250g	100g=1,52€	3,79€	10703mu	Lotusroot barley malt drop Ing: Barley malt extract, Lotusroorpowder (6)	130g	100g=3,60€	4,68€
10220	Bulgur * before-refined durum-wheat	500g	100g=0,40€	2,19€	10704mu	Ume apricot barley malt drop Ing: Barley malt extract, Ume apricot extract (6)	130g	100g=3,60€	4,68€
10221	CousCous * wheat semolina	500g	100g=0,46€	2,30€	10740mu	Meitan Ume apricot drop Ing: Barley malt excerpt, Ume apricot extract (12)	60g	100g=4,00€	2,40€
10255li	Kasha * roasted buck wheat	500g	100g=0,88€	4,40€	1071är	Peppermint ricemalt drop Ing: Fullrice malt, nat. Flavour materials (peppermint) (15)	100g		3,68€
10222	Polenta * corn semolina	400g	100g=0,42€	1,69€	1070är	Vanilla ricemalt drops (10)	100g		3,88€
10230	Rice flakes *	500g	100g=0,41€	2,05€	10707ar	Ume apricots ricemalt drops Ing: Full ricemalt, ume concentrate (15)	100g		3,68€
10225li	Rusk* Ing: Wheat *, yeast, vegetable oil, glows*, barley malt*, sea salt	350g	100g=0,83€	2,90€	1070är	Orange ricemalt drops Ing: Full ricemalt, natural flavour materials (orange)	100g		3,68€
<b>Sweet means, sweets, cakes &amp; cookies</b>					1074är	Lemon ricemalt drops (15) Ing: Full ricemalt, natural flavour materials lemon	100g		3,68€
80085ts	Amazake* sweet rice mash	380g	100g=1,02€	3,88€	10709ar	Mixed ticemalt drops Peppermint/Vanille/Ume/Orange/Lemon	100g		3,68€
80015ts	Amazake* sweet rice mash Ing: Water, rice*, rice koji*	740g	100g=0,89€	6,55€	80095ts	Fruit drop * Ing: Cornmalt sirup*, corn maltodextrine*, fruit concentrate*, vegetable excerpts	100	100g=1,09€	1,45€
10711ar	Amazake, sweet rice mash* Ing: Water, full rice*, salt, koji enzyme (6)	380g	100g=1,03€	3,93€	10731	Lakritz*) natureal Ing: pure sweet wood root excerpt *)	25g	100g=7,80€	1,95€
80055	Oats Amazake * from Holland in the glass of (6) Ing: Water, oats *, rice koji *	360g	100g=1,06€	3,92€	10733	Lakritz*) Anise Ing: pure sweet wood root excerpt *) , nat. anise flavour *	25g	100g=7,80€	1,95€
80065	Millet Amazake * from Holland in the glass Ing: Water, millet *, rice koji * (6)	370g	100g=1,09€	3,92€	10734	Lakritz*) Lemon Ing: pure sweet wood root excerpt*), nat. oranges* lemons* - and mandarin oil*)	25g	100g=7,80	1,95€
10710ar	Rice malt with barley * Ing: unpeeled rice * 72%, germinated barley* 18%, water (6)	400g	100g=1,24€	4,95€	10715	Malz cookies * (15) Ing: Full grain wheat flour*, wheat flour*, wheatmalt*, vegetable feat, soja flour *, salt, tartar acid baking powder, yeast.	200g	100g=0,74€	1,48€
10700mu	Ricemal <u>excerpt</u>	600g	100g=1,98€	11,85€	10726	Cake according to old-English kind with dried fruits Ing: Raisins*, dates*, figs *, apple thick juice *, wheat flour*, filtered water, sunflower oil*, Soy flour *, Natriumbicarbonat, sea salt.	400g	100g=1,21€	4,85€
43430ar	Hatomugi malt Ing: Hatomugi, barley malt (15%)	600g	100g=2,48€	14,90€	80180ts	Ginger cake * Ing: Apple juice *, ginger *, full wheat flour *, filtered water, sunflower oil *, Soy flour*, Natriumbicarbo nat, sea salt	400g	100g=1,49€	5,95€
