

List of Deliciously Organic Sources and Favorite Foods

As you read this list, you'll see I have a fondness for Azure Standard. They are a huge resource for me and I buy about half of my food from this company. I do not make any money off my referral, I simply love the company! Azure has drop-off locations throughout the US. You place your order online (they also have a catalog) and once a month, meet at a specific spot. A large truck pulls up and the driver hands you your goods. If you don't have a drop-off point near you, try finding a few friends who also want to order and split the shipping. I used this method while living in an area without a drop-off location and it worked beautifully. \$30 for shipping isn't much when you split it among 5 friends.

Sweeteners

Organic Whole Cane Sugar or Sucanat

The absolute cheapest way to buy sucanat is through [Azure Standard](#). The 50 pound bag (split among friends, of course) is \$2.10 a pound. You can also buy it in lesser quantities through Azure Standard or also through Amazon. A few of my favorite brands are: Wholesome Sweeteners, Rapunzel, and NOW.

Raw Honey

I buy my honey through [Azure Standard](#). Currently you can buy a gallon of raw clover honey for \$30.40. I split the gallon with a friend and store my honey in mason jars. I prefer clover honey because it has a light flavor and color and goes well with so many cooking and baking dishes.

Maple Syrup

I prefer grade b syrup because it's cheaper and has more flavor. I buy my maple syrup through the Amazon Subscribe and Save Program. My favorite is the [Coomb's Family Farm Syrup](#). You can choose how often to have it shipped to your home.

Molasses

I buy [Wholesome Sweeteners](#) Molasses.

Maple Sugar

I buy maple sugar from Azure Standard (The organic [Azure Standard brand](#)), or the [Coomb's Family Farm](#) maple sugar on Amazon.

Coconut/Palm Sugar

This sugar has a lower glycemic index and is quickly becoming one of my favorites. I like to use it in my coffee and to bake with. Lately, I've been buying [Sweet Tree Coconut Sugar](#) through the Amazon Subscribe and Save Program. Sometimes I order with a friend and we split the 6 bags of sugar.

Seasonings:

I buy most of my herbs and seasonings in bulk at [Azure Standard](#). I like the “Oregon Spice” brand. I usually buy 1 pound bags of spices I use the most often such as: cinnamon, garlic, cumin, thyme, and italian spice blend. I buy 4 ounce packages for the spices I don’t use as often. I fill up my spice jars in the pantry and then store the rest of the spices in the freezer.

Celtic Sea Salt

I buy my celtic sea salt in a [5 pound bag from Amazon](#). I buy the coarse grain because it’s cheaper and then have a [salt grinder](#) that we use at the table or when I need a finer grain of salt. I also keep a small bag of finely ground salt in the pantry for baking.

Oils and Fats

Olive Oil

My two favorites are [Bariani Organic Olive Oil](#) and [Wilderness Family Naturals](#).

Coconut Oil

I buy Wilderness Family Naturals Coconut Oil through [Azure Standard](#). The most economical way to buy it is by the gallon. I order once a year and split the gallon with a friend. I buy the centrifuged, organic coconut oil. If you’d like a coconut oil with a bit less of a “coconut” flavor, try the expeller pressed oil. I also buy [Nutiva](#) coconut oil on occasion.

Ghee or Clarified Butter

I make my own ghee with organic butter. Currently I buy the organic, unsalted butter from Trader Joe’s, but I also like the Organic Valley and Whole Foods organic, unsalted butter.

Red Palm Oil

I buy the Wilderness Family Naturals brand through [Azure Standard](#).

Sesame Oil

I prefer the [Eden Organic brand](#). You can usually find this at your local health food store.

Baking

Almond meal/flour

I’m not making my own (by grinding up almonds) I buy the almond flour from Trader Joe’s or HoneyVille.

Coconut Flour

I buy the [Coconut Secret Brand](#) through Azure Standard.

Other flours made of grain

I bought a [Nutrimill grain mill](#) many years ago, buy my grain in bulk from Azure Standard, and grind it myself. A grain mill is an investment, but then I pay \$1.25 for a pound of sorghum flour instead of \$7.50. It quickly adds up!

Vanilla Extract

I make my own - the recipe can be found in [this post](#).

Aluminum-Free Baking Powder

I prefer to make my own to ensure it's grain free (1/4 teaspoon baking soda + 1/2 teaspoon cream of tartar + 1/4 teaspoon arrowroot = 1 teaspoon homemade baking powder). Or you can buy Rumford or [Bob's Red Mill](#) (can be found at most grocery stores).

Arrowroot Powder/Flour

I use this in place of cornstarch 1:1. I buy the [Oregon Spice Brand through Azure Standard](#). Cheapest price I've found! Five Pounds for \$12.85!!

Organic Nuts - Almonds, Pecans, Walnuts, Seeds etc.

I buy all of these in bulk through [Azure Standard](#) or sometimes in the bulk section of my local health food store.

Miscellaneous

Brown Rice Pasta

I prefer either [Tinkyada](#) or Trader Joe's brand.

Organic Chocolate

Most importantly, I like to buy a chocolate without any soy lethicin in it. I prefer a few different brands: [Equal Exchange](#), Trader Joe's Organic Chocolate Bars, and [Vivani](#)

Soy Sauce or Tamari Sauce

I buy the Nama Shoyu [soy sauce](#) and Ohsawa [tamari sauce](#). I usually buy it through Azure Standard or sometimes my local health food store.

Raw Apple Cider Vinegar

I buy [Bragg apple cider vinegar](#). This can usually be found at your local health food store.

Tea

I buy [Mountain Rose Herbs](#) herbal and loose leaf teas.

Jarred Tomatoes

I buy the [Eden Organic](#) or [BioNaturae](#) jarred tomatoes through Azure Standard.

Produce, Milk, and Cheese

I am currently a member of [Abundant Harvest](#) and receive a box of produce each week. I also purchase my milk and cheese through this company. Being a member of a CSA (Community Supported Agriculture) is a great way to buy organic produce at an affordable price. Check [Local Harvest](#) for a CSA in your area.

Organic Meat

I buy my meat from a local farm. This has proven to be the most economical way for our family to buy pastured, organic meat. To find a farm near you check out the website [Eat Wild](#).

For ideas of how to buy Organic On a Budget click [here](#).