



## Spring Blessings

Hallelujah! We did not just survive, but thrived through another incredibly mild Alaskan winter! With Spring knocking on the door, let's plan to restock the pantry, in preparation for a healthy Alaskan summer! Chatting with a mom today, she is so grateful she learned the skills & established her whole grain routine with young ones. Now as they grow & eat more, it is just part of their everyday lives! She even soaks nuts!

### WHOLY LIVING's 6th ANNUAL EVENT - WHOLE GRAIN BOOT CAMP FRIDAY & SATURDAY, SEPTEMBER 23 & 24 in Anchorage

Mark your calendar. Debbie is working on recipes right now! We'll start with all the whole grain basics on Friday afternoon & evening, moving to more advanced sessions on Saturday. We are excited to incorporate our new B / R / K SIZZLE pots into all the workshops. Spread the word, let's fill up the classes! Our Venue is Rabbit Creek Community Church. We'll also do a full day event at our Granary in Palmer with Deb, too. Lord willing, we will conquer the CROISSANTS this year.

## 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 **Thursday, April 7th**, 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. Most everyone just pays 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! *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.

2 - Pricing ~ Wheat Montana gave us a nice break along with lower fuel surcharges. You'll be pleased with the pricing this time around!

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 SIZZLE** Pots! Here is the Palmer schedule...

**Tuesday, March 22, 6 pm** The Salads & Main dishes in a Jar was so much fun, let's do **BREAKFAST IN A JAR**. Grains as Mains offers some wonderful twists on Breakfast! Let's give them a try. \$15/person Take home ajar!

**Saturday, April 9, 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! One batch of dough ~ less than two hours! Join us for the food & fellowship!

**Tuesday, April 19, 6 pm** **HEALTHY SNACKS & ANGEL FOOD CAKE** ~ With summer coming, check out these satisfying snacks ~ hummus, granola, crackers, granola bars, & energy balls. At the last couple of classes, we mentioned Angel Food Cake, so let's throw it in, too! Take home samples \$15/person

4 - **AKHEALTH SUCCESS NETWORK LUNCH, THURSDAY, March 24th** at the Annex in Palmer, 247 S Alaska. Join our health wise networkers for salad, bread & cookies from **noon to 1**. Learn how Kangen water has changed lives, both physically & financially.

5 - **APHEA CONVENTION**, at ABT at Northern Lights & Baxter on Friday & Saturday, April 15 & 16. <http://aphea.org/convention/> This is a must attend event for Home School families. Workshops, Veteran guest speakers, vendors, encouragement, & connect with experienced home schoolers.

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

6 ~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. It truly works. We know folks who had all their medical needs covered from this sharing plan. Learn all the details at [www.samaritanministries.org](http://www.samaritanministries.org) You will love the monthly publication.



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

- Margaret Loew, 15091 Lazy Lady Lane, Palmer (99645) 745-5639
- Chelsey Arno, Box 2231, Homer (99603) 299-1392
- Fawn Dixon, 157 Old Steese Highway, Fairbanks (99701) 479-1233
- Katie Helkenn, HC 60 Box 306, Copper Center (99573) 822-3469
- Kristy Taylor, Box 1976, Seward (99664) 422-0681
- Trina McBride, 10706 Whimbrel Dr, Anchorage (99507) 632-4284
- 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
- Amanda Brendro, Box 4195, Soldotna (99669) 953-1370
- Meagan Funk, Box 346, McGrath (99627) 758-2890

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

CHOOSE YOUR MILL - CHOOSE YOUR PRESSURE POT!

### NUTRIMILL PLUS - SSSHHH!

Quieter, larger capacity, self storage. This mill is designed to mill a large batch of flour, then put it away. If you don't like a mill sitting on your counter, this is a great option. Mills fine to coarse flour. \$239



### NUTRIMILL HARVEST

Not only do you choose your color, choose your texture, from coarse, cracked grain to super fine pastry flour! Turn the knob under the lid to change the texture. This versatile bamboo mill uses simple stones to mill the grain. Dustless, elegant, a true eye catcher. GF option on the horizon! Pick from apple gold, silver, teal, black, red, or gold. Assembled in Utah! \$349



### B/R/K creates a better mouse trap, THE SIZZLE PRESSURE POTS

Did you love the original B / R / K? SIZZLE is your new BFF! Versatile cooking ~ braising, pressuring, simmering, boiling Sizzles COOK IT ALL with 50% less time & energy. SIZZLE offers the best of pressure cooking without the fear factor! The glass lid opens at will, closes, & re-pressurizes instantly! These Stainless Steel Pots work on all cooking surfaces! Check out the handles, close to the pot, uses much less space on the stove and in the cabinet! Easy clean even when you burn the foods. I really burned sloppy joes & tapioca pudding, but they cleaned up quickly! Sizzle Pots retain nutrients with the unique locking lid system! Choose from LIME GREEN, ORANGE or BLACK! I put away the Amway Queen Pots that graced my stove for the last 30 years & now use my old & new B/R/K sets.