10714dv	Rice syrup from full rice* (6)	460g	100g=1,08€	4,95€	80160ts	Malt waffle* Ing: wheatemalt sirup *, full grain wheat flour *, veget. fat * (unhardened), cornmalt sirup *, oy flour*, emulgator: Sojalecitin *, baking rubbing means: natriumbicarbonat, sea salt, cinnamon*.	175g	100g=1,09€	1,90€
10701ar	Barley malt* (6)	400g	100g=0,991€	3,95€					
80150ts	Barley malt sirup* Ing: Barley*, water	330g	100g=0,90€	2,98€					
10705li	Oryza full rice syrup from unpeeled rice and barley malt 8% (6)	450g	100g=1,63€	7,34€					
10701li	Si'Doux barley syrup * <i>in the practical dosing bottle</i> Ing: Barley * (6)	420g	100g=1,17€	4,91€					

80165ts	Hazelnut waffle* Ing: Wheatmal sirup*, full grain wheat flour*, veget. fat * (unhardened), cornmalt sirup *, hazel nuts*, emulgator: Sojalecitin *, baking rubbing means: natriumbicarbonat, sea salt, cinnamon*.	175g	100g=1,09€	1,90€	10290mu	Full rice cracker ' Wakame/Kombu ' Ing: Full rice, tamari, kombu, wakame, barley malt	65g	100g=3,77€	
10723	Rice almond cake *) in the box (are enough durable) Ing: Full rice flour *, rice syrup *, palmoil *, almonds *, water, tartar baking powder, Thickener Guakernflour	250g	100g=1,19€	2,97€	10292	Hibiki rice cracker * Ing: Sticking rice *, shoyu *, algae, mirin (16)	80g	100g=3,63€	
10727	Rice almond cake cuts * (added like 10723)	60g	100g=1,87€	1,12€	10226	Sesame tamari cracker * Ing: Dinkel fullgrain flour*, sesame*, tamari, veget. fat *, salt (8)	175g	100g=0,96€	1, 68€
80130	SesamSnack *) with	25g	100g=2,60€	0,65€	1027är	Tamari fullrice cracker Ing: Full grain rice, black sesame seeds, tamari (12)	50g	100g=3,98€	1,99€
80135	SesamSnack with almonds *) cornmalt-	25g	100g=2,60€	0,65€	1027är	Rice crisps Ing: Full rice, tamari, sesame seeds (12)	75g	100g=3,99€	2,99€
80140	SesamSnack with raisins *) syrup *	25g	100g=2,60€	0,65€	1026är	Quinoa cracker with black sesame Ing: Quinoa (44%), unpeeled rice, black sesame seet (9%), tapioka starch, tamari (12)	60g	100g=5,87€	3,52€
10770	Nirwana chocolate * of Rapunzel Ing: Rapadura full tubing sugar *, cocoa butter *, Hazel nuts * 18%, full milk powder 17%, cocoa mass *. Emulsifying agent: Sojalezithin, Bourbon vanilla *.	100g		1,89€	80600ts	Sesam tamari cracker Ing: Wheat flour*, sesame seeds *, sunflower oil*, tamari *, rolled oats*, water, sea salt (12)	200g	100g=1,20€	2,40€
10772	Tender bitter chocolate * of Rapunzel Ing: Rapadura full tubing sugar *, cocoa mass*, cocoa butter *, Bourbon vanilla *.	100g		1,79€	80610ts	Cracker with sesame seeds* Added: Weizenmehl *, full grain wheat flour *, vegetable. Fat (unhardened), Sesamsamen *, olive oil * specially natively, barley malt syrup *, sea salt, sauerartig *, natural Rosmarinoel (12)	300g	100g=0,93€	2,78€
10774	Full milk chocolate * of Rapunzel Ing: Rapadura full tubing sugar *, cocoa butter *, full milk powders * 24%, cocoa mass *, emulsifying agent: Sojalezithin, vanilla powders *.	100g		1,79€					
<b>Chips &amp; Crackers</b>					<b>Grain beverages and coffee replacement</b>				
