



THE LITTLE RED & WHITE BOOK

Fall Master Catalog #41 2011

ABOUT US



The Urban Homemaker is a family owned business in it's second generation.

We are nestled in the Rocky Mountains of Western Colorado where living life close to the land is a common practice.

We are dedicated to teaching and promoting "Old-fashioned Skills for Contemporary People".

We believe in, and practice the "home arts" of flour milling, bread making, canning, dehydrating & preserving in a way that promotes better nutrition, thrift and savings, and a self-sufficient lifestyle.

We offer high quality natural and back-to-basics products that we use and recommend.

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ORDERING

Order by web, mail or phone.

Web: www.UrbanHomemaker.com

Phone Orders: 1-800-55-BREAD (1-800-552-7323)

Monday - Friday 9 AM - 4:30 PM MST

Our knowledgeable customer service professionals are available to help with product information, orders and order status, and general insight and support for homemakers and busy moms.

E-mail: urbanhomemaker@urbanhomemaker.com

Tel: 970-497-4521 Fax: 970-497-4382

Prices: Prices are subject to change without notice. We work to maintain all prices as printed however unexpected price increases from suppliers may be passed on.

Returns: RMA required. Store credit only. See policy online. Defective merchandise: Subject to the terms and conditions as set forth by each manufacturer and their respective warranty.

FLAT RATE STANDARD SHIPPING

Domestic USA. AK and HI actual shipping charges apply.

\$0.01 to \$99: \$7.99 shipping \$99.01 and up: Ships for a penny!

Shipping surcharge: Bulk items such as whole grains receive a shipping surcharge that will be applied to the order at checkout. This surcharge applies over and above standard shipping rates.

JOIN OUR NEWSLETTER

Join our newsletter for bimonthly product highlights and reviews, recipes and unadvertised specials! Receive our exclusive e-book "Steps to the Best Bread" when you join.



VISIT OUR WEBSITE

Visit our website to see all the products we stock and carry that are not listed in this catalog, and for more in-depth product descriptions, specifications and videos. While there, browse our How To's and Article Archive that spans 20 years of articles, recipes and instructions. New products and How To's are added weekly, so make sure to visit on a regular basis. www.urbanhomemaker.com



Stop by daily and visit with the group as we share our lives and what's going on in our kitchens and around the house.

It's a great place to see what other homemakers are doing and to share tips, tricks, encouragement and insight.



Visit our blog on a regular basis for: Lifestyle articles, Recipes, How To's & More!

BOSCH UNIVERSAL ATTACHMENTS

QUALITY & QUANTITY

- 800 Watts Of Power
- 2 Drives: High & Low Speed
- Holds Up To 15 Lbs Of Dough
- 4 Speeds With Pulse Switch
- 100% BPA Free

INCLUDES:

- 6.5 qt. BPA free **Bowl**
- Dough Hook
- Wire Whips and Plastic Drive
- Cookie Paddles with **Metal Whip Drive**
- Splash Ring and Lid

More than 60 years of high quality and trust designed for your kitchen. From baking to blending it has attachments to satisfy your every kitchen need. With an 800 watt motor and a 6 ½ quart bowl, it is one of the most powerful machines in its class.

The Bosch Universal Plus is the most versatile, heavy-duty Kitchen mixer available for busy cooks. This mixer can knead 15 pounds of whole grain bread dough, mix triple batches of cookies, whip up cakes, blend salad dressings, fruit smoothies, puree beans and so much more.





A) Bosch Universal Plus No Blender [1051] \$429.99

B) Bosch Universal Plus With Blender [1050] \$499.99

C) Bosch Universal Plus With Blender and Slicer Shredder [1055] \$619.97

D) Bosch Universal Plus With Blender and Nutrimill [1004] \$689.98





Blender w/ Steel Blade Bosch's most popular attachment; fits Universal Plus mixer. [1181] \$79.99



Slicer Shredder Includes 3 disks: thick/ thin, shredding, and french fry. [1110] \$119.99



Food Processor Includes chopping blade and 3 slicing and shredding blades. [1115] \$104.99



Cereal Mill Attachment Steel cone type Grain Mill direct fit attachment to Universal Plus. [1111] **\$14**9.99



Stainless Steel Bowl Fits Universal Plus. Does not include dough hook, whip driver or whips. [1056] **\$139.99**



Universal Plus Bowl Fits Universal Plus. Does not include dough hook, whip driver or whips. [1057] \$104.99



Universal Old Style Bowl Stainless steel with kneading arm, splatter ring and center lid. [1170] \$169.99



Flaker Attachment Flakes whole grains for hot cereals fast and easy. [1112] \$130.95



Cookie Paddles With metal whip driver. [1157] \$34.99 No metal whip driver. [1158] **\$24.99**



Heavy Batter Wisks For mixing heavy batters and light cookie dough. [1155] \$17.99



Wire Whips Replacement whips for the Bosch Universal Plus [1156] \$17.99



Citrus Juicer Easily juice lemons, oranges, grapefruit and large limes. [1140] \$29.99



Meat Grinder Stainless steel blade [1130] \$145.99 Sausage Stuffers Set of 3 [1132] \$54.99



Berry Press Attachment Attaches to meat grinder. Ideal for juicing berries, apples, pears, tomatoes, and similar fruits. [1131] **\$99.99**



Attaches to meat grinder. [1134] \$16.99 **Grating Attachment** Attaches to meat grinder. [1133] \$42.99



Pastry Press Attachment Noodle Attachment Attaches to meat grinder. Makes fresh pasta, 10 disks and lasagna disk included. [1135] **\$199.99**

GRAIN MILLS GRAIN MILLS



Wondermill

Type: Micronizing, Electric

12 -14 Cup capacity flour canister. Adjusts from pastry-fine to cornmeal texture. The grain mill separates from the flour canister so you can store the canister directly in the freezer or on a shelf (our 18" bread bag, #4056 works as a flour bagger with your Wondermill (see video online). A 1250 watt LG Electronics motor means you don't worry about overloading the Wondermill. Grinds wheat, corn, rice, and other small grains like Quinoa and Amaranth, it also grinds legumes and beans. Six year limited warranty and Lifetime warranty on the milling mechanism. Size: milling unit 8"dia. x 12"h; Flour canister 8"dia. x 7.5"h. [2050] \$259.95

Small Grains Attachment

Salt, Teff, Tapioca Pearls, etc. [2053] \$14.99



Nutrimill

Type: Micronizing, Electric

The popular Nutrimill "micronizing" grain mill provides a range of flours from pastry fine to coarse as cornmeal with an extra large hopper and removable flour canister. Grain hopper and flour canister each are large enough to hold enough grain to mill enough flour for up to five to six large loaves of bread or about 21 cups of flour without having to refill the hopper. Mills a wide variety of grains and dried beans. Milling chamber is self-cleaning. Size: approx. 14"tall, 13" dia. Limited Lifetime warranty on motor/milling heads and electronics. 10 year on parts & plastic. [2065] \$259.99

Flour Bagger Attachment

Mill directly into a freezer safe bags [2064] \$59.99





Wolfgang Flour Mill >

Type: Ceramic-Corundum, Electric A World Class mill designed by master craftsman, Wolfgang Mock. Not mass produced, but are precision engineered and imported from Germany.
[2066] \$599.99

< Coffee Grinder & Seed Mill

Mill just about anything: Coffee, spices, seeds, legumes, etc. Grind from course to fine with one button control. Available in White or Black. [1325] \$24.99

Grain Mill by VictorioA small hand mill is the perfect

way to crack grains for breakfast

cereals or for breads. Capable of



MANUAL GRAIN MILLS

For more grain mills visit our website to see the complete selection.