Choose your color (black, orange or lime green) & your size ~

4 liter	\$129
6 liter	\$139
8 liter	\$149
10 liter	\$159

Order now. Pick up with your Spring order!

I will hopefully have some at the APHEA Convention. Sizzle will be your GO TO POT every day for YEARS! See page 3 of the order form.



### HEALTHIER SWEET TREATS and MORE

**Dark Chocolate Coconut Chews** ~ If Dark Chocolate & Coconut appeals to your happy belly, try a pound of these. Sweetened with brown rice syrup & E C J Sugar, these are very satisfying. My 2016 motto is 'TWOs Enough!

**Milk Chocolate Rainbow Drops** ~ hooked on M n Ms? These are tastier without the dyes & junk sugar! Pretty colors. Add to a trail mix, cookies or by munch on a handful.

**Maple Syrup by the POUND** ~ Bring your own jar or purchase a quart from me. If you don't want a whole gallon of Organic Grade B Maple Syrup, dispense it yourself from the spigot.

**Roasted Almonds & Apple Rings** are back on the list because of lower pricing.

**Green Lentils** finally hit the order form, by popular request. Organic, of course. Choose 5# or 25#

**Pasta Attachment for Meat Grinder** - powers out 10 different shapes of pasta.

Ta Da, LIKE Wholy Living on FB. Debbie D manages it for me



## Wholy Recipes

### SIZZLE BEEF STEW

This is one of my favorite 'go to' recipes from my Mother's file for a quick meal or Sunday lunch. She used the oven to cook the beef. Sizzle it for a quicker meal!

Place in small Sizzle pot:

- 2#s of stew meat - beef, moose or caribou
- 1 chopped onion - Big Mouth Chopper works great
- 3 T each beef broth mix & Coconut or Braggs Aminos
- 3 C of water

Secure the lid. Start on high until the pot SIZZLES, then turn down to low for 15 minutes. It is OK to peak & stir. Add sour cream before serving.

Using another Sizzle (or when beef is done use first pot) start mixed grains.

- 1/2 C each brown rice, barley, millet, quinoa
- 4 C water or stock
- 2 T coconut oil
- 2 t Himalayan, Real or Celtic salt

Bring to a boil, reduce heat to low. Cook for 15 minutes. Turn off heat. Let rest 15 minutes. NO PEAKING! In conventional pan, cook for 20 & rest 20. Serve beef over rice mixture.

### OATMEAL SPICE CRANBERRY COOKIES

Cream together in the Bosch Bowl using Cookie Paddles:

- 1 1/2 C Palm Fruit Shortening      \*\*1 C ECJ Sugar
- \*\*1 C ECJ Brown Sugar                2 t vanilla or maple powder

Add: 2 eggs

Then add: 2 1/2 C Fresh AP Flour (= parts spelt, brown rice & barley mixed)

- 1/2 t each nutmeg, cloves, ginger
- 1 t each cinnamon, baking powder
- 6 C freshly rolled oats, 7 grain, or spelt
- 2 C dried cranberries
- 1/2 C milk powder

\*\*Bake on sprayed or lined cookie sheets at 350. Preheat oven to 350 F. Bake about 10 minutes.

\*\*HINTS: 1) Always bake a test cookie. Usually you need to add extra whole grain flour.

2) ECJ Sugar is Evaporated Cane Juice Sugar, much less processed & sweeter than deadly white refined sugar. When substituting, use 1/3 less ECJ Sugar.

3) Combine Sweet Table Molasses & ECJ Sugar for THE BEST brown sugar!

### HIGH ENERGY PROTEIN BARS or BALLS

In a saucepan, melt:

- 12 oz dark chocolate                8 oz peanut butter
- 1/4 C butter                                1/4 C coconut oil

In large bowl, mix 1/2 C sesame seeds & 1 C each:

- Sunflower seeds                        chopped pumpkin seeds
- Flax meal                                    shredded coconut
- Pecan pieces                                walnut pieces

Pour wet ingredients over dry & mix well. Press into a lined 9 x 9 pan. Cut while still warm. OR scoop onto baking sheet using large scoop. Let chill then wrap individually. HINT: Bosch coffee/seed mill does a great job processing flax & pumpkin seeds. The FLAX needs to be freshly milled each time because of super fragile oils.

