



## Spring Blessings

Hallelujah! A mild winter fades as we commence plans for the spring & summer! With grateful hearts, let's thank the Lord for His faithfulness. His mercies are fresh each morning! In times like these, we need a Saviour!

*If is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. The LORD is my portion, saith my soul; therefore will I hope in him. The LORD is good unto them that wait for him, to the soul that seeketh him.*

Lamentations 3:22 - 25

Be ready. The LORD is coming again soon. Not as the Lamb of God, meek and lowly, but as a conquering King! John's book of Revelation reveals the end of the story. You want to be on His Side!

## Announcements

1 ~ **CO-OP ORDERING INFORMATION** ~ Twice a year, the fall & spring, we combine our orders to secure the best shipping rates. We offer a savings of 10%, for cash or check sales and 7% for credit card sales on consumables. So fill out the order form, email an order, or place your order on line, by **MONDAY, APRIL 6th** for the early bird consumable savings. Please note, our website does NOT accept any form of payment. You can mail a check or call w/ credit card info or just pay at pick up. **Expect a call or email when products arrive, Lord willing, by the middle of May.** Please pick up your items in a timely fashion! Miss the deadline? No problem. We have plenty of inventory on hand! Come visit our store up on Lazy Mountain in Palmer. Fawn & Katie also stock quite an inventory in FBX & Copper Center.

2 ~ **Lower prices!** Go through the spring order form. Most of our consumables decreased in price thanks to our great suppliers & a better shipping rate. We are **EXCITEDLY BLESSED!**

3 ~ Attend a class ~ they are so much fun, with fabulous food & fellowship! Here is the Palmer schedule...

**Tuesday, March 16th, 6 pm DIY - MIXES & MORE** ~ make your own mixes & convenience foods from your own pantry. From hot cereal to coffee creamer to deodorant to ....? Come & join us.

**Saturday, April 4th, 10 AM Get Started with Whole Grains** ~ Bring a friend & join us for Whole Grains 101 ~ bread, pizza, cinnamon rolls & more.

**Tuesday, April 14th, 6 pm NEW TWIST on BREAKFAST** ~ Introducing our featured **HOMEMADE** cereals. Take some home for your family to sample. Why pay the exorbitant cost of these damaging boxed empty calories, when you can easily create your own nutritious breakfasts, tailored to your family's liking? As a bonus, taste baked flavored pancakes, nutritious & delicious! Start your day right!

*Look at the class link on the website for future classes both in Palmer & at Chickabiddys in Anchorage.*

3 ~ **APHEA Home School Convention** Save the dates, **April 17 & 18th** at Anchorage Baptist Temple 6401 E Northern Lights. Hear Greg Harris in person! Stop by our table on Friday & meet our Glory Bee Foods rep! For all pertinent info, refer to <http://aphea.org/convention/>.

4 ~ **Fermenting Seminar with Karen & Kelly, Saturday April 25th** at Jitters in **Eagle River** from 8:30—5:30. Fermenting was one of the most exciting topics at our last two Wholy Living Events. Karen Ross manufactures her own jars, right here in ER. Come to her day long seminar to learn exactly how to provide your family with all the healthy gut benefits of the best fermented foods. Taste 25 different samples during the course of the day! Interested? Click to <https://probioticjar.com/>

5 ~ This is off the subject, but if you want an affordable medical option that satisfies the new health requirements, investigate Samaritan Ministries. Gloria & I joined in January 2014. (We needed coverage since John uses VA benefits.) It is a medical sharing plan for Christians, a Biblical approach to health care needs. Learn all the details at [www.samaritanministries.org](http://www.samaritanministries.org) You will love the lengthy monthly publication with health info as well as the ministry info.

## Enjoy a Blessed Resurrection Sunday!

Celebrate Christ's Resurrection with our family at 1801 E 68th The Independent Baptist Church of Anchorage.

