



Fall Event!

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. Here's a sample:

- Bread dough marathon ~ rolls, entrees, sweets
- Non-yeast modified sourdough bread
- Chocolates & Snacks & Christmas Cookies
- Grains as Mains
- Maximize your Bosch & attachments

Spread the word, let's fill up the classes! Our Venue is Rabbit Creek Community Church. \$35 for each day or \$60 for both days! Reserve your spot today! These events are so exciting. Everyone comes away refreshed & ready to venture out into new recipes & techniques. Coming from out of town? No problem, reserve a room at the Dimond Center Hotel for just \$110

Announcements

1 ~ **CO-OP ORDERING INFORMATION** ~ Twice a year, the fall & spring, we combine our orders to secure the best shipping rates. The Palmer Granary offers a savings of 10%, for cash or check sales and 7% for credit card sales **on consumables**. (Some outlying drop point managers use that savings to cover the extra cost of shipping, depending on your distance from Palmer.) At any rate the fall and spring are the best times to place orders & fill your pantry! So fill out the order form, email an order, or place your order on line, by **Wednesday, 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. Most everyone just pays at pick up. **Expect a call or email when products arrive, Lord willing, by the middle of November.** 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 held over the low spring prices. With lower fuel surcharges, you'll be pleased with the pricing this time around! Check this out! Cocoa Powder \$20 for 5#. At one time, you'd pay \$35 for the same bag!!

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, September 27th, 6 PM PASTA – PASTA, WHOLE GRAIN of course and French Bread! Deb loves to teach PASTA. We'll take advantage of her one more time before she heads back to CO!

Saturday, October 8th, 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!

Friday, October 14th, 11 am KIDS BREAD CLASS ~ Bring your budding cooks & baker. We'll whip up a batch of dough & let them decide the final outcome—rolls, pretzels, pizzas, mini loaves. \$15/family

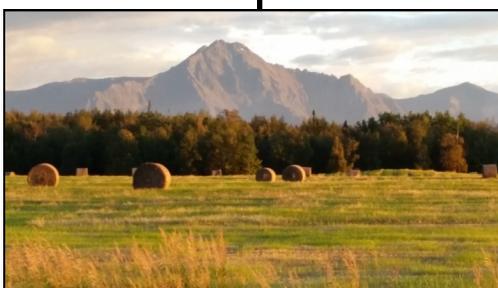
Tuesday, October 18th, 6 pm I LOVE PUMPKIN CLASS ~ Tis the SEASON, we'll make the cutest Pumpkin Shaped Bread Bowls, Spicy Pumpkin Soup, Grandma's Sweet Potato Pudding, & Pumpkin Cake Roll.

Saturday, November 5th, 10 am, RYE BREAD CLASS with CABBAGE ~ we typically have massive bread as we make a batch of regular dough & another of rye, then swirl them together to make marbled bread! YUMMY!

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

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. 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 You will love the monthly publication.

Shop the Palmer
Granary Tuesday 3 to 7 &
Saturday 10 to noon.
15091 Lazy Lady Lane
Call to stop by between times



- 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
Trina McBride, 10706 Whimbrel, Anchorage (99507) 632-4384
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 Brendtro, Box 4195, Soldotna (99669) 953-1370
Meagan Funk, Box 346, McGrath (99627) 758-2890

What's New at W. L.?

SIZZLE POTS & HARVEST MILLS & NUTRIMILL PLUS



We featured these new items last spring & they are well worth mentioning again. Which mill you choose is not nearly as important as using it! Providing your family with freshly milled flour & all the good things you can make with it, is a true healthy choice! **NUTRIMILL PLUS**, mills more grain, is quieter, &

is 'self-contained,' it stores as a single cylinder unit. **NUTRIMILL HARVEST**, beautifies your counter. It mills super fine flour as well as cracked grain. Choose your texture. Choose your color ~ red, onyx, gold, silver, teal or apple gold. They are all grand! Want the original **NUTRIMILL**? We stock those as well!

SIZZLE PRESSURE POTS by B/R/K simplify cooking, too. Cut your cooking time in half & as well as the energy output. Save time & \$\$\$\$. Win-Win situation! Pick your size ~ 4 L, 6 L, 8L or 10L.