10200mu	Full rice chips Ing: Full rice, rice germ oil, Nori (porhyra), sea salt (20)	50g	100g=3,90€	1,95€	13002mu	Hatomugi Cha (grain beverage with sennens leaves) Ing: Hatomugi (Semen coicis), barley, sennens leaves (6)	28x6g	100g=4,43€	7,45€
10201mu	Spicy vegetable chips Ing: Potatoe starch, vegetable (carrots, cabbage, spinach, greener pepper, parsley, salad, onions), palmoil, barley malt excerpt, horseraddish, sea salt, shoyu, wheat, wheat germs (20)	75g	100g=3,27€	2,45€	14050li	Yannoh * grain coffee (6)	500g	100g=0,70€	3,49€
10203mu	Rice cracker, round Ing: Full rice, sesame oil, palm oil, black sesame seed, wheat germs, hatomugi, soja sauce (35)	100g		3,39€	14060li	Yannoh * grain coffee (6) Ing: Barley*, rye*, wheat*, zichorie*, chick peas*.	1kg		5,65€
10280mu	Full rice cracker with black sesam Ing: Full rice, black sesam, shoyu (24)	75g	100g=3,00€	2,25€	14051li	Yannoh instant * grain coffee Ing: Barley*, rye*, malted barley*, zichorie*, acorns*.	125g	100g=3,99€	4,99€
10206mu	Sea vegetable chip Ing: Potato starch, palm oil, peeled barley, wakame, kombu, hijiki, nori, wheat germs, salt (20)	80g	100g=3,36€	2,69€	14052li	Yannoh instant * grain coffee in the box	250g	100g=3,90€	9,75€
10285mu	Brown rice cracker Ing: Full rice flour *, black sesame seet, sojasauce (water, soy beans, sea salt), hatomugi (24)	75g	100g=3,59€	2,69€	14055li	Yannoh instant * in the refill bag	250g	100g=3,00€	7,49€
10211mu	Quinoa Cracker with sesam Ing: Quinoa, tapioka starch flour, sesame seed, tamari soja sauce, barley malt (20)	65g	100g=4,14€	2,69€	14080	Lupinen coffee, for soak or in espresso machine	500g	100g=0,88€	4,40€
10286	Shin mix *) Japanese rice cracker Ing: Sweet rice*, shoyu*, olive oil*, sesame seed*, sea algae, sea salt (16)	80g	100g=3,06€		80310ts	Rice drink * nature Ing: Water, rice*17%, cold pressed thistle oil*, sunflower oil*, sea salt (12)	1l		2,48€
10287	Koban *) Japanese rice cracker Koban rice cracker are round disks (Koban is an old Japanese coin) Ing: Sweet rice *, shoyu *, sea algae (16)	80g	100g=3,06€		80320ts	Rice drink * with almonds Ing: Water, rice *, cold pressed thistle oil *, sunflower oil*, almond mash *, sea salt (12)	1l		2,74€
10288mu	Vollreiscraecker ' Hiziki ' Zutaten: Vollreis, Tamari, Hijiki, barley malt (24)	65g	100g=3,77€		80340ts	Rice drink vanilla * Ing: like 80310 and additionally vanilla * (12)	1l		2,65€
					80350ts	Rice drink with barley * Ing: Water, rice*17%, cold pressed thistle oil *, sunflower oil*, roasted barley 0.54%, sea salt	1l		2,65€
					80360ts	Oats drink * Ing: pure spring water, oats *, rapeseel oil * (12)	1l		2,50€
					14058	SoWell tri drink *) Soja rice oats Ing: Water, rice*6.2%, soy beans * 2.8%, full grain oats * 2%, sea-alga (Lithothamnium), sea salt.	1l		1,99€
					14053li	Rice drink * by Lima (16) Ing: Water, rice*, ricemalt*, thistle oil*, sea salt, vanilla*	0,5l	1l=3,30€	1,65€
					14056li	Rice drink * by Lima (12) Ing: see Art.14053	1l		2,59€
					<b>Rice wine and likoer</b>				
					15040mu	Sake *) Rice wine 15% alcohol	0,3l	1l=33,17€	9,95€

15050mu	Sake *) Rice wine 15% alcohol	0,72l	1l=33,26€	23,95€
15020ar	Oki Sake 15.5 Vol.%	720ml	1l=27,71€	19,95€