Country Living Grain Mill

Designed to last many lifetimes! Industrial quality; requires 30% less energy to turn. Easy dial self-locking adjustment. Large hopper holds 2 lbs of wheat. Hand-cast solid aluminum body. Easy conversion to electric motor. [2180] \$429.99



Marga Grain Roller and Flaker

Roll/Flake whole grains for hot cereals quickly and easily. This hand operated mill makes it possible to prepare fresh cereal flakes such as oats, wheat, rice, rye, etc. in just a few minutes. Three hardened steel rollers turn at different speeds. Can be adjusted for different grades of flour and flakes. Two year warranty.

[2160] \$119.99





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Wonder Junior Deluxe

For years hand grain mills have either been really cheap or really expensive, and unfortunately their ability to perform has been directly related to their cost. Cheap mills perform poorly and expensive mills perform great.

The Wonder Junior Deluxe was designed to create the perfect balance of versatility and high quality like the more expensive hand mills at a price that was affordable to the everyday homemaker.

Large hopper holds over one quart or 4 cups. Solid, one-piece construction. Stone heads are one-third thicker than other hand grain mills to give a lifetime of use. Create super fine flour or coarse cracked grains for cereals.

Swap the stone heads for the stainless steel burr heads you can make delicious peanut butter and other nut butters, grind flax and other oily or wet grains, herbs and spices, soy beans, legumes, fresh coffee and more! Limited Lifetime Warranty.

[2052] **\$219.99**



Family Grain Mill

This steel cone milling system is powered with a powerful, quiet Bosch electric motor or a hand operated base (included). Set includes mill, flaker, vegetable processor, and meat grinder. Limited lifetime warranty. [2184] \$499.99

WHOLE GRAINS WHOLE GRAINS



Hard Red Spring Wheat For hearty whole wheat bread with a traditional, robust flavor. 45 lb. pail [9549] **\$39.99**

50 lb. bag [9550] \$29.99 Organic 45 lb. pail [9551] **\$49.99** 50 lb. bag [9552] **\$36.99**



Spelt can often be used by people allergic to whole wheat bread. 25 lb. bag [9474] \$35.99 50 lb. bag [9475] **\$64.99**



Pinto Beans 25 lb. bag [9657] \$43.99 **Small White Beans** 25 lb. bag [9658] \$47.99 **Black Beans** 25 lb. bag [9659] \$48.99 Slit Peas 25 lb. bag [9660] \$36.99 Lentils 25 lb. bag [9661] \$44.99 11 Bean Soup Mix 25 lb. bag [9662] \$58.99 Garbanzo Beans 25 lb. bag [9663] \$51.99 Lt. Red Kidney Beans 25 lb. bag [9664] **\$57.99**



Hard White Wheat Lighter, more golden color than hard red wheat. High natural protein make this an exceptional bread wheat. 25 lb. bag [9404] **\$16.99** 45 lb. pail [9405] **\$42.99**

50 lb. bag [9406] **\$29.99**

Organic Buckwheat

Produce flour high in

protein, vitamins and

25 lb. bag [9600] \$53.99

50 lb. bag [9601] \$104.99

minerals.

Rve Berries

Golden Flax

25 lb. bag [9640] \$28.99

25 lb. bag [9739] **\$16.99**

25 lb. bag [9738] **\$18.99**

Organic Rve Berries



25 lb. bag [9703] **\$23.99**

50 lb. bag [9704] \$35.99



Organic Whole Barley A very versatile grain. Adding barley flour to your whole wheat flour will give you a lighter colored loaf of bread. 25 lb. bag [9911] \$18.99 Organic Dehulled Barley 25 lb. bag [9912] **\$20.99**



Kamut® An excellent wheat substitute for people with gluten intolerance. 50 lb. bag [9480] \$51.99



Oat Groats 25 lb. bag [9649] \$20.99 50 lb. bag [9650] **\$40.99** Organic 50 lb. bag [9648] **\$69.99**



Triticale High protein, low gluten. Wheat and Rye hybrid. 25 lb. bag [9984] \$17.99



Dehulled Millet 50 lb. bag [9773] \$47.99 Organic 50 lb. bag [9772] \$50.99



Long Grain Brown Rice 25 lb. bag [9983] \$43.99



Long Grain White Rice 25 lb. bag [9980] **\$41.99**



Mill your own flour for fresher flavor and better nutrition.

Flour is at its flavor and nutritional peak immediately after being milled.

Our wheat is better!

- 1) Grown at high altitude
- 2) Grown in semi-arid conditions
- 3) Grown with hot daytime temperatures
- 4) Grown with cool nighttime temperatures

These four crucial factors come together to "stress" the grain and produce a higher protein content for better nutrition. The semi-arid conditions keep the moisture content low resulting in longer shelf life.

We offer Certified Organic and Natural grains. All our grains are Non GMO and Kosher Certified. Thorough cleaning means no dirt, stones, or foreign debris.



Regular Oat Flakes 25 lb. bag [9795] **\$20.99** 50 lb. bag [9796] **\$40.99** Organic 25 lb. bag [9792] **\$38.99** 50 lb. bag [9794] **\$69.99** Quick Oat Flakes 25 lb. bag [9798] **\$20.99** Organic 25 lb. bag [9797] **\$42.99**



7 Grain Flakes Used for hot cereal, granola, granola bars, etc. 25 lb. bag [9774] **\$18.99** 50 lb. bag [9775] **\$31.99 Rolled 9 Grain Flakes** 25 lb. bag [9776] **\$20.99**



7 Grain Mix Grind fresh, crack or roll into a cereal for your bread or hot breakfast. 25 lb. bag [9750] **\$17.99** 45 lb. pail [9752] **\$44.99** 50 lb. bag [9751] **\$30.99** 9 Grain Mix 45 lb. pail [16999] \$48.99



Gamma Lid - small Fits any 2 gallon bucket. White [4904] **\$6.99**

2 Gallon Bucket Translucent, durable. FDA approved. Lid not included. Use with small Gamma lid. Perfect for stacking grains in the pantry. Translucent mate-

rial lets you quickly see grain level. [4901] **\$3.99**

6 Gallon Bucket The standard for long term storage. Heavy duty, durable. FĎA approved. Lid not included. Use with regular size Gamma lid. White [4900] \$6.99

Lid for 6 Gallon Bucket Standard type. Not Gamma. White [4902] \$2.25

Bucket/Pail Opener [8250] \$14.99



Steel Cut Oat Groats 25 lb. bag [16992] **\$20.99**



Organic Yellow Corn 25 lb. bag [9934] **\$22.99**



BAKEWARE BAKEWARE



Cooling Rack Baked goods won't slip through the rack. Made of chromed steel. 18" x 12.5" [4719] \$9.99



Stainless Steel Loaf Pan This stainless steel loaf pan is great for quick breads, meat loaves, veggie loaves, in addition to yeast breads.



Non Stick Loaf Pan Uniquely designed wide lip edge is ideal for ease in handling. Offers uniform baking to prevent "hot spots" and burning.



Mini Bread Pan Use for mini meat loaves, fruit cake, banana, pumpkin and zucchini bread. Makes 8 mini loaves. Loaf size 4.25" x 2.5" [4702] **\$19.99**



Stainless Steel Cake Pan Brownies, bar cookies, corn bread and cakes bake to perfection in our square cake pan. Wide lip for ease of handling. 8" x 8" [4724] **\$11.99**



Non Stick Cake Pan Superior nonstick finish and uniform baking to prevent "hot spots" and burning. Wide lip for ease of handling. i 9" x 9" [4710] **\$9.99**



Classic 9 x 13 Cake Pan Superior nonstick finish and uniform baking to prevent "hot spots" and burning. Wide lip for ease of handling. 9" x 13" [4709] **\$11.99**



Round Cake Pan The perfect size for multi layered birthday and anniversary cakes. 9" Non stick [4711] \$9.99 9" Stainless [4723] \$7.99



Farm Character Pan Includes 2 each: cow, pig, sheep, roaster, duck and barn. Recipes included. Also great as candy or chocolate molds. 17" × 11" [4707] \$24.99



Mini Cupcake Pan Makes 24 mini muffins. 2" dia. top. Superior nonstick finish and uniform baking to prevent "hot spots" and burning. 24 Mini [4714] \$12.99



Cupcake Pan Makes 12 standard muffins. 3" dia. top. Superior nonstick finish and uniform baking to prevent "hot spots" and burning. 12 Std. Size [4712] **\$19.99** : 6 Jumbo [4713] **\$19.99**



Jumbo Cupcake Pan Makes 6 giant muffins. 3.75" dia. top. Superior nonstick finish and uniform baking to prevent "hot spots" and burning.



