

## Harvest Blessings

What an amazing summer we all enjoyed! With snow just around the corner, our thoughts turn to replenishing the pantries & preparing for baking, soups, comforting stews! Plan to join us for our .....

### WHOLY LIVING's 5th ANNUAL EVENT ~ HEALTHY LIVING MADE SIMPLE!

right here at our house on Oct 16 & 17th, a Friday & Saturday . Debbie will share her newest adventure, DIY personal care products. Would you believe she is perfecting a 24 hour soap method? Oh yes, expect delicious baking & cooking demos as always. Friday starts out with Artisan Bread & Salads in a Jar. Saturday continues with Croissants & Entrees in a Jar. Both afternoons feature DIY soaps, salves, lotions, toothpaste, deods, scrubs, & powders. We only have room for 40. **Get your tickets NOW!!!** Breakfast, lunch, goodie bags & the instructional notebook included. \$37

## 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, OCTOBER 5th** 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 end of October or first of November.** 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 ~ Pricing ~ Pretty much as we expected, some prices up & a few down. We do the best we can to hold down prices.

3~ Welcome Meagan Funk in McGrath & Amanda Brendtro in Soldotna. These ladies are our newest distribution points in their respective areas!

4 ~ **ATTEND A CLASS** ~ they are so much fun, with fabulous food & fellowship! \$10/person or \$15 when you bring your spouse or budding baker! (Delicious Date, Ladies!) Here is the Palmer schedule...

**Tuesday, September 22, 6 pm**  
**MARBLEIZED RYE BREAD** ~ We will whip up a fabulous batch of multi grain bread & a batch of rye, then marbleize them for super rye! This bread tastes as marvelous as it looks, here on our lunch buffet line at last fall's event.



**Saturday, October 10, 10 AM ENGLISH MUFFIN & PASTIES** By DEBBIE ~ Debbie is previewing our event with a great class. Both Homemade English muffins & pasties are so versatile & healthy from savory to sweet. Put more grab & go foods in your recipe arsenal!



**Saturday, November 7, 10 AM**  
**WHOLE GRAIN BREADS 101** ~ A great refresher course or 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!

### CHICKABIDDY CLASS

**Friday, November 6, 6 PM PIZZA MAKIN' NIGHT** at CHICKABIDDYS Bring your own pan & a couple of budding cooks for fun evening! Take it home for the family!

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

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. 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.

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Amanda Brendtro, Box 4195, Soldotna (99669) 953-1370  
Meagan Funk, Box 346, McGrath (99627) 758-2890

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



1 ~ **NUTRIMILL HARVEST** - We are very excited to reintroduce the newest mill available, the Harvest. After making its initial debut a year ago, several issues were corrected, Hallelujah, we may now confidently offer The Nutrimill 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 popcorn, seeds or nuts. Which color matches your kitchen? Red, black, gold, silver, teal, or rose gold? Great price point at \$325.



2 ~ **Consumables - Einkorn, the Truly Ancient Grain** ~ Einkorn is a fabulous alternative to wheat sensitive bellies. Because it has not been hybridized, Einkorn has only 2 sets of chromosomes. A simpler structure means easier digestion. Packed with more nutrients & protein & 15% less starch than wheat, you will love the flavor of this naturally soft grain. Because of her sensitivities, Shannon Schauermaann researched Einkorn. Read her findings & the recipe she developed for this new grain! [Heritage Grains Article PDF](#)

**Seasoning Mixes** you will love! 1# \$8 each ~ Garlic Granules, Montreal Steak, Italian, Pizza, Ranch Dressing & Cinnamon

**50# Kamut & Oat Groats** are more economical than 2 - 25#ers.

**25# Evaporated Cane Juice Sugar, Organic** ~ available again.

**Beans** ~ with the increased cost of organic, you have a non organic option. Choose the price in ( ) on the hard copy.

3 ~ **Kitchen Tools ~ Big Mouth Chopper / Slicer** This new tool replaces our Alligators. I really like it for chopping cabbage salads. No more onion tears, slick work with veggies! It comes with 2 chopping blades & 1 slicing. The 6 cup 'catcher' also stores all the grids, blades & cleaning combs. It is part of the Soaking & Dehydrating Kit.