15010ar	Yanagi - sweet Rice likoer 20 Vol.%	360ml	1l=82,64€	29,75€
	Ing: sweet rice - traditional production			
<b>Greener dte and herb dte of MUSO</b>				
14000mu	Green tea * ' Sencha '	100g		6,25€
14044mu	Green tea * "Sencha"	1.000g		59,90€
14006mu	Green tea * in teabags	10x2g	100g=13,60€	2,72€
14001mu	Hojicha * (Bancha)	100g		5,25€
14030mu	Hojicha * (Bancha)	500g	100g=4,80€	23,98€
14007mu	Hojicha * (Bancha) in tea bags	10x2g	100g=9,75€	1,95€
14002mu	Kukicha * (tea of the	75g	100g=4,25€	3,19€
14020mu	Kukicha * branches of the tea bush)	1.000g		29,45€
14010mu	Kukicha in teabags Can portion for approx. 1l	24x5g.	100g=4,91€	5,89€
14015mu	Kukicha in teabags Cup portion	10x2g	100g=8,75€	1,75€
14048mu	Gene May Cha Kukicha dte with roasted full rice	100g		2,68€
13001mu	Mu tea, house tea with <b>16 herbs</b>	8x6g	100g=12,48€	6,88€
	Added: Paeongrueben (Pfingstrosenwurzeln), Petersilien root, Hoelen (Poria mushroom), zimt, sweet wood, peach cores, ginger, Rhemannia, Mandarin bowls, Cnicus (jap. Angelikawurzel), Atractylodes (spindle herb), Cyperus (Cyprus grass), spice carnation, Moutan (Baumpaeonie), Coptis (Cankerwurzel), Ginseng. jap			
13004mu	Mu tea with <b>16 herbs</b> , added like above (13001)	50g	100g=12,40€	6,20€
13003mu	Mu tea with <b>9 herbs</b>	8x6g	100g=12,48€	6,88€
	Added: Peony (Pfingstrosenwurzel), Cnicus (jap. Angelika root), hoelen (Poria mushroom), cinnamon, sweet wood root, peach cores, ginger root, rehmannia, japanese Ginseng.			
13005mu	Enmei tea (Enmai means: for a long live)	2x4x5g	100g=11,00€	4,40€
	<b>... by LIMA</b>			
14003li	Bancha * 3 yearly sheet tea		100g=8,73€	
	Fine, uncolored tea from Japan with completely little koffein a 1%, harvested late in the season			
64000li	Kukicha of branches of tea	150g	100g=5,15€	7,73€
64100li	Mu tea of 16 herbs		100g=17,43€	
	Added: Pfingstrose, parsley root, thistle, orange flat, sweet wood, Atractylis, zypresse, zimt, Hoelen, peach cores, ginger root, Rhemannia, spice carnation, Pfingstrosenwurzel, Ginseng, Coptis japonica			
64120li	MU tea of 16 herbs Instant cup portion '	10x1,5g	100g=30,93	4,64€
	<b>... of ARCHE/MITOKU</b>			
44100ar	Green tea * ' Sencha '	75g	100g=8,60€	6,45€
14040ar	Green tea * ' Sencha '	1.000g		71,00€
14090ar	Original genmai Kukicha *	75g	100g=5,00€	3,75€
1409är	Original genmai Kukicha *	1kg		27,20€
	Added: Branches of tea * and sheets *, full grain rice *)			
44200ar	Bancha * roasted sheet tea	40g	100g=8,23€	3,29€
44210ar	Bancha * roasted sheet tea	500g	100g=5,80€	29,00€
44300ar	Kukicha * roasted branch tea	75g	100g=4,40€	3,30€
44310ar	Kukicha * roasted branch tea	1kg		32,50€
	<b>Satsuma God tea (Japanese green tea) of</b>			
14200	De-Ni * 3. Picking	50g	100g=9,98€	4,99€
14210	De-Ichi * 2. Picking	50g	100g=12,98€	6,49€

14220	Tenka Ichi * 1. Picking	50g	100g=21,98€	10,99€
14230	Matcha ' Silverleaf ' * powder tea	20g	100g=84,90€	16,98€
14240	Diamond Leaf *	100g		36,99€

With the offered green teas from Japan of MUSO, ark and Allos it acts around top qualities, you can of a portion make up to 5 Aufgussesel!

**Toiletry**

16007ar	Auberginen tooth powder (100% vegetable and mineral dental care means in the bottle)	35g	100g=9,97€	3,49€
	Added: Auberginenpulver, sea salt			
16009ar	Auberginen tooth powder (like 16007) Refill bag	100g		6,95€
16000mu	Dentie tooth-paste	60ml	100ml=10,65€	6,39€
	Added: Water, lime, charred Aubergine, ethyl alcohol, salt, cellulose derivative and menthol			
16012mu	Dentie powder	50g	100g=6,90€	3,45€
	Added: roasted Aubergin-powderr, sea salt			
1601är	Auberginen tooth-paste	80g	100g=12,41€	9,39€
	Added: Auberginenpulver. Kaolin (nat. clay/stone) cellulose from sea algae, glycerin, natuerl. peppermint flavour			

**Tooth-pastes of URTEKRAM**

16003	Maroccan Mint	50ml	100ml=5,98€	2,99€
16004	Citrus melisse (also for children)	50ml	100ml=5,98€	
16005	Fenell	50ml	100ml=5,98€	2,99€
16006	Child tooth paste with Propolis, Myrrhe, ethereal fennel oil	50ml	100ml=5,98€	2,99€
	All four sorts do not contain Saccharin, artificial suessstoff, preservative, artificial colors or perfume added: Chalk, Glycerin, agar agar, Moroccan Minzuel and/or lemon melissenoeel and/or Fencheloel, Myrrhe, Propolis			
16080	Refreshment bath Rosmarin/Ginseng of Logona	200ml	100ml=3,57€	7,13€
16001	Sea veil alga shampoo of Urtekram	500ml	100ml=1,59€	7,99€
	Contents: Washactive anionische and ionische Tenside on the basis of Kokosoil, excerpt out jap. Sea algae: Funori, Wakame, Arame, Mekabu, Iziki, Kombu as well as sea salt and spring water			
16270	Sandelwoodsoap with rice bran oil	70g	100g=2,83€	1,98€
	Contents materials: Sandelholzoel, Sandelholzpaste, palmoel, rice bran oil, coconut oil			
16280	Neem soap with rice bran oil	70g	100g=2,83€	1,98€
	Contents materials: Neemoel, palmoel, Reiskleioel, coconut oil			
16400	Aloe Care skin gel 98%	200ml	100ml=5,14€	10,28€
16405	Aloe Care skin gel 98% m l n l	50ml	100ml=5,96€	2,98€
16450	Aloe Care cure shampoo	200ml	100ml=4,64€	9,28€
16440	Aloe Care anti shed Conditioner	200ml	100ml=4,64€	9,28€
16480	Aloe Care sun milk light protection factor 15	200ml	100ml=7,14€	14,28€
16490	Aloe Care after Sun	200ml	100ml 5,14€	10,28€
16485	Aloe Care after Sun m l n l	50ml	100ml=5,96€	2,98€