Springform Round Bake and serve on the same tempered glass base. Spring latch gives a leak proof seal. Nonstick coating for easy release. 9" [4715] **\$11.99**



Springform Square Bake, cut and serve on the same non stick base. Spring latch gives a tight leak proof seal. Durable steel construction 9" x 9" [4716] **\$17.99**



9 inch Pie Pan You will be baking fresh summer and holiday pies in this premium quality pie pan. 9" Non stick [4708] \$7.99 9" Stainless [4725] \$8.99 : 11.5" [4703] \$17.99



Dutch Baby Pan Bake dutch baby oven pancakes and fritattas or use on the stove top for paella and stir fry. Non stick.

Bread Pans

These dark finished pans make the highest rising, prettiest whole grain loaves ever! A best-seller. Made of heavy gauge steel with nonstick coating. Square folded corners and tapered sides, wipe out with paper towels or hand washing recommended.

8-inch [4700] \$7.99 10-inch [4750] \$8.49 12-inch [4751] \$8.99 Buy 5 or more and save 10%





Angel Food Cake Pan Can also be used to make bundt and coffee cakes. High quality nonstick surface for easy release and cleaning. 9.5" [4717] **\$14.99**



Fluted Tube Pan Perfect for bundt & coffee cakes. Also great for jello molds! High quality nonstick surface for easy release and cleaning. 10" [4718] \$14.99



Fluted Tart Pan Perfect for tart or sponge cake topped with fruits and glaze. Commercial grade materials and construction. 8.5" [4704] \$7.99



Stainless Baking Sheet Flat end for sliding baked goods off easily. Made of 18/o stainless steel. 14" X 12" [4722] **\$12.99** 16" x 12" [4721] **\$19.99**



Stainless Baking Pan Full sides all around. Bake cookies, pastries, biscuits, fudge and candy. Made of 18/o stainless steel.

Non Stick Baking Pan One of the most useful tools in the kitchen. Industrial grade nonstick materials. Wide lip for ease of handling. 15" X 10" [4720] **\$19.99** 15" X 10" [4705] **\$10.99** 17" x 11" [4706] \$11.99



BREAD MAKING BAKING SUPPLIES



Urban Homemaker Premium Bread Bags

Our premium bags outlast the others. 100 bags per package. Includes twist ties. Side pleats expand for greater room allowing easier packing. FDA/USDA approved for food use. All purpose. 15 & 21 inch bags are 1.5 mil. Our 18" bag (#4056) is 1 mil and works as a flour bagger with your Wondermill (see video online).

6" x 4" x 15" deep [4050] \$12.99 8" x 4" x 21" deep [4055] \$16.99 8" x 5" x 18" deep [4056] \$14.99 Buy 3-4 and save 10% Buy 5 or more and save 15%



Bread Bakers Combo Packs Bundle and save or order with a friend and share the savings!

Contains 1 each Dough Enhancer, Vital Gluten, Saf Yeast, Premium Bread Bags (6" x 4" x 15"). Combo #1 [7000] \$34.99

Combo #2 Contains 2 each Dough Enhancer, Saf Yeast and 1 each Premium Bread Bags (6" x 4" x 15"). Combo #2 [7075] **\$39.99**



Silicone Baking Mat No more messy sprays or grease! Use over and over again. Revolutionary silicone mat promotes even baking and keeps food from sticking without greasing cookie sheets and jelly roll pans. 12" x 16" [4054] **\$13.99**



Unbleached Baking Paper Extra large roll. Eliminates the need to grease baking pans and prevents scorching. For baking, stove top and microwave. Strong, waterproof and grease proof. Will not contaminate or alter food. 15" x 59'. 75 Sq. Ft. [4053] \$7.99



Montana's Best Honey Minimum processing and unpasteurized sweet clover honey; the "best" is not an empty boast. 12 lb. pail [9800] **\$62.99**



Hardwood Rolling Pin High quality hardwood rolling pin with nylon ball bearings makes rolling dough easy. 13" Long [4057] **\$19.99**

Cotton Rolling Pin Covers 14" Long/set of 2 [4058] \$3.99



Vital Wheat Gluten

A natural protein derived from wheat; increases dough strength and shelf life. 27 oz. [9200] \$10.99 SAF Instant Yeast



Dough Enhancer 100% natural ingredients. Increase dough strength and tolerance, promote lightness in bread. May be used in all baked goods. 21 oz. [9100] \$9.99



Our Famous

Recipe

This is a versatile recipe!

Use it to make cinnamon

rolls, pizza dough, bread

For more bread recipes see our

sticks, and more.

web site and blog.

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Hand Method Yields 2 loaves 1/3 C honey 1/3 C oil 2 1/2 C Warm Water 1 1/2 TB Saf Instant Yeast 2 1/2 tsp Real Salt 6-7 C Fresh whole wheat flour 1 1/2 TB Dough Enhancer



Large Mixer Method Yields 5-6 loaves 2/3 C honey 2/3 Coil 6 C warm water 3 TB Saf Instant Yeast 1 1/2 - 2 TB Real Salt 16-20 C fresh whole wheat flour 3 TB Dough Enhancer 1/3-1/2 Cup Vital Wheat Gluten

Combine the warm water, yeast, and 2 Cups of fresh whole wheat flour in a large mixing bowl. Allow to sponge 15 minutes. Add honey, oil, dough enhancer, salt and remaining flour until the dough begins to clean the sides of the mixing bowl. Do not allow the dough to get too stiff (too dry). Dough should be smooth and elastic. It is a common mistake for the beginning bakers to add too much flour.

Hand Method

Knead the dough 7-10 minutes or until it is very smooth, elastic, and small bubbles or blisters appear beneath the surface of the dough. Add the minimum amount of flour to keep the dough soft and pliable. Use a small amount of oil on your hands and kneading surface to reduce stickiness. Form dough into 2 loaves and place into greased loaf pans. Allow to rise in a slightly warmed oven or other warm place until doubled in size (about 30-60 minutes).

Large Mixer Method

Knead 6-10 minutes (use speed 1 on the Bosch Universal Plus) this should be sufficient to develop the gluten if you are using fresh flour. Form the dough into 5-6 loaves and place into greased loaf pans. Allow to rise in a slightly warmed oven or other warm place until doubled in size (about 30-60 minutes).

Baking

Bake loaves for 25-30 minutes in a 350 degree oven. Bread is cooked through when it sounds hollow when tapped on the bottom, and when the top and sides are a golden brown color.



No need to "proof" or dissolve SAF; just add along with your other dry ingredients. 16 oz. [9000] **\$6.99**

Buy 3-5 and save 10% Buy 6 or more and save 15%

Order online at www.UrbanHomemaker.com

Order by phone: 1.800.552.7323

KITCHEN ESSENTIALS KITCHEN ESSENTIALS



Gripping Cutting Mats
Avoid cross contamination by using different color for each food group.
Measures 15" x 11".
Set of 4 [4100] \$11.99



My Favorite Scissors
The best tool in the
kitchen. Cut herbs, mince
chives, snip ends of
beans, trim fat off meats.
6" overall [4107] \$7.99



All Purpose Scissors Stainless steel blades designed for strength and sharpness. Nutcracker/ bottle opener in handle. 8" overall [4106] \$5.99



My Favorite Jar
Label the contents with
the washable ink pen
included. Ideal for jam,
sauce or grated cheese.
Jar w/ spoon [4115] \$8.99



Cordless Mini Whipper/Mixer Set
Make terrific "poor man's" latte's right at home.
Just pour your creamer into the cup, froth with the
mini mixer and add your coffee. It's that simple and
you just saved \$5 bucks on your favorite afternoon
pick-me-up! Includes four attachments: beat/whip,
mix, blend/stir and froth. Powered by 2 AA batteries, not included. Attachments are dishwasher
safe. [4109] \$5.99



Home Bakery Supreme
Latest generation auto-bakery bread makers from Zojirushi. Traditional loaf shape. Dual kneading blades, Home Made Menu function includes 3 memory settings for your personal recipes. Crust control, programmable baking timer, auto shutoff. Includes video, manual, and recipe booklet. "The Zo" [3606] \$.99



Stainless Steel Scoop Simple one handed operation! Spring action; high polished finish. 8" 1.5 Tbs. [4101] \$14.99 8" 3 Tbs. [4102] \$15.99



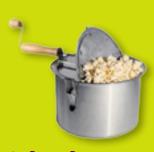
Easy Grip Mixing Bowl Durable melamine with non-slip bottom. Built-in spout and handle. 4 Ot. White [4051] \$14.99 5 Ot. Yellow [4052] \$17.99



Wonder Cup Measures everything in tsp, Tbsp, ounces, cups and more. Allows you to go from solids to liquids. 2 Cup [4110] \$11.99



Vegetable Chopper A must have! Makes chopping super simple and fun. Chop with lid on or on a cutting board. 1 Cup [4104] \$11.99



Stove top Popcorn Popper
Make fresh, classic style popcorn right on your stove at home. Large 6-quart capacity. Stay-cool wooden handles; vented lid for dry popcorn. Rotary paddle keeps popcorn moving to eliminate burning. Works on induction ranges.
Aluminum [4118] \$29.99
Surgical Stainless Steel [4119] \$54.99



L'Equip Food Processor

A versatile kitchen solution for chopping, grating, slicing, cutting, pureeing, kneading and more. Includes 7 cup BPA free bowl, large feed tube, safety bowl locking system, 6 stainless steel blades, dough hook, emulsifying disk. 600 watts, 5 speed control with pulse switch. Internal blade storage.

[1509] \$99.99



Grip-Ez Meat Tenderizer One side for tenderizing meat and one side for pounding cutlets uniformly flat. Reversible [4116] \$21.99



Grip-Ez Bread KnifeErgonomic handle prevents fatigue and cramping. Stainless steel blade is sharp and durable.
8" blade [4105] **\$12.99**



Pastry/Pizza Roller The perfect 2-in-1 tool for pie, cookie and pizza dough. Hardwood rollers are 4.25" and 2.5". [4111] \$7.99



Grip-Ez Silicone Spatula Strong spoon to scoop, scrape and mix batters and sauces. Perfect tip for corners and edges. 10.5" [4112] \$7.99



< Zyliss Salad Spinner Pump-lever generates fast, efficient spinning action. Stop button quickly brings to a stop Doubles as a colander. Green or White. Smart Touch [4120] \$29.99 Easy Spin [4121] \$24.99



Premium Ice Cream Maker
Make ice cream in old fashioned style with this automatic wooden bucket ice cream maker. Makes 4 quarts of ice cream in less than 40 minutes.

Wooden bucket ice cream maker [1932] 1880, 20

Wooden bucket ice cream maker [1324] **\$89.99** Rock salt, 4 lbs [1326] **\$8.99** Anti-freeze Ice Cream Scoop [4103] **\$5.99**



Basting/Pastry Brush Stainless steel bristles won't melt, fray, stain, lose shape or retain odor. 7.5" [4108] \$9.99



Jumbo Thermometer Our Meat Thermometer's large face makes it easy to read, even at a glance. 140-190 F [4114] \$11.99



Coffee Scoop w/ Bag Clip Pure genius! Scoop features built-in clip to reseal coffee or tea bags. 1 Tbs [4113] \$6.99



Mister Spray Container Mist just the right amount of oil for healthy cooking. Refillable. 8 Oz. [4117] **\$10.99**



Order by phone: 1.800.552.7323

Gardenmaster Dehydrator 1000 watts of drying power means you can dry more, faster!

Expands to a giant 30 trays so you can dry large quantities all at once! Patented Converga-Flow® fan forces heated air up the exterior pressurized chamber, then horizontally across each individual tray, converging in the center, for fast, even drying. No tray rotation needed.



Adjustable temperature control 95-155°F. Vita-Save® exterior blocks harmful light to retain more of the food's nutrients and vitamins during the drying process.

Dries in hours, not days! Fruit rolls 3-6 hours Beef Jerky 4 hours Apples 4-6 hours Bananas 5-8 hours Pineapple 4-6 hours.

Includes: 52-page recipe and instruction book.

Gardenmaster 4-Tray Includes: 1 no-spill fruit roll sheet, 1 Clean-A-Screen® mesh sheets, 1 packet jerky spice. [2200] \$149.99

Gardenmaster Pro 8-Tray Includes: 8 no-spill fruit roll sheets, 8 Clean-A-Screen® mesh sheets, 1 packet jerky spice. [2205] \$179.99

Add-A-Tray Set of 2 [2210] \$29.99 Fruit Roll Sheets Set of 2 [2220] \$14.99 Clean-A-Screen Set of 2 [2230] **\$14.99**

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L'Equip 528 530 watts, variable temperature control (93-153°F). Unique air-flow gives uniform drying. Includes 6 trays (stacks up to 12). Same micro-processor controlled heat sensor as the FilterPro. Includes: 6 full-size and 2 fruit leather trays, 6 mesh screens, instruction book with recipes. Choose Grey or White. 528 [2277] \$119.99



L'Equip FilterPro 530 watts, patented "clean air" filtration system, microprocessor controlled heat sensor (98-158°F), digital LED time and temperature display, auto shut off timer. Includes 6 travs: 2 deep and 4 regular, clean air flow filter, 6 mesh screens, 2 fruit leather trays, 4 yogurt cups, instruction book and recipes. FilterPro [2279] **\$149.99**



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Tribest Sedona Dehydrator 600 watt. Side loading, 9-trays, BPA-free. Digital display. Night mode reduces noise. Dual fans and heating for even distribution. Includes 9 trays/screens, 1 closed tray. [2207] **\$369.99**



L'Equip 524 Expandable

stack up to 12 trays.

524 [2278] **\$89.99**

Same as the 528 with 4 full size

trays and 4 mesh screens. Will

Snackmaster Express 500 watts, patented Converga-Flow® technology. Adjustable from 95-155°F. Includes: 4 trays, 1 fruit roll sheet, 2 jerky spice packs. [2201] \$69.99



Snackmaster Square 700 watts, patented Converga-Flow® drying. Powerful top mounted fan. Includes 4 travs (expand up to 8). Adjustable from 99-155°F. [2206] **\$99.99**



The Excalibur® Deluxe Series The 3000 Series is designed to last over 20 years and built to the highest specifications with upgraded electrical components and innovative plastics. 10 year limited warranty.

Features removable door and trays. Adjustable temperature 85 - 155°F. Virtually unbreakable trays that are FDA approved for Food Contact. Mesh sheets for each tray. 24 page recipe book. Deluxe Series 3500 5-Tray 440 watts [2262] \$189.99 Deluxe Series 3900

9-Tray 600 watts [2263] \$219.99

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The Excalibur® 2000 Series Removable door and trays. Adjustable temperature 85 - 155°F. Virtually unbreakable trays that are FDÁ approved for Foód Contact. Mesh sheets for each tray. 24 page recipe book. Economy Series 2500 5-Tray 400 watts [2265] \$149.99 Economy Series 2900 9-Tray 600 watts [2260] \$149.99

ParaFlexx Non-Stick Sheets 11" X 11" [2273] **\$8.99** 14" X 14" [2270] **\$9.99** ParaFlexx Ultra Silicone Sheets 11" x 11" [2266] \$12.99 14" X 14" [2271] \$13.99 ParaFlexx Disposables 12" x 12" 36 sheets [2267] \$7.99 14" x 14" 36 sheets [2272] \$7.99

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EasyGreen Sprouter Patented technology provides cooling water mist and oxygen to seeds on an adjustable timed basis. Yields 3 to 6 lbs. Just add seeds and water. Electric [3311] \$169.99



Wheatgrass Growing Kit Everything needed to start! 3 trays, drain tray, 3 hydroponic mats, fertilizer, 3 lbs organic wheatgrass seeds, "Sprouting for Health in the New Millennium Book" full instructions. Manual [3307] \$39.99



Double SproutMASTER Space-saving shape allows for tray rotation/constant supply. [3305] **\$29.95 Pro-Vita Mix 3.5 lb.** Organically grown; contains every vitamin & mineral known and sprouts in 2 days! [9601.5] \$24.95 Alpha Plus 3.5 lb. Organic seed mix: cabbage, radish, clover, and alfalfa. [9611] \$34.95



Tribest FreshLife Sprouter Automatic. Fresh sprouts in 4 days. Just add seeds and water. Yields 1/2 to 1 lb. per tray. Automatic sprinkling system. Electric [3312] **\$99.99** Extra barrel [3313] \$39.99



Soil-Free Wheatgrass Grower Each tray produces approximately 1 lb. and yields 10-15 oz. juice. Includes 3 each: trays, germinating lids, soilfree seedling flats, plastic seed sheets, greenhouse covers. Sprayer bottle, 1 lb. organic wheatgrass seeds and instruction manual. Manual [3306] \$99.99



Miracle Biosta Sprouter Easy to use 3 tray sprouter with three 7-3/4" diameter sprouting trays, water collection tray and lid. No soil required. Green or Clear trays. Manual [3304] \$29.99

BLENDERS JUICERS



Vitamix TurboBlend VS

Variable Speed Control. 2hp motor, 1380 watts, radial cooling fan. Precision crafted stainless-steel blades. 200 "Live Fresh" recipes. DVD Instructional Video. Nut Milk Bag. 7 year warranty. [1322] \$449.99



Vitamix TurboBlend 2 Speed

Commercial quality. 2hp motor, 37,000 rpm, 1380 watts. 2 speeds, up to 218 milles per hour. Stainless steel blade assembly. 64 oz. BPA free Eastman Tritan Copolyester container with thermoplastic lid. 5 yr warranty. [1321] \$379.99



Vitamix Dry Blade Container

Perfect for grinding grains, beans, and rice into nutrient-dense flour. Includes Whole Grains Cookbook. Great for processing smaller quantities. BPA Free. Fits 5000, 5200, TurboBlend VS series. 32 oz. dry blade [1318] \$144.99



Hurom Slow Juicer HU-100

Upright, Single Auger, 80 rpm. 2 stage extraction gives more juice. Two 50 oz.. juicing cups, tamper, brush, and instruction manual. 10 year motor, 1 year parts warranty. [3220] \$359.99



Kuvings Silent Juicer

Upright, Single Auger, 78 rpm. Quiet 40 dB operation. Meets all your juicing needs, from firm carrots to fine wheatgrass. All BPAfree juicing components. 10 year warranty. [3256] \$319.99



Omega VERT Juicer VRT 350HD

Upright, Single Auger, 80 rpm for optimal efficiency. Fine and coarse juicing screen for pulp control. Capable of juicing wheatgrass at high yield. Auto Cleaning System 10 year warranty. [3207] \$379.99



L'Equip Stick Blender

Stainless steel body. Dishwasher safe attachments. Includes mincing blade, beater, chopping blade, aerator blade, French wisk, chopper and wall bracket. 550 watts. 5 yr warranty. [1328] \$74.99



Blendtec Home Blender HP3A

Smart-touch electronic touchpad. 25 pre-programmed cycles. 4-changeable presets. Stainless steel blade. 64 oz. Vortex jar. 3hp, 1500 watt, 29,000 rpm. 7 year warranty. Colors: White, Black, Bronze, Red [1319] \$434.99



Blendtec Connoisseur

Order online at www.UrbanHomemaker.com

Convertible: counter top or built-in. 13 Amps, 1560 watt. Direct-drive motor. Solid-state electronics. Includes: Connoisseur blender base, WildSide Pitcher, Basic Pitcher, Vented Pitcher Lids, Recipe Book. [1224] **\$649.99**



Samson Advance Juicer

Single Gear, 80 rpm. Juices fruits, vegetables, wheatgrass, leafy greens, frozen desserts, meats and fish, nut butters and herbs. 15 year warranty. Colors: Ivory, White, Black, Chrome. [3226] \$259.99



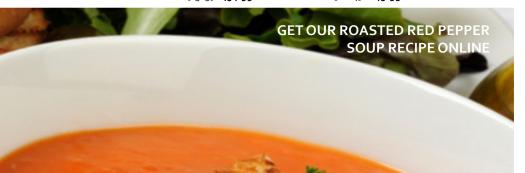
Tribest Green Star Elite Juicer

Stainless Steel, Twin Gear. Bio-Magnets technology 3 stage extraction for higher yields and nutritional value. Juices fruit, vegetables, leafy greens, nut butters, pasta, desserts and more! 5 year warranty. [3227] \$529.99



Super Angel 5500 Juicer

Twin Gear, all stainless steel, heavy duty. Juices fruits, vegetables, leafy greens, herbs, tofu, nut butters and more. 3-stage screen system continuous juicing with automatic pulp ejection, 86 rpm, 10 yr warranty. [3230] \$990.99





L'Equip Mini Juicer

Centrifugal, 10,000 rpm. Compact design, pulp ejection with high yield. Easy to clean. Colors: White, Grey. [3223] \$99.99

Order by phone: 1.800.552.7323



L'Equip 215 XL Juicer

Centrifugal, 10,000 rpm. Compact design, just 15" high. Pulp ejection eliminates clogging. Stainless bowl, blade and basket. [3224] \$119.99



Omega 4000 Juicer

Centrifugal, 5,200 rpm. Classic look, automatic pulp ejector; easy to clean. Commercial rated. 15 yr warranty. [3202] **\$169.99**

COOKWARE STONEWARE



Duromatic Pressure Cookers A) Ecomatic 6 liter [3122] \$129.00 B) Duromatic Duo [3121] \$259.00 C) 3.5 liter [3115] \$179.00 D) 5 liter [3120] \$199.00 E) 7 liter [3125] \$219.00

F) 8 liter stockpot [3150] \$219.00

- Five back-up safety systems prevent excessive pressure build-up
- Integrated automatic lid-locking system
- 18/10 stainless steel will not interact with food and is dishwasher safe
- Spring-loaded precision valve eliminates the guesswork
- 10-year warranty (excluding replaceable parts)
- FREE Quick Cuisine Cookbook (except Ecomatic and Stockpot)



B/R/K Pressure Cooking System "Single-handed" interchangeable Pressure Lid converts any of the pots into a pressure cooker. 70% reduction in cooking time; 60% reduction in energy use. Pressure Valves, and Seal Rings ensure safe operation. 18/10 Stainless Steel construction. 10 yr warranty. 6 pc 24cm set: 9.5" dia., 4 & 7 liter pots, 2 glass lids, pressure lid, steamer, cookbook [3152] \$289.99 6 pc 20cm set: 8" dia., 3 & 5.5 liter pots, 2 glass lids, pressure lid, steamer, cookbook [3151] \$259.99



WHYYOU SHOULD **CONSIDER PRESSURE** COOKING

Pressure Cookers are fast. energy efficient, and safe.

Healthy - Enables you to cook with less fat and oil so your food retains more nutrients.

Fast - Meals cook in up to 70% less time versus regular cooking methods.

Better Tasting - Pressure cooking retains and intensifies flavors and the pressure tenderizes tougher cuts of meat and softens beans, improving textures and flavors.

Lower Energy Use - Use 60-70% less energy than traditional cooking methods.

Safe - High quality Pressure Cookers have automatic lid locking systems and integrated pressure release systems.

Vapo-Seal Waterless Cookware

• 7 Ply, 9 Element Surgical Stainless Steel Construction

Lifetime Warranty

20

Heavy-duty, 304 Surgical Stainless Steel cookware the healthiest cookware to use because you can cook without oil or water. This is called "waterless cooking." Oil and water are the two great destroyers of flavor and nutrition. Almost 50% of nutrients are lost when food is boiled. Using waterless high-quality cookware you'll retain nutrients and flavor by cooking on low heat with little-to-no water. The fit of the vapor-sealed lid is made with precision so that no flavor or nutrients escape into the air.

Vapo-Seal 17 pc. Set 1.5, 2.5, 3.5 Qt. Saucepan and cover. Steaming/Straining unit, 11" Skillet and cover, 7 Qt. Dutch Oven with dome lid, Poaching Rack and 5 egg cups. [3510] **\$329.99** Vapo-Seal 17 pc. Set 17 pc set above plus 12 Qt. stockpot [3511] \$395.98 12 Qt.. Stockpot with lid [3522] \$99.99



Superstone Covered Baker Produces a traditional Italian loaf of bread with a very crispy crust. Also terrific for fish, roasts and chicken. [4756] \$49.99



Superstone Pie & Deep Dish Pizza Baker Terrific for large country-style pies, breads, quiches and deep dish pizza! The stoneware absorbs moisture, creating a delicious, crispy crust. [4757] \$24.99



15" Round Baking Stone with Rack Stone absorbs moisture, creating a crispy crust! Also for breads, cookies, and anything else that uses dough. Gift boxed with recipes. [4759] \$24.99



13" x 15" Rectangular Baking Stone with Rack Fits neatly on your oven rack. The rectangular shape is great for a Sicilian-style pizza, stromboli, bread, and more! Gift boxed with recipes. [4758] \$24.99



Wooden Pizza Peel & Serving Board Assemble your pizza on this natural wooden board and slide it onto your preheated baking stone. Great for serving too! 14" x 16". [4760] \$16.99



The Country Kitchen Stoneware Cookbook This 96-page cookbook provides instructions and recipes for cooking on, in and under stoneware. [4755] \$10.99

CANNING SUPPLIES **CANNING SUPPLIES**



Canning Books Ball Blue Book Guide To Preserving Illustrated step-by-step instructions. 128 pgs. [3443] \$12.99

Ball Complete Book Of Home Preserving User-friendly recipes. [3449] \$19.99

Complete Book of Small-Batch Preserving Over 300 delicious recipes [3450] \$19.99

Put 'Em Up! A comprehensive home preserving guide [3447] \$17.99

The Big Book of Preserving the Harvest 150 recipes for freezing, canning, drying, and pickling fruits and vegetables [3448] \$17.99



Apple Master Effortlessly pare, core and slice apples. For potatoes and pears too. Includes vacuum base and clamp. Red or Green. [2376] \$27.99



Sauce Master The only strainer you'll need for vegetables, fruits and purees. Includes fine mesh screen, standard spiral, recipe booklet [2426] \$49.99



Sauce Master Screens Expand your Sauce Master for more uses. Grape [2611] \$11.99 Berry [2612] \$11.99 Pumpkin [2613] \$11.99 Salsa [2614] \$11.99



12 Piece Water Bath Canner Kit Contains all of the essential tools for home canning. Holds seven 1 Qt. jars. Includes: 21 Qt. canner, lid, 7 jar rack, 9" colander, 7.5 Qt. blancher pot w/lid, drainer insert, lid wrench, funnel, tongs, jar lifter, magnetic lid lift. Do not use on glass cooktops. [3437] \$69.99



Enameled Water Bath Canner This water bath canner saves time and energy. Constructed of fired enamel over heavy gauge steel. Built strong and intended to last. Includes canning rack, holds up to seven 1 Qt. jars. Easily doubles as a large cooking pot. 21.5 Qt. capacity [3430] **\$59.99**



Safely can low-acid foods with confidence. Features an easy-to-read dial for accurate pressure control, and safety lid system. Includes cooking/canning rack and instruction/recipe book. 16 Quart [3432] \$99.99

23 Quart [3433] **\$114.99**



Deluxe Electric Strainer Separates the skin and seeds from the juice and pulp. [2609] \$129.99



Cherry Stoner Feeds and separates pits from fruits with no loss of juice. [2600] \$24.99



Canning Tool Set 5-pc Funnel, Magnetic Lid Lifter, Jar Lifter, Wrench, Brush [3436] **\$9.99**



Miracle Fermenting Crock Beautifully crafted stoneware crock pots from Germany. [2423] 5 liter **\$129.99** 25 liter **\$309.99** 7.5 liter \$139.99 30 liter \$329.99 10 liter \$159.99 40 liter **\$449.99** 50 liter **\$599.99** 15 liter \$239.99



12 Piece Water Bath Canner Kit Extract the juice of grapes, berries, and other high-liquid fruits. Use the juice for making jellies or to store as concentrate for healthy natural fruit juice. Use for soups, stews or steaming vegetables. [2440] \$139.99



Steam/Water Bath Canner Kit Canner to be used either as a steam or water bath canner. Indicator on lid tells exactly when to start processing. Capacity for water bath is seven 1 Qt. jars; steam canning is eight 1 Qt. jars. Includes 5-piece tool set. [3431] **\$84.99**



Natural Cheese Cloth 100% cotton weave. 2 square yards. Made in USA. [2375] **\$4.99**

12 Regular Mouth Lids [3444] **\$3.99** 12 Regular Mouth Lids w/ Bands [3446] **\$5.99**

Save on quantity discounts

Buy 3-6 save 10%

7-11 save 15% 12 or more save 20%

12 Wide Mouth Lids w/ Bands [3439] \$7.99

12 Wide Mouth Lids [3445] **\$4.99**

Canning Lids



Jelly Strainer Set Ideal for homemade vinegar, jelly, juice and soup stock [2420] **\$9.99**



Pea Sheller Saves time and labor with fantastic results. [2422] \$37.99



Mrs. Wages All Natural Mixes Pickling Lime 16 oz. [2413] \$4.79 Ketchup Tomato 5 oz. [2407] \$3.79 Tomato Mix 4 oz. [2408] \$3.79 Pasta Sauce Tomato 5 oz. [2409] \$3.79 Pizza Sauce Tomato 5 oz. [2410] \$3.79 Citric Acid 5 oz. [2412] \$4.79



1 oz. box [2403] \$5.99

8 oz. bulk [2402] \$39.99

1 lb. bulk [2401] \$62.99

A sugar-free, preservative-free citrus pectin that requires no sugar to jell. Keeps indefinitely.