Pick your color ~ orange, green or black! Pricing on page 3 of the order form.

PERFECT FOOD PRESERVATION ~

HARVEST RIGHT FOOD FREEZE DRIER USA manufactured in SLC



FREEZE DRYING is easier than canning or dehydrating. It is versatile. Process raw or cooked food. In a day and half, your food is freeze-dried, packaged and preserved for the next 25 years. Preserve taste, nutrients, color, texture, and appearance in large or small chunks. We just ordered a red one.

Will keep you posted as we begin our freeze drying journey. To access **HARVEST RIGHT** click <https://harvestright.com/224.html>

Check out Harvest Right's FB page or watch video clips here <https://harvestright.com/video-gallery/> My goal is to empty my chest freezer. Food may be stored in Mason jars or Mylar bags, also available from **HARVEST RIGHT**. I will stock those items in my granary. Another learning link is <https://survivalblog.com/harvest-right-freeze-dryer-part-1-by-hjl/> This gentleman penned 3 extensive product reviews, educating new owners the best way to utilize the freeze drier. We are anxious to learn all about it & will share our findings.



HEALTHIER TREATS & NUTS and MORE

The Milk chocolate Rainbow Drop and Chocolate Coconut chews rec'd rave reviews, so we'll add a couple more sweet treats to the list...

Yogurt Covered Raisins & Dark Chocolate Coconut Almonds!

Raw Hazel Nuts & Brazil Nuts ~ oh my, they are packed full of nutrients, fiber & flavor. Just in time for Holiday Baking! Combine them with sunflower seeds, several other nuts & cocoa powder for home made Nutella!



Pecan Halves ~ We'll order both. Grab your choice at pick up!

Gluten Free Organic Rolled Oats ~ if you need them, we carry them! Very good pricing. Years ago, they were over \$100 for 10#s!

Millet 50#s ~ New size.

Bamboo Stirring Utensils ~ Besides being very functional, they match the Harvest Mill beautifully. We have both slotted and solid 12" long spoons & spatulas. I love mine!

Bamboo Cutting Boards ~ Gorgeous. Choose either 12 x 10 or 16 x 12.

Palmer Trail Mix ~ Make it yourself or pick up a bag off the shelf! Satisfy that sweet tooth in a healthy way with REAL whole food!

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

Wholy Recipes

YUM NO BAKES

Quick treat for the family. I can whip this out in 10 minutes!

In medium size pan, heat over medium heat until boiling:

1/2 C coconut oil 1/2 C milk

2/3 C sugar

Remove from heat & stir in:

1/4 C cocoa powder 3/4 C crunchy peanut butter

Then add: 3 C rolled grain 1/2 C sunflower seeds

1/2 C coconut chips or shred

30 MINUTE SIZZLE STEAK STEW

YUMMY, QUICK DINNER!

Place frozen steak, 3T beef broth & 2 C water in Sizzle. Use med high heat. Use your BIG MOUTH CHOPPER to process: 2 large potatoes, 4 carrots, 3 stalks celery, 1 large onion. Remove steak & chunk or slice. Return to SIZZLE with chopped veggies & quart of water. Seat lid in place. Cook another 10 minutes. Again using CHOPPER, process some cabbage & peppers. Add to pot. Cook until done. Use a thickener and seasonings, if desired.



Foolproof Pie Shells from Karen Atherton's Kitchen

Thank you for sharing, Karen!

With Thanksgiving & Christmas, try this new method!

4 cups all-purpose flour (= parts spelt, brown rice & barley)

1 tablespoon sugar

2 teaspoons salt

1 and 3/4 cups Palm Fruit Shortening

1 egg

1/2 cup cold water

1 tablespoon cider vinegar

In a large bowl, combine the flour, sugar and salt; cut in shortening until crumbly. Whisk the egg, water and vinegar; gradually add to flour mixture, tossing with a fork until dough forms a ball. (I use my hands to work it into a ball). Divide into 4 portions. The recipe says to cover and refrigerate for at least 1 hour (I have never done that and it works fine). I wrap each portion in clear wrap, slip it into a quart baggie to freeze. take out what I need. If it takes too long to thaw; put the dough in another baggie and place it in warm water. This works well.

