Sprouting for Wellness - Resources

Where to buy your Seeds

1. **Harvest Time Natural Foods** (ask for Organic-OG) 1-800-628-8736
   Seeds, Grains, Nuts, Dried Fruits

2. **Sun Organic Farm** (OG) Dried Goods 1-888-269-9888
   P.O. Box 2429, Valley Center, CA 92082

3. **Frontier** (ask for OG) Spices 1-800-669-3275
   3021 78th St., P.O. Box 299, Norway, IA 52318

4. **Ticnsvold Farm** (OG) Seeds 1-308-327-3135
   HCR 81 Box 22, Rushville, NE 69360

5. **Country Life Natural Foods** (ask for OG) 1-800-456-7694
   P.O. Box 489, Pullman, MI 49450 fax (616) 236-8357

6. **Walnut Acres** (ask for OG) Dried goods, Produce 1-800-344-9025

7. **Randall's Better Health Store** (OG) Produce, seeds, etc. (517) 332-6892
   305 N. Clippert Ave., Lansing, MI 48912

8. **Harvest Health** (OG) Bulk, sea weeds, grains, nuts, etc. (616) 245-6268
   1944 Eastern SE, Grand Rapids, MI 49507
   (ship all over)

9. **Eden Acres Organic Network** (OG) Seaweeds, oils (517) 456-4288
   12100 Lima Center Rd, Clinton, MI 49236
   Edenfoods.com

10. **Floyd Jones & Assoc.** (OG) Produce 1-800-853-1524
    P.O. Box 2111, Detroit, MI 48231 fax (519) 964-8937

    3660 Avondale CRT, Windsor, ON, N9E 1X9, Canada (519) 969-0265

11. **Seeds of Change** (OG) Seeds for Gardening 1-888-762-7333
    www.seedsofchange.com

Most of these resources ship all over the states.

Also, look up at your Food Coop, Yellow Pages, Internet, your local Health Food Store, etc.