### HEALTHY LIVING MADE SIMPLE WHOLY LIVING'S 5TH ANNUAL EVENT

**When? Friday & Saturday, October 16 & 17**  
**8: 30 til 3:30**

**Where? Right here in our home on Lazy Lady in Palmer**

**What? Whole Grain Artisan Breads & Salads & Entrees in a Jar**  
**Do It Yourself Natural, Non Toxic, Superior Personal Care Products**

**Why? DIY Is Easy, Extremely Economical, Healthy Ingredients**  
**Food, Fellowship, Seminars Unsurpassed!**

**How Much? \$37.50 for one day ~ \$70 both days**  
**Purchase tickets online, via email or call 745-5639**

**Breakfast, Lunch, Complete Notebook, Goodie Bags, Door Prizes**

Debbie Deitz is on board again, sharing her expertise via product demos, a notebook chock full of recipes & instructions for a whole variety of quick, nutritious, make ahead meals, beyond the bread basics, & non toxic, cheap personal care products. If you have attended our events in years past, you know how much fun & inspiring our gatherings are. You won't want to miss this one either. Attend with a friend, as these 'soaps & such' create an opportunity for 'purposeful girl time'!



In everything give thanks:  
for this is the will of God in Christ Jesus  
concerning you.  
1 Thessalonians 5:18

If you haven't learned to be grateful  
and content with what you have,  
what makes you think you will  
satisfied with more?

## Wholy Recipes

### QUICK QUINOA SALAD

So refreshing and light, this salad lasts several days in the frig. This is also a great substitute for potatoes or rice!

**Cook:** 1 1/2 C quinoa in 3 C water for 20 minutes. Let rest covered, about 10 minutes. **Cool.**

**Chop:** Using the smaller **Big Mouth Chopper** dicing blades, your favorite veggies. I use: carrots, celery sticks, sweet peppers, both green & purple cabbage (the larger dicing works better for cabbage), green onions, cucumbers, & cherry tomatoes.

**Combine:** Mix cooled Quinoa & chopped veggies. Add **sunflower seeds**, diced turkey pepperoni, frozen peas, sprouts & a can of beans.

**Dress & Toss:** I am a buttermilk dressing fan. Use vinegar & oil if you prefer.

This took about 20 minutes including clean up. The Best Fast Food is made at home!



### TOPPED BEANS & RICE

SUBSTITUTE RICE, a better carb, for POTATOES!

So satisfying as a meal in itself or compliment another entrée.

Cook 1 C **brown rice** with 2 C water, 1 t **Himalayan salt** & 1 T butter. Cover & boil 20 minutes. Leave lid on & let rest another 20 minutes. Pressure cook your choice of **beans ~ pinto, red, black.. 11 Bean** might be good, too!

The Loew family starts with a serving of rice, top with beans,. Then add shredded cheese, sour cream & green onions!

### SIMPLY DELICIOUS SAUTEED BEEF or CHICKEN

For a super quick dinner, try this.... With the **Coconut Aminos & Montreal Steak Seasoning!**

Heat your favorite sauté pan on medium low. Add:

1/4 C or so olive oil

Thinly sliced round steak or chicken

Add: 1/4 C **Coconut Aminos**

1 thinly sliced onion

Sprinkle **Montreal Steak Seasoning** over all. Continue sautéing to desired doneness. This is so easy, but delicious.

This took 17 minutes to prepare, including slicing the meat! Delicious!



### SUGAR FREE CHOCOLATE TRUFFLES

*Lyn Ostrom in Tok offers this simple treat!*

In your **Bosch Food Processor**, process until fine:

1 1/2 C your favorite nuts (**pecans, walnuts or almonds**)

Then add:

1 1/2 C **date pieces** (maybe soften them in a bit of water first)

1/3 C baking chocolate (or our **dark or milk choc** pieces)

Add enough water to form into balls. Roll in **coconut**. Store in frig in between wax paper. Bet you can't eat just one!