Heart Healthy Meals Defined

Recently the VA informed my hubby he has high blood pressure. Time for a monitor & meds. I wasn't convinced, but at least John became more aware of his diet and started monitoring his BP. The pharmacy gave him their recommendations for the *Heart Healthy Diet!* My heart sank as I read the protocol. It failed my dad back in 1992. Amazingly, they still publish it today! From my studies over the last 20 years, this is **MPBO = Margaret's Personal Biased Opinion.**

- "Low to no fat." Low fat usually translates to high sugar, which usually is high fructose corn syrup. High sugar is obviously not heart healthy! Instead of no fat, use a conservative amount of HEART HEALTHY FAT, medium chain fats! *Our bodies need fat!* Exchange vegetable oil, canola oil, corn oil and margarine for coconut oil, butter & olive oil. I know our Aunt Patty's coconut oils & olive oil are EXCELLENT quality. Our olive oil turns solid in cold, meaning it has not been 'diluted' with lesser grade oils, but it doesn't have that pungent odor. Here is a great article about common cooking oils: <https://thetruthaboutcancer.com/common-cooking-oil-cancer-nightmare/?mpweb=144-675584-501355571>
- "Use vegetable oil & soft margarine" Again, olive oil, coconut oils, and butter are superior oils that don't damage the body like vegetable oil & margarine do. These are man made products, not natural products.
- "Use little or no salt" I agree. Eliminate Morton bleached processed white salt. However, our bodies need salt, the micro nutrients are vital to our health! Choose a salt with color! The color denotes unprocessed salt with nutrients. Our Pink Himalayan Salt is perfect and very inexpensive! Read our book on salt & you will agree! God commands us to be salt & light. Jesus is the True Bread. Would God use these analogies if they were unhealthy?
- "Remove fat from homemade broths, soups & stews" I agree if you purchase your chicken & beef from the grocery store. If you are blessed to raise your own chickens and have access to more natural beef, then these broths are vital to your well being. Don't skim off all the fat. At least consume some. Vital nutrients are in those home made broths! *If you do consume store bought meats, yes skimming off the fat is a good idea. Toxins hide well in fat. Avoiding toxins, good idea!
- "Reduce sugar intake" I agree, especially if you use artificial sweeteners, refined sugar & corn syrup! Even reducing 'healthy' sugars" is not a bad idea. But if you do want some sweetness, use a better choice like evaporated cane juice sugar, molasses, honey (a good grade), coconut sugar, etc.

So please do some self study & find out what truly is HEART HEALTHY! It might surprise you!



Wholy Hints

1—HOMEMADE BROWN SUGAR – Use 2 C of your own evaporated cane juice sugar along with 4 -5 T molasses. Mix by hand or in your Bosch. MOST Delicious.

2—MILLET & QUINOA ~ Cook up a big batch, cool, then freeze in 1 1/2 c portions & add to bread. Freeze in ice cube trays as baby food. Especially good for babies, nursing moms & moms with child. Since both of these are complete protein, they nourish both the mom and baby!!! Civilizations exist on these two grains alone.

3—GRAIN SPROUTS ~ Soak grain for a day, then rinse several times for the next several days until they have a tail on them. Add extra crunch and nutrients by adding the sprouts to scrambled eggs, salads, bread, or sauté in stir fries. Sprouts are the perfect year-around fresh vegetable.

5—FLAX ~ (THE BAD NEWS) Oily flax seeds are highly combustible, therefore, store AWAY from the stove & furnace. (THE GOOD NEWS) By eating 1/4 C flax meal each day, your body receives more lignans than 60 cups of broccoli. So what are lignans? Unique plant compounds that can double the speed at which the liver metabolizes and excretes inflammation-triggering fat & toxins. I'd rather eat 1/4 C flax than 60 C broc. Flax ~ the cheapest, easiest way to improve your health.

6—To keep from over-indulging on all your favorite home made cookies, make up the dough, & scoop