



## Spring Blessings

Hallelujah! Wholy Living is now in our 25th year, an exciting milestone! We thank you, our faithful customers for keeping us in your prayers & using our fabulous products! I often brag that God has given me the best customers in the world! Your friendliness, patience, honesty & sweet spirits are unsurpassed. Looking forward to many more years, serving happy, healthy folks.

The Mexican Fiesta was a great success! So much good food, fun fellowship & Debbie did an amazing job as usual! If you missed it, we'll be doing a couple more mini classes sharing the info we learned. Join us for the Easter Breakfast class or the Mini Fiesta class!

## 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 or 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 9th**, 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. Most everyone just pays at pick up. **Expect an email when products arrive, Lord willing, before the middle of May.** Please pick up your items in a timely fashion! *Note ~ orders left over a month forfeit the savings unless alternate arrangements are made with your drop point rep.* 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. **Anchorage Families may order from me in Palmer. You may come up or meet me in Anchorage at my church to pick up your order. Helen is available, too.**

2 ~ The Lord blessed with a new Roller/Flaker & Family Mill supplier. Adapters now available as well! **EXPECT A BOSCH MOTHER'S DAY SALE SOON!**

3 - **ATTEND A CLASS** ~ they are so much fun, with fabulous food & fellowship! Bread Class is \$10/person or \$15 when you bring your spouse or budding baker! (Delicious Date, Ladies!) other cooking classes are \$15 & \$20. All Classes feature the **Bosch Universal, Nutrimill Harvest** & now the **B/R/K SIZE** Pots! Here is the Palmer schedule up at our home...



**Tuesday, April 17th, 6 PM MINI MEXICAN FIESTA**  
Missed the full length event? No worries, Terry Vogus & I will share our new skills with tortillas, both corn & flour are so delicious. How about some empanadas, too?

**Saturday, APRIL 14th, 10 AM WHOLE GRAIN BREADS 101** ~ Come for a great refresher course. Novice bread bakers, come join us & learn how to best utilize all your grains! Enjoy bread, pizza, hot cereal & take home cinnamon rolls! Within 2 hours you'll be feasting! Join us for the food & fellowship!

**Friday, MAY 4th, KIDS BREAD CLASS** ~ at 11 am. Bring your budding cooks & bakers. We'll whip up a batch of dough & let them decide the final outcome—rolls, pretzels, pizzas, mini loaves. \$15/family

*Look at the class link on the website for future Palmer classes.*

4 ~ Visit [www.akhealthsuccess.com](http://www.akhealthsuccess.com) Learn how Kangen water has changed lives, both physically & financially. A very interactive website, chock full of info! Aside from the Lord, water is the most important component to your health. We are 70% water, so drinking the RIGHT water determines health for good or ill. Consuming real food accounts for about 30% of your health.

5 ~ **APHEA CONVENTION**, at MCA, Muldoon Christian Assembly at 7401 De Barr Road, Friday & Saturday, April 6 & 7... <http://aphea.org/convention/> I just read the guest speaker topics. Wish I was a homeschool mom again! **This is a must attend event for Home School families. Workshops, Veteran guest speakers, vendors, encouragement, & connect with experienced homeschoolers.** Come visit out table in the Vendor Hall!

6 ~ **SAVE OCTOBER 12 & 13** for the next WL Event, focusing on fermented & sour dough nutrition. Expect cooking/baking instruction, too. Both Linda Cox, who propelled us into the soaking & dehydrating arena, and Debbie will join us for another HEALTHFUL Learning weekend.

7 ~ **SAMARITAN MINISTRIES INFORMATION NIGHT! Tuesday, April 3rd, 7 pm**, right here at our home. Jamie, a rep from SMI, is coming to Alaska for the APHEA Convention. She will be presenting their medical sharing ministry to any interested in investigating their program. This is a Christian based program of Christians helping Christians in need. Each month each member is sent a statement directing them to send their monthly share to a family who will in turn use those funds to pay their specific, approved medical bills. It is a fabulous program. Our family joined several years ago. Although we personally have not needed to access funding, our married children have used it several times. **IT REALLY WORKS. SMI satisfies the federal mandate for medical insurance!** Let me know if you intend to come & learn more! **Affordable!**

- Margaret Loew, 15091 Lazy Lady Lane, Palmer (99645) 745-5639
- Ben Potvin, 411 B Polaris Ave, Kodiak (99615) 942-2460
- Cyndi Hayden, Box 1107, Delta Junction (99737) 616-1026
- Fawn Dixon, 662 Moran Drive, Fairbanks (99712) 479-1233
- Helen Pajaanen, Box 771236, Eagle River (99577) 748-0846
- Kathe Kale, Box 670029, Chugiak (99567) 350-0783
- Katie Helkenn, HC 60 Box 306, Copper Center (99573) 822-3469
- Kelly Caraway, 10231 W Forest Hills Circle, Wasilla (99623) 841-7695
- Kristy Taylor, Box 1976, Seward (99664) 422-0681
- Marchell Lillard, 35131 W Lupine, Wasilla (99654) 715-8316
- Meagan Funk, Box 346, McGrath (99627) 758-2890

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

Introducing the **ARTISTE MIXER** ~ with nearly the same power of the Bosch Plus, the Artiste uses the same size bowl, but a smaller footprint on your counter. These Bosch attachments fit the Artiste ~

- Slicer/shredder, both the large & original
- Citrus Juicer
- Ice Cream maker
- Roller/Flaker
- All the Paddles & accessories & Flour Sifter

This mighty mixer will knead bread dough or churn out an oversize batch of cookies, just like its predecessor! I love the new dough hook, sliding lid, & bowl locking mechanism.

Great pricing at \$249, which also includes a colorful set of measuring cups & spatula.



**2 gallon white food grade pail with a gamma lid!** Same super quality as our great pails, just a smaller size, now with a gamma. Fawn up in Fairbanks, suggests these pails are great on a panty shelf, filled with rice or popcorn, etc. Probably several bags of seeds would fill it up, too. \$10

**ORGANIC DRIED BLACK FIGS** ~ Soft & chewy, delicious California Figs, full of flavor, calcium & iron. A perfect snack or chop into cookies or hot cereal! A quick search brought up a myriad of delicious recipes! \$12/# or \$55 for 5#s



**FD WHOLE BLACKBERRIES & DICED MANGOS** from Augason Farms. Our Mango can disappeared before I could really get a good taste test. Must be great! You'll love the blackberries, too. A nice crunchy texture. Adding to scones, muffins means 'no-juice' mess.



**BAKING SODA** ~ In 1# & 5# sizes.

**CORN MASA** ~ **Because of the Fiesta Event**, we will offer both the Press and Masa to make delicious Tortillas & Tamales. It is really quite easy, that I will even make them myself. Look for them on the Norpro column on page 3.



**GLUTEN FREE PRODUCTS** ~ Because of **Marilyn's Journey** on the next page & requests, here is an assortment of basic items for GF needs: **TAPIOCA FLOUR & POTATO STARCH** ~ Both thickeners for soups, stews, puddings, etc.

**COCONUT FLOUR** ~ Use like flour, but will probably need to add extra liquids or eggs.

**GF ALL PURPOSE FLOUR 25#** ~ Ready made from Garbanzo Bean Flour, Potato Starch, Tapioca Flour, White Sorghum Flour, & Fava Bean Flour.

**SORGHUM GRAINS** ~ One of five important cereal crops behind rice, wheat, corn & barley, Sorghum is popular for its energy boosting grain. Mill it into flour or crack it for a cooked cereal. When using as flour, add 1 T of 'starch' / C of sorghum flour. An extra egg white will also improve the smoothness and crumb texture.

**THOMPSON SEEDLESS RAISINS** ~ Try these plump ones along with the golden variety., same price.

**ORGANIC COCOA POWDER** ~ Because the familiar cocoa powder is not available, we will off the organic 10 - 12% kind this cycle.