## Care & Feeding of your Bosch

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

1 - Use your blender lid as a wrench to remove the blender 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 adding olive oil for 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, looking for dough. Run lots of warm water through it to soften & rinse away. After washing your Bosch bowl, always rest your bowl on the center lid instead of reattaching to the base. When you protect the motor mount area with the center lid, it prevents moisture from corroding the metal. Reassemble, the next day, ready for use!

4 - To avoid losing parts & pieces, I pile all my small parts in 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, use the Bosch center lid to cover the bowl.

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.**

## 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 thought opinions. Sue Becker comes with many credentials. I appreciate her perspective. <http://www.breadbeckers.com/blog/wheat-belly-fact-or-fiction/>

3 ~ Sprouted Grain Bread~ this is a step farther than I go. I stop with just soaked & dehydrated grains, not waiting until they are actually sprouted. Linda Cox suggests either cutting down on the liquids or adding extra flour to sprouted grains. She offers this great advice in determining the ideal dough: "I think of the dough after having been kneaded as either 'wet' or 'sticky' or tacky' or 'dry.' The best loaf will come from 'tacky' dough. That means when I touch a dry finger to it, there will be a couple spots of dough stick to my finger, not longer strands which pull up after touching. That would be the 'sticky' state. A 'dry' dough would be when you touch it & nothing comes up on the finger." Sprouted grain bread will be naturally sweeter,

## Wholy Thoughts

*The probability of life originating by accident (a big bang) is comparable to the probability of the unabridged dictionary resulting from an explosion in a print shop. ~ Edward Conklin*

*Think about it. Consider your house ~ either you built it or someone else built it. It did not ooze up out of the dirt!*

*Think about the Mona Lisa ~ de Vinci painted it. Oils did not splatter on the canvas in perfect form!*

*Observe a stack of rocks ~ someone stacked it. Rock do not naturally sit one on top of another.*

*Appreciate a diamond ring ~ someone made it. Gold and stone did not mush together into a stunning setting.*

*Why not recognize the Master Designer, Creator, Maker, Builder? Explain how this world came from nothing?*

*Why do we enjoy limitless kinds of trees, flowers, bugs, fish, and critters?*

*Why do we live in sustainable temperatures? Shift the earth in any direction from the sun & we would melt or freeze!*

*Accept it. God is the Creator & Sustainer. Simply....*

In the beginning God created the heaven and the earth. *Genesis 1:1* ..all things were created by him, and for him; ...and by him all things consist. *Colossians 1:16b & 17b*

*Why do we not want to accept this truth?*

*If we recognize Him as The One True God, then we are accountable to Him for our actions. He deserves our devotion. Just like we obeyed our parent's rules when we lived at home, because they provided everything for us, how much more, should we worship, love, obey and serve the Creator, the One and Only True God?*

*God not only Created us, but He wants to fellowship with us, imagine that! As sinful and wicked as we are, God still reaches out in love.*

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world, but that the world through him might be saved. He that believeth on him is not condemned; but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God. *John 3: 16 - 18*

*No, we cannot save ourselves. Sin cannot enter the perfection of Heaven. For the wages of sin is death, but the gift of God is eternal life through Jesus Christ his Son. Romans 3:23 In the Old Testament, an innocent sinless lamb was the blood sacrifice to pay for man's sin. Now in the Church Age of Grace, God made a way for us. His only Son, Jesus, the perfect, sinless God-Man, is called ....the Lamb of God which taketh away the sin of the world. John 1:29f Because He is sinless, Jesus is the only one who could pay the sin debt.*

*Salvation is simple: Believe on the Lord Jesus Christ and thou shalt be saved. Acts 16: 31 The Lord is .... not willing that any should perish, but that all should come to repentance. II Peter 3:9 Pray, asking forgiveness for your sin, by faith, asking Jesus to save you, to be the payment for your sin. For whosoever shall call upon the name of the Lord shall be saved. Romans 10:13*

*Then you need to grow in your faith. Attend a solid, Bible preaching church, start a daily prayer time with the Lord, and read His Word, the Bible. Begin with the Book of John. God wrote this Instruction Book for our learning. It is THE LIVING WORD OF GOD! We would be happy to help take those first new steps with the Lord!*

Wholy Yours,  
John,  
Margaret &  
Gloria Loew  
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