20 liter \$289.99

Quick Process Bread & Butter Pickle 5.3 oz. [2414] \$3.79 Quick Process Dill Pickle 6.5 oz. [2415] \$3.79 Quick Process Kosher Dill Pickle 6.5 oz. [2416] \$3.79 Quick Process Polish Dill Pickle 6.5 oz. [2417] \$3.79 Quick Process Sweet Pickle [2418] \$3.79 Canning & Pickling Salt 3 lbs [2419] \$3.79

Canning Jars Includes iars, lids and bands. 12 each 8 oz. Quilted Jelly [3440] \$13.99 12 each Pint Wide Mouth [3442] \$14.99 12 each Quart Wide Mouth [3441] \$16.99

Tattler Reusable Lids and Rubber Rings 12 Regular Mouth Reusable Lids/Rings [2427] \$8.99 12 Regular Mouth Rubber Rings [2428] \$3.99 12 Wide Mouth Reusable Lids/Rings [2429] \$10.99 12 Wide Mouth Rubber Rings [2430] \$3.99

MULTI-PURE® WATER FILTERS MULTI-PURE® WATER FILTERS

Tested and certified under NSF/ANSI Standards

Reduces a wider array of harmful items than Granular Carbon, Distillation, Ceramic filters, RO systems, etc.

Multi-Pure's Triple Guarantee

- 90 Day Satisfaction Guaranteed. If for any reason you are not completely satisfied with your Multi-Pure Drinking Water System, Multi-Pure will refund 100% of the purchase price.
- Lifetime Housing Warranty (Provided that filter has been replaced at least once a year)
- 12 Month Accessory Warranty

Visit our website for complete details, video and testing documentation.

SOLID CARBON BLOCK FILTER

Multi-Pure uses a solid carbon block filter that is considered to be the most effective method for reducing a wide range of contaminants of health concern, which may be present in the water. The carbon is compacted into a dense structure, causing every molecule of water to be forced through microscopic pores of carbon, effectively reducing pollutants. The Solid Carbon Block Filter is a replaceable cartridge designed so that it can be easily changed. Some additional advantages of the Solid Carbon Block Filter are that it does not waste water, there is no electricity required, it does not remove essential trace minerals that are beneficial to good health, it does not add salt or silver to the water; and it provides fresh, delicious, healthy drinking water.

COUNTERTOP UNITS



Model MP88oSC 880 series for counter top use. Stainless steel housing with a concave bottom [8022] \$524.95 Filtermania [8022.1] \$1249.50

Model MP750SC

[8004] \$399.95

chase of optional adapter

Filtermania [8004.1] \$699.50

Model MPCT

Stainless steel model for countertop (may not be converted to below sink). Use the same CB6 filter as the 750 series. [8005] \$319.95

Agua Dome 750 series for counter top use. May be converted to below sink with pur-



Aqua Dome counter top model offers the convenience of being able to connect to your existing faucet

using a high-tech diverter valve. Reduces a wide range of contaminants including Cysts, Lead, PCBs, MTBE, Mercury, Asbestos, Chlorine, Chloramine, VOCs and many more other contaminants of health concern. [8017] \$259.95

Filtermania [8017.1] \$419.70

BELOW THE SINK MODELS

These versatile units can sit on the cabinet floor or be mounted on the cabinet wall with a bracket. Each system uses its own designer faucet which is installed directly on your sink, requiring little space.



Model MP750SB

24

This versatile unit can sit on the cabinet floor or be mounted on the cabinet wall with a bracket. The system uses its own designer faucet which is installed directly on your sink, requiring little space. It may be connected to an icemaker using an icemaker tee, and it may be converted to a counter top unit with the purchase of a conversion kit. Filter life/capacity is approximately 750 gallons. Replacement filter model CB6. [8003] \$429.95 Filtermania [8003.1] \$629.95



Model MP88oEL

This is the same advanced system as the MP880 paired with an electronic capacity monitor that lets vou know when the filter should be changed. [8024] \$4.99 Filtermania [8024.1] \$1329.50

Model MP1200EL

Metered system for large families. The electronic capacity monitor that lets you know when the filter should be changed. Uses the same replacement filter Model 750 Series. [8006] \$509.95 Filtermania [8006.1] \$779.50



Model MP88oSB

The most technologically advanced water treatment devices available, providing the BEST in performance - reduces all of the contaminants that the other Multi-Pure Drinking Water Systems do, PLUS ARSENIC!

The MP88oSB comes with its own designer faucet and may be connected to icemaker. Stainless Steel housing with round bottom. Replacement filter model CB11As. [8023] \$549.95 Filtermania [8023.1] **\$1249.50**



For use in-line with a refrigerator hookup or instant hot water system.

MP750SI [8011] **\$359.95** Filtermania [8011.1] \$699.50 MP88oSI [8025] \$489.95 Filtermania [8025.1] \$1249.50



Replacement Filters

Genuine Multi-Pure replacement filters. CB₅ [8007] **\$59.95** CB6 [8008] \$69.95 CB6AD [8018] \$69.95 CB11As [8026] \$124.95



Simply prepay for 10 replacement filters and receive the Multi-Pure® unit, plus 1 filter to use now and 9 filter coupons to be redeemed as needed (average filter life is one year). You pay for the filters now and receive the Multi-Pure® system for FREE!



For treatment of water for long term storage and emergencies.

ION is a non-toxic solution of stabilized electrolytes of oxygen. The greatest value of ION is that it kills disease, infections and putrefying anaerobic bacteria while stimulating the growth and development of normal beneficial bacteria. It is stable and does not dissipate in water or other liquids, except in lemon juice. It has an indefinite shelf life, even after being opened.

62 ml [8000] \$16.99



Ultra Power+ Detergent Highly concentrated, superior stain removing powder. Biodegradable. Washes up to 400 loads. 4.4 lbs. [8183] \$27.99



Norwex Descaler Effective shower and tub cleaner. Environmentally friendly product for removing lime deposits. 16.9 oz. [8141] \$33.99



Carpet Stain Buster Used for shampooing, spot cleaning, deodorizing, eliminating proteinbased stains and odors. 16.9 oz. [8142] \$30.99



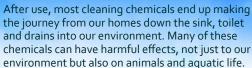
Norwex Cleaning Paste Environmentally friendly cleaner polishes/protects chrome, stainless steel, aluminum, and more. 6.76 oz. [8144] \$28.99



Use Wet or Dry

the fibers.

ing a clean, polished surface.



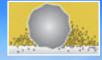
Dry: Microfiber cloths produce an electrostatic

charge that removes dirt, germs and bacteria, leav-

Wet: When wet the fibers use capillary vacuum force to pull moisture and grease from the surface up into

In laboratory testing, Norwex antibac Microfiber has been proven to remove up to 99.9% of the bacteria

from a surface and inactivate it within 24 hours.



Normal Cotton Fiber only attracts some dirt and spreads the rest around the surface.



Norwex Microfiber uses capillary action to pull dirt and grease within the fibers and away from the surface.



Veggie & Fruit Cloth Rough side for scrubbing/ smooth side for polishing. Removes dirt and debris from your fruits/veggies. 12" x 12". [8030] \$13.99



Kitchen Cloth Set Antibac, super soft, absorbent. 3 pack in Olive Green, Beige, Golden Fleece. 12" x 10" [8036] \$33.99



Norwex Drain Care Dissolves clogs/sluggish drains. Contains no poisons, acids, solvents. Safe for all pipes/septic. 8 oz. [8035] \$39.99



Oven & Grill Cleaner AMAZING! Cleans the toughest oven/grill grime. Non-caustic. All-natural and biodegradable. 16 oz. [8034] \$39.99



Mother's Helper Make a great gift! Includes: 1 Window cloth, 1 Enviro Cloth (13"x13"), 1 Dust Mitt. [8153] \$46.99



Enviro Cloth Antibacterial, multipurpose, can be used dry or damp. Choose color: Red, Blue, Green, Yellow. 13" x 13". [8150] \$15.99



Norwex 4/4

Window Cloth
Top seller! Allows you to clean
your windows, mirrors, and shiny
surfaces with water alone.
17" x 17". [8151] \$17.99



Body Pack - Face Cloths Antibac cloths for regular facial cleansing, exfoliating or in the shower! 3 pack. 12" x 12". Vibrant or Natural [8181] \$19.99



Makeup Removal Pack Antibac suede cloths are gentle and effective for removing makeup on sensitive skin areas. 8" x 8". [8090] \$19.99



Bath Towel - XL Luxurious, lightweight and soft microfiber is super absorbent and antibac. 55" x 27". Taupe. [8191] \$35.99



Baby Body Cloths Smaller size face/body antibac microfiber cloths are ideal for babies and children. 3 pack. Pastels. 8" x 8" [8182] \$14.99



Superior Mini Mop Package For all types of flooring. 1 each: Telescopic handle, Small mop base, Small antibac wet mop, Small superior dry mop. 5" x 12". [8169] \$92.99



Mop Starter Package For all types of flooring. 1 each: Telescopic handle, Large mop base, Large antibac wet mop, Large dry mop. 5" x 20". [8177] \$94.99



Superior Mop Starter Package
The best mop for all types of
flooring. 1 each: Telescopic
handle, Large mop base, Large
antibac wet mop, Large superior
dry mop. 6" x 19". [8178] \$112.99



Enriched Hand Cream Enriched with Imperatoria from the Swiss Alps. 3.4 oz. [8306] \$20.99

26



Day Cream
A particularly active cream to moisturize the skin. For all skin types.
1.8 oz. [8305] \$38.99



Lifting Serum High concentration Swiss Alpine plants known to fight the look of wrinkles. 1.07 oz. [8301] \$39.99



Order online at www.UrbanHomemaker.com

BOOKS & MEDIA BOOKS & MEDIA







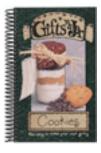






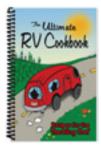
























Fix, Freeze, Take & Bake [6012] \$9.99 12-Hr Slow Cooker Recipes [6015] \$9.99 Unforgettable - 100 Years of Timeless Recipes [6018] \$9.99 Freezer Jams & Refrigerator Pickles [6029] **\$11.99** Gifts in a Jar, Cakes/Cobblers [6003] **\$8.99** SE Gifts in a Jar - Soups & Breads [6004] \$11.99

[6005] \$11.99 Red, White & Blueberries [6016] \$9.99 Picnics, Potlucks & BBQs [6017] **\$9.99** Gifts in a Jar, Cookies [6001] \$8.99 Santa's Favorite Holiday Treats & Christmas Sweets [6021] \$11.99 Over a Fire: Cooking with a Stick [6000] \$11.99 Campfire Cooking [6013] \$9.99

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Breakfasts for Busy Moms [6061] \$11.99 Mommy & Me [6011] \$9.99 A Plan for Your Jelly Roll Pan [6024] \$9.99

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[6025] \$9.99 Toasty Treats & Cozy Śweets [6026] \$9.99 **Cupcake Cakes** [6022] **\$11.99** Guide to Fresh Herbs

[6028] \$11.99 **Guide to Your Spice** Rack [6027] \$11.99 Wheatgrass -

Nature's Finest Medicine [3254] \$14.99 Sensational **Summer Salads** e-book

[6053] \$9.99 Holiday Open House e-book

[6056] \$6.99 Traditional Thanksgiving e-book

[6060] \$3.99 The Wheatgrass Book [3255] \$13.99 **Total Juicing**

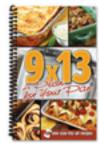
[3232] \$14.99 Fresh Vegetables & Fruit Juices [3231] \$12.99

Book Juicing For Life [3233] \$14.99





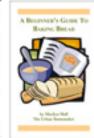


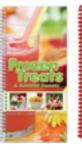




















The

Wheatgrass

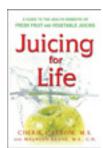












FOOD STORAGE FOOD STORAGE



Grab N' Go 56 Servings Breakfast and Entree 2 servings per day for 1 adult for 4 weeks or 4 adults for 1 week. 4 servings ea.: Stroganoff, Chili Macaroni, Cheesy Lasagna, Pasta Alfredo, Creamy Pasta & Vegetable Rotini, Teriyaki & Rice, Hearty Tortilla Soup. 8 servings ea. Apple Cinnamon Cereal, Crunchy Granola. 12 servings Brown Sugar & Maple Multi Grain. [22008] \$110.99



When The Grocery Store Might Not Be There



Long Term Food Storage 2 Servings Per Day Lunch & Dinner

2880 Servings - 12 month **supply** 2 servings of food per day for 4 adults or 2 adults and 4 children. [22017] \$4350.00

1440 Servings - 6 month supply 2 servings of food per day for 4 adults or 2 adults and 4 children. Also equals a 12 months supply - 2 servings per day for 2 adults. [22015] \$2395.00

720 Servings - 3 month supply 2 servings of food per day for 4 adults or 2 adults and 4 children. Also equals a 12 month supply - 2 servings per day for 1 adult. [22013] \$1295.00

240 Servings - 1 month supply 2 servings of food per day for 4 adults or 2 adults and 4 children. [22011] \$435.00

Long Term Food Storage 3 Servings Per Day Breakfast, Lunch & Dinner

4320 Servings - 12 month supply 3 servings of food per day for 4 adults or 2 adults and 4 children. [22018] \$6495.00

2160 Servings - 6 month supply 3 servings of food per day for 4 adults or 2 adults and 4 children. [22016] \$3695.00

1080 Servings - 3 month supply 3 servings of food per day for 4 adults or 2 adults and 4 children.



Also equals a 12 month supply - 3 servings per day for a adult. [22014] \$1995.00

360 Servings - 1 month supply 3 servings of food per day for 4 adults or 2 adults and 4 children. [22012] \$670.00



When You Can't Get Back For A While



Grab N' Go 60 Servings Entree 2 Servings per day (entrees only) for 1 adult for 1 month or 4 adults for 1 week. 8 servings ea.: Stroqanoff, Chili Macaroni, Pasta Alfredo, Čreamy Pasta & Vegetable Rotini, Teriyaki & Rice, Creamy Ala King & Rice, Creamy Tomato Basil soup. 4 servings Cheesy Lasagna. [22009] \$115.99





25 Year **Shelf Life**





Peace of

Mind



Grab N' Go 84 Servings Breakfast and Entree 3 servings per day for 1 adult for 4 weeks or 4 adults for 1 week. 8 servings ea.: Stroganoff, Chili Macaroni, Cheesy Lasagna, Pasta Alfredo, Creamy Pasta & Vegetable Rotini, Teriyaki & Rice, Hearty Tortilla Soup, Apple Cinnamon Cereal, Crunchy Granola. 12 servings Brown Sugar & Maple Multi Grain. [22010] \$115.99



When Supply Can't Reach You



Essential Survival Pack 2 week essential survival product and food kit for i person/ i week for 2 people. [22019] \$179.00

Deluxe Survival Pack 2 week deluxe survival product and food kit for 1 person/ 1 week for 2 people. [22020] **\$239.00**



72 Hour Emergency Meal Kit

Cook in the pouch entrees. 3 Days/4 servings per day/ 20 ounce lunch and dinner entrees total number of servings for 1 person over 3 days: 12 servings [22007] \$37.99

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Cheesy Lasagna [22000] \$37.99 Creamy Pasta & Vegetable Rotini [22001] \$37.99 Savory Stroganoff [22002] \$37.99 Pasta Alfredo [22003] \$37.99 Chili Macaroni [22004] \$37.99 Teriyaki & Rice [22005] \$37.99



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Bakes, boils or steams any kind of food with the power of the sun - No Fuel Needed! Reaches temperatures of 360° to 400° F year round. Safe, with no danger of fire. Versatile, easy-to-use, portable. [3605] \$259.00

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FOOD STORAGE

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