Visit the Palmer Granary Tuesday 3 & 7 Saturday 10 to noon. 15091 Lazy Lady Lane



## Wholy Recipes

### SIMPLE SWEET POTATO SIZZLE DINNER

A friend of Sarah's (our AMAZING daughter in law), found this on Pinterest. It adapts perfectly to the Sizzle pot. Gloria graciously browned 2#s of frozen burger & the whole dinner was ready in 30 minutes from frozen to delicious!

1. Brown 2# burger in Sizzle Pot of choice, drain excess fat.
2. Using your French Fry blade, process:
  - 3 or 4 sweet potatoes (I 'shook' these with a T of sunflower oil)
  - 2 onions
  - 1/2 # mushrooms
3. Add veggies to the burger with 1 T Montreal Steak Seasoning. Sautee until tender. This took 5 or 10 minutes in the Sizzle. Use fork to check for doneness.
4. Serve with fresh salad & freshly Baked Killer Bread! Life is delicious! Probably any vegetable would do, but sweet potatoes were fabulous and so good for you!



## GF \* DF Recipes

All Purpose Gluten-Free Flour Mix

2 C brown rice flour\*      1 C sorghum flour\*  
1/3 C arrowroot flour      2/3 C potato starch

Mix together, use as an all purpose GF flour in bread, biscuits, pancakes & dessert. We usually use ground flax & psyllium husk as binders, depending on the desired product. **\*Mill your own for more nutrients & economy!**

### PANCAKES

3/4 C /GF 'flour mix'      1 1/2 t baking powder  
1 t baking soda      1/4 t salt  
2 T ECJ Sugar      1 1/4 C non dairy milk  
1/2 t vinegar      2 eggs or 2 T ground flax mixed in  
5 T water, great egg substitute.

Mix dry ingredients, make a well in the middle, add milk, eggs & vinegar into the well. Mix until smooth. Spoon approximately 1/4 c per pancake onto HOT Griddle.

## Wholy Thoughts ~ Looking Back

Looking back over 25 years of Wholy Living, it's a blessed experience serving my wonderful customers! I thank the Lord for the privilege of serving and helping so many families! I purchased my first Bosch from a lady at my son's preschool back in the summer of 1987. Even tho it is changed a bit, Bosch is still THE BEST bread maker on the market. Then in 1993, I met a man from Homer at the State Fair. He needed someone to distribute Wheat Montana Farms grains in this area. With my husbands approval, Wholy Living was born. Many things have not changed, but in some ways, Wholy Living has 'evolved' into a better business ...

- Improved nutrition & flavor by soaking & dehydrating seeds, nuts, beans & of course our grains! God brought along just the right people at the right time to instruct us, teaching us so much more about nutrition. I also learn something new at every class from my attendees. That makes the best bread around. One happy Hubby with a happy Belly exclaimed, "this is Heavenly Bread!"
- Expanded product selection. What started with a 'dozen-grains' price list, now boasts a serious assortment of oils, sweeteners, fruits, nuts, seeds, beans, flavorings & equipment, too numerous to count.
- Website presence ~ 25 years ago, only techie folks emailed!
- The fall of 1997 newsletter mentioned our house construction, it was pretty primitive for a couple of years, but Praise the Lord for an almost completed project! Now we appreciate our own Granary, attached right to the house!
- So in some respects, Evolution does happen! Praise the LORD!

Prices from 25 years ago ...

- Golden 86 (Prairie Gold) 50# for \$20, Pail for \$24.50 now \$39 & \$49
- SAF Yeast was \$4 now \$5
- Dough enhancer was \$7. Today \$7.50
- 50# of our White Unbleached Flour was \$25.20, today it is \$45.50
- Bosch Universal with Blender was \$455. Today our Universal Plus with Blender is \$464, comparable price, but a much better machine!

I think shipping costs accounts for the greatest price difference! What was gas back 25 years ago? \$1.16

**Our 1997 newsletter also mentioned Greg & Ruth's first baby, our first grand'cherub, Julia. Looking forward to greeting #11 in November! Paul & Stacey just announced the arrival of #3. We are so excited! Each one is such a blessing.**

Over the years, we have tried to lift up the Saviour & put Him first. Here are some thoughts to ponder. We serve a gracious, longsuffering Father

Last week, John & I traveled to Washington DC to meet with 500 other Independent Baptist Believers. Our mission involved visiting our Senators & Representatives, thanking them for their service & asking for prayer requests We sat with 14 fellow Alaskans, chatting with Don, Dan & Lisa. It was a blessing! One highlight of the event was sitting on the House floor at midnight, praying for all the individuals who would be making grave decisions the next day, sitting where we sat. Thursday found us on a bus again, going right back down toward the Capitol. Another was the tour of Arlington, final resting place for 400,000 folks who gave their ALL for our freedom. Very thought provoking.

Dear Ones, the best thing we can do NOW, (and it must be now. Our country is in very poor health!) is to pray. We can all take just 5 minutes a day in sincere supplication for ...

- Clarity, wisdom, protection and direction for our President, Vice President, the Cabinet, the House, the Senate, the Supreme Court, their staff members.
- Revival! The last Revival was 200 years ago. It is TIME for the LORD to show Himself strong among His People, & ask to saving the lost.

**Until next time, we will be...  
Staying on our knees,  
John, Margaret  
& Gloria Loew  
907-745-5639**



### CHOCOLATE ZUCCHINI CAKE recipe published in 1994!

(So moist, frosting is not even missed)

Mix together in the Bosch bowl:

1/2 C each butter & oil      1 1/4 C ECJ Sugar  
2 eggs      2 t vanilla powder  
1/2 C sour milk or buttermilk

Add: 2 1/2 C pastry flour      1/4 C cocoa powder  
2 t baking soda      1/2 t cloves

Then add: 2 C grated zucchini  
1/4 C milk chocolate chips

Bake in 9 x 13 pan for 40 to 45 minutes, until done. This is a great way to sneak those veggies into the family! I can hardly wait for the garden to grow.



### BROCCOLI SUNSHINE SALAD

**Our oldest granddaughter, Julia's, absolute favorite!**

Mix together & set aside:      1/2 C mayo, I use olive oil based  
1 T ECJ Sugar      1 T cider vinegar

Toss together in a bowl:      3 C chopped broccoli  
1/3 C cranberries      1/3 C sunflower seeds  
1/4 C chopped turkey pepperoni

Combine the dressing & the 'goodies'. Chill & serve.

\*I don't measure anything, just start assembling. You'll see what fits your taste buds.

\*\*Adapted from the Betty Crocker Cookbook.

## Gluten Free ~ Dairy Free

Our neighbor, Marilyn Vinks, agreed to pen this article for those who truly require GF &/or DF nutrition. As we still believe, most folks who think they need GF grains, can indeed enjoy the goodness of grains WHEN properly prepared by soaking & dehydrating first. Here is Marilyn's Journey...

We started our gluten and dairy free journey after our youngest son was born with many food intolerances. We struggled for years to make wholesome food that everyone in our family could eat. Much of the gluten and dairy free options available at the store still held ingredients that caused issues for our family, as well as still being highly processed and not containing whole food nutrition. We also struggled with the expense of having to purchase small packages of multiple specialized ingredients, that would only work for one or two recipes. Margaret at Wholy Living has been an amazing resource for our family, in finding and ordering gluten free grains and other key ingredients that make gluten free cooking on a budget for a family possible. We have a grain grinder and can now make freshly ground whole grain flour that our whole family can eat. With assistance from research on Pinterest, and websites like Cultures for Health we now have an armamentarium of grains and recipes to now make bread, biscuits, pancakes, rolls and dessert possible for our family again!

The gluten free grains that we have been able to use are brown rice, sorghum, millet, quinoa, teff, almond and coconut flour, oat groats and gluten free rolled oats. Gluten free flour mixes often require a starch to keep the final product from being too dense, arrowroot powder, potato starch and tapioca starch have become an integral part of our baking. The binders for gluten free products that have worked best for us are flax seed, psyllium husk and chia seed. The dairy free items that we use regularly are coconut oil, palm kernel shortening, dark chocolate chips and flaked coconut for making coconut milk. Our journey has been long, and it isn't over yet, but it is encouraging to have a reliable source for budget friendly ingredients!