Breakfast at 9 AM  
Morning Worship at 10:30 AM  
Evening Service at 5 PM



Margaret Loew, 15091 Lazy Lady Lane, Palmer (99645) 745-5639  
Chelsey Arno, Box 2231, Homer (99603) 299-1392  
Fawn Dixon, 662 Moran Dr, Fairbanks (99712) 479-1233  
Katie Helkenn, HC 60 Box 306, Copper Center (99573) 822-3469  
Kristy Taylor, Box 1976, Seward (99664) 422-0681  
Dayspring Mathew, 9200 Emerald, Anchorage (99502) 230-6922  
Kathe Kale, Box 670029, Chugiak (99567) 688-9201  
Helen Paaanen, Box 771236, Eagle River (99577) 694-9029  
Kelly Caraway, 10231 W Forest Hills Circle, Wasilla (99623) 892-7068  
Cyndi Hayden, Box 1104, Delta Junction (99737) 895-5503  
Kim Crandall, Box 874344, Wasilla (99687) 982-7470

## What's New at W. L.?



1 ~ **NUTRIMILL HARVEST** - We are very excited to offer the newest mill available, the Harvest. Besides the gorgeous Bamboo housing, the tough as diamond stone milling heads produce the finest to the coarsest product possible! Simply turn the knob inside the hopper to choose the texture. Turn on the Harvest, pour in the grain. Your flour flows easily from the spout. Minimal dust mess! Like the Classic Nutrimill, just mill grains, not seeds or nuts.



Which color matches your kitchen? Red oak, onyx, gold, chrome, teal, plum or green apple? Great price point at \$325.

Using the cracking feature of the new Harvest, prepare this delicious ....

### Soaked Multigrain Hot Cereal

1 ~ Run through the Harvest on coarse cracked setting or your blender, a single cup at a time: 3 C oat groats, 3 C spelt berries, 1/2 C rye berries, & 1/4 C corn. Store in freezer.

2 ~ Mix together: 1/4 C each quinoa, amaranth, millet, barley, brown rice, & 1/2 C buckwheat

3 ~ The night before serving, soak 1 1/2 C of oat mixture & 1/4 C of multigrain mixture in 4 C water w/ 1 1/2 T apple cider vinegar or lemon juice. In the morning, discard soaking water. Add back another 3 C water & cook on medium heat for 20 minutes or until soft. Serve with fruit or sweetener of choice. Multiple batches may be frozen for quick reheating. My mother would chill leftovers in a loaf pan. The next day, she sliced the loaf & fried it on a hot skillet. Now, she would use coconut oil instead of Wesson.

2 ~ **Consumables** - Check out our three new items. Several have requested **Nutritional Yeast**, a great boost for baked goods, to add to gravies & soups or to sprinkle on salads. It is powered packed with goodness. Vegans use it to make cheese. 1# is \$12 & 5# is \$45.

Fawn's customers in FBX love these two new consumables & the Corn Popper.

**Himalayan Pink Salt** has all the good nutrients of Celtic & Real Salt, but with a better price tag. Choose from 1# for \$5, 5# for \$14 or 22# for \$50.

**Coconut Milk Powder** tastes delicious! Fawn made a smoothie with just water & sweetener. We sipped a little, then she froze some in popsicle molds. Here is the final creation dipped in melted chocolate. One customer loves to combine it with a little sugar & cocoa powder for gourmet hot chocolate. YUM! 1# is \$14 & 5# is \$50.



Fawn also shared her enthusiasm with a stainless steel 6 1/2 quart **Stove Top Popcorn Popper**. You will be delighted too. Heavy duty bottom & metal gears make it a great value! Just add coconut oil & our fabulous organic corn! YUM! Sprinkle on maple powder for a sweet variation. \$45.

3 ~ **Kitchen Tools** ~ These four items expedite bread baking! Purchase the set for \$29, a \$37 value! Practical gift for ???

— This handy **2 C Stainless Steel Measuring cup** scoops flour AND easily melts coconut oil &/or butter. With dual pouring spouts both rights & lefts enjoy it. So handy! \$10

— **Jumbo Pastry Work Mat** Our sturdy 18 x 24 gem fits a whole batch of dough. Divide your Dough into loaves or rolls with no counter mess! My mat hides between my oven & cabinet. \$10

— Divide your dough with the **Chopper / Scraper**. The bread pros cut dough instead of stretching out the gluten strands. Then scrape up the mess! Chops veggies, too. Easy on the hands. \$7

How about a completely new **set of measuring utensils**? Heavy plastic ... \$10

- Cups: 1/4, 1/3, 1/2, 2/3, 3/4, 1 Cup
- Spoons: 1/4, 1/2, 1 teaspoons - 1/2 & 1 tablespoons

**Digital Scale** — Professional bakers also weigh their dough & ingredients. This thin red & white battery powered model measures in grams, oz, up to 11 lbs. Whether it's ingredients or portions, give it a try! Very stylish! \$25 Add it to the above set for a total of \$50.