## Costa Rica ~ Rich Coast



Happy ticos, tropical beauty, terrace gardens, multi colored birds, crickets, howler monkeys, curious raccoons. Mix them all together, you'll discover Costa Rica! John found our Costa Rica Caravan Tour online. Along with 36 other folks from the US & Canada, we indulged in the beauty and luxury of this delightful country. Covering 700 miles, we experienced what our tour guide called a cloud forest around the Poas Volcano, a coffee plantation (yes, I did sample their coffee), a flighty butterfly garden, even a wildlife rescue center. Yes, we saw scarlet macaws, tropical parakeets, gorgeous flowers & birds of all kinds. Our bus driver even spotted a sloth dangling on a limb. They descend once a week to relieve themselves. This guy must have been invested with fleas because he stretched and scratched for several minutes, a rare treat. During two different riverboat rides, we observed monkeys, howling and swinging, through the jungle, incognito iguanas blended in with the sand, crocodiles and caimans, sunned along the shoreline. Caravan arranged incredible World Class accommodations. Breakfast, lunch, dinner, served buffet style, 'rounded' out the whole week. For anyone who wants to visit a tropical country, interact with delightful simple folks, set your sites on CR. At the end of the tour, we visited missionary friends for a few days. We participated in the birthing of a new church, their first Sunday Morning Service, Iglesia Bautista Victoria or Victory Baptist Church!

\* Hope you are enjoying these pictures. The Ox Cart above was the original mode of transporting goods all over this mountainous country.



## Wholy Hints

1 ~ Be sure to freshly mill your flax seeds in the coffee mill, not a grain mill to utilize the good omega properties. Whole seeds just pass on through. Flax oils are much more fragile than grain oils, so store leftovers in the freezer!

2 ~ Do you wonder about the wheat belly book? Here is a link that answers those opinions. Sue Becker speaks from experience & has earned credentials to verify her perspective. <http://www.breadbeckers.com/blog/wheat-belly-fact-or-fiction/>

3 ~ Transform a plain rice dinner into a more nutritious, flavorful meal by substituting some Millet, Oats, Quinoa, Spelt, Barley or Amaranth for the rice. Keep the same 2 to 1 proportions of water to grain. Bring to a good boil. Cook 20 minutes on medium & let rest 20 minutes. NO PEEKING! Cut down your time by at least 5 minutes when using your Sizzle or B/R/K.

4 ~ Summertime or Anytime TRAIL MIX ~ My favorite is equal parts of pecan pieces, sunflower seeds, dark chocolate chips, pumpkin seeds, and chipped coconut. Grab a bag of each & keep from reaching for the deadly candy bars or snack bars. This is *real food* that satisfies the sweet tooth while energizing the body. What is your favorite combination?

## Wholy Thoughts

### TESTIMONIES ABOUT THE BIBLE

"The Bible is worth all other books which have ever been printed." Patrick Henry

"Bible reading is an education in itself" Lord Alfred Tennyson

"The Word of God well understood and religiously obeyed, is the shortest route to spiritual perfection. And we must not select a few favorite passages to the exclusion of others. Nothing less than a whole Bible can make a whole Christian." A.W. Tozer

"It is impossible to rightly govern the world without God and the Bible." George Washington

"I believe the Bible is the best gift God has ever given to man" ... "I am profitably engaged in reading the Bible. Take all of this Book that you can by reason and the balance by faith, and you will live and die a better man. It is the best Book which God has given to man." Abraham Lincoln

"In all my perplexities and distresses, the Bible has never failed to give me light and strength." Robert E Lee

"The Bible is the truest utterance that ever came by alphabetic letters from the soul of man, through which, as through a window divinely opened, all men can look into the stillness of eternity, and discern in glimpses their far-distant, long-forgotten home." Thomas Carlyle

"There are more sure marks of authenticity in the Bible than in any profane history." ... "I have a fundamental belief in the Bible as the Word of God, written by men who were inspired. I study the Bible daily." Sir Isaac Newton

"I have known ninety-five of the world's great men in my time, and of these eighty-seven were followers of the Bible. The Bible is stamped with a Specialty of Origin, and an immeasurable distance separates it from all competitors." W.E. Gladstone

"That Book accounts for the supremacy of England." Queen Victoria

"All human discoveries seem to be made only for the purpose of confirming more and more strongly the truths contained in the sacred Scriptures." Sir William Herschel

"The secret of my success? It is simple. It is found in the Bible." George Washington Carver

"The Book of Proverbs is a far better guide for a young man in business than Adam Smith or the Times newspaper." David Thomas, 1884

"The Bible contains knowledge, wisdom, holiness and love." Thomas H Home 1780 - 1862

"The Bible is no mere book, but a Living Creature, with a power that conquers all that oppose it." Napoleon

Copied with permission from Way of Life Literature by David Cloud  
[www.wayoflife.org](http://www.wayoflife.org)

*For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.* Hebrews 4:12

*Read it to be wise,  
Believe it to be safe,  
Practice it to be holy,  
Memorize it to grow.*



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