



**Order online at ShilohFarms.com or
Print this page and deliver to your
Health Food Store or Grocery Buyer—
You may also order wholesale by calling and ordering a minimum of one case!**

SHILOH FARMS Introduces Essential Eating *Sprouted* Flours

Organic 100% Whole Grain Flours
that digest as vegetables!

ORDERING INFORMATION

Garden Spot Distributors
800 829-5100 ext. 103
Martha Waite
Martha@gardenspotdist.com



Case Lots or 50# Bag	Item	Item	Number
Six 2 lb bags	Sprouted Wheat Flour	Sprouted Spelt Flour	194-152
Six 5 lb bags	Sprouted Wheat Flour	Sprouted Spelt Flour	194-155
50 lb bag	Sprouted Wheat Flour	Sprouted Spelt Flour	276-170

Create balance and harmony in your body with these easy-to-digest sprouted whole grain flours.

The proprietary Essential Eating sprouting process converts natural grain starches into vegetable sugars making vital nutrients in the grain more easily absorbed by the body. The beauty of Essential Eating Sprouted Whole Grain Flours is that they **digest as vegetables**. You will notice the benefits.

These flours can be used one for one in place of all-purpose flour in your recipes, from Pancakes to Pizza.

Find out more about the Essential Eating path to good health through award-winning author, Janie Quinn's new book, ***Essential Eating The Digestible Diet***.