## Wholy Recipes

### YUMMY CRUNCHY COLD CEREAL

From Elishaba's Kitchen

The Original recipe, noted below in ( ) from the Candida Free Cookbook, is called Coconut Granola. My neighbor, Elishaba, brought it o a whole new nutrient & flavor level. This is not something I would naturally pour in a bowl, but once I tried it, WOW! I am hooked. Look for samples in the granary. As usual, a recipe is just a starting point. Add & subtract according to your own taste buds. Roasting the buckwheat & quinoa first adds a pop to the cereal.

Love it with Nancy's yogurt & Alaskan blueberries!

In a skillet, **roast** (toast) for 4 - 5 minutes until golden:

2 C buckwheat groats (1 C) 1/2 C quinoa

Repeat for a total of 4 C buckwheat & 1 C quinoa

**Chop** in coffee mill or food processor:

2 C oat groats flax to = 3 C flax meal

Pumpkin seeds to equal 2 C

**Mix** in large bowl with above ingredients:

1/2 C chia seeds (same) 3 C chopped walnuts

1 C whole sunflower seeds 1 C almond flour

1 C coconut flour 2 t salt (1/2 t)

2 T cinnamon

**Melt** together & pour over dry ingredients:

3/4 C maple syrup or 2 t Stevia (same)

1 C coconut oil (1/4 C) 1/2 C butter

**Mix** thoroughly & **bake** at 350 for 20 minutes, stirring every 5 minutes.

Add: 2 C coconut (1/2 C) 2 C cranberries

**Bake** another 5 minutes to toast the coconut. Cool & store air tightly.

### MAPLE ROASTED ALMOND BUTTER

Jeanna found this on the website:

[www.runningwithspoons.com/2014/08/18/creamy-maple-roasted-almond-butter/](http://www.runningwithspoons.com/2014/08/18/creamy-maple-roasted-almond-butter/)

Wow, we tried this at a class. You'll be running with a spoon, too!

Spread 2 C raw almonds on a Sil Pro mat. Pour over about 1/4 C of real maple syrup. Stir to coat the nuts.

Bake at 325 for 15 minutes. Cool for 10 minutes. While still warm, run in a food processor about 10 minutes until smooth, scraping the sides as needed.

Add: 1 - 2 coconut oil for a smoother texture.

Pinch of salt 1 t cinnamon

Store in airtight container in frig for 3 months, if you can. It is addicting!

Amy Smith offers these

### NO BAKE GRANOLA BARS

Mix together:

- 1 C rolled oats 1 C Rice Chex or other cereal
- 2 T chia seeds 2 T ground flax seeds
- 1/4 C pumpkin seeds 2 T choc chips
- 1/4 C chopped almonds or other nuts
- Warm together & pour over dry ingr ~ 1/3 C honey with 1/2 C nut butter

Press into an 8 x 8 pan, lined with parchment paper. Freeze for 30 minutes.

Cut into bars. Store in separate baggies. Grab & GO!

## Care & Feeding of our Bosches

**To avoid replacing broken Bosch parts, here are some helpful hints:**

1 - Use your blender lid as a wrench to remove the blades. The slots on the back side, fit perfectly over the 'wings' of the blades. Just unscrew them, clean & replace, tightening *slightly*.

2 - Always place the blender funnel in the lid, spout side down. Use it for slow pour applications like mayo.

3 - Remove the center post to thoroughly wash the Bosch Bowl. Peak down the shaft of the older Bosch bowl without the removable center post t, looking for dough. Run lots of warm water through it to soften & rinse away. After washing your Bosch bowl, always cover the motor mount area with the center lid to prevent moisture from corroding the motor mount area. Reassemble, the next day, ready for use!

4 - To avoid losing parts & pieces, I use a large salad bowl. I can easily find my whips, bowl scraper, cookie paddles, even the Roller/Flaker attachment. Other gals use a large drawer for everything.

5 - When using the slicer shredder bowl as a mixing bowl, place the Bosch center lid on it as a cover.

6 - Thaw butter a bit before adding to your Bosch. It might chip away at cookie paddles or would certainly twist wire whips!

7 ~ NEVER wash your Bosch Bowl or the metal drives in the dishwasher! Just soak in some hot, sudsy water & all the dough easily melts. Use a dish brush around the spur gear. Clean as a whistle in minutes.

**If either your Bosch or Mill breaks, contact Dave at 1 - 800 - my bosch. He is loves Alaskans!**

**Best of all, he knows his trade, still going strong after 30+ years.**

<http://www.wholyliving.com/>

## Wholy Hints

1 ~ Fawn in FBX offers these ideas for softer bread - try mostly Kamut with a little Spelt or Prairie Gold, 3/4 to 1/4. She also lets her dough rest for about 10 minutes in her Bosch bowl, **with the lid loosened**, before putting it in the bread pans. She made some French loaves that floated on air!

2~ **DIY COUGH DROPS** - Whip coconut oil until frothy, add raw organic honey & some org cinnamon. Freeze in ice cube trays. Store in freezer container! So MANY health benefits from each ingredient. No yucky stuff! Cheap! See <http://www.healthy-holistic-living.com/diy-cough-drops.html?t=TF> for the rest of the story.

2 ~ Reversing & limiting dental caries! It is possible. Please read this article carefully. <http://draxe.com/naturally-reverse-cavities-heal-tooth-decay/> This article substantiates the need to soak & dehydrate your grains before milling or ferment as sour dough! Amazingly, along with sugar & all the processed foods, phytic acid causes tooth decay! The phytic acid coating on grains limits the absorption of several necessary minerals, contributing to tooth & digestion issues. I am so grateful to my customers & colleagues who challenged me to just try it! It really only takes me about 10 extra minutes to have incredibly soft bread without those phytates!

Find all the instructions to incorporate this vital step for your family's health, on our website. Watch our videos.

## Wholy Thoughts

This time around, you are hearing my heart! I need so much encouragement. I marvel at how easily my emotions sink, the knuckle dragging syndrome, knocking me into the mullygrubs. Drifting into self pity is no way for a child of God to live! The devil seeks to do all in his power to bring defeat & discouragement. Does this sound familiar or I am the only one? God patently reminds me of all His provision & blessings ...

- Salvation - How incredible is an eternal Home because of His Son's redemption on the cross, not my feeble attempt at good works, but His finished work!
- Family - My faithful Godly husband, our wonderful children and their spouses training their children in the ways of the LORD!
- Our marvelous ministry minded church & Pastor with opportunities to serve & give back to Him!
- Our 21 year old business with a superior product line & fantastic, loyal customers!
- America, although it needs much prayer & attention right now!
- Health - that is huge!
- And on and on and on

At Christmas time, a 77 year veteran, shared the following poem. He drilled it into his family. Now John is following suit ~

### ATTITUDE

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts.

It is more important than the past, than education, successes, than what other people think or say or do.

It is more important than appearance, giftedness or skill.

It will make or break a company... a church... a home.

The remarkable thing is I have a choice every day regarding the attitude I will embrace for the day.

I cannot change my past...

I cannot change the fact that people will act in a certain way.

I cannot change the inevitable...

The only thing I can do is play on the one string I have,

And that is my attitude.

Life is 10% what happens & 90% how I react to it.

I AM in charge of my attitude!

OK, So how should I set my attitude for the day? "Try the THREE P's"

1 - PRAY!

2 - PRAISE GOD, your husband, children, co-workers, anyone the Lord brings across your path. Take time for a friend. A chat goes far!

3 - POST powerful notes on your mirror, inside your cabinets...

I LOVE MOTHERHOOD  
WE ARE A SMILING FAMILY  
I AM A COVENANT KEEPER  
I AM ABOVE SELF PITY  
MOTHERHOOD = ADVENTURE  
I AM A NATION BUILDER  
I LOVE MY HUSBAND

Wow, revived already. Where are my post it notes & pen?

Wear these sayings as wristbands  
<http://aboverubies.com/>

Until the fall order,  
we remain...

Wholy Yours,  
John, Margaret &  
Gloria Loew  
907-745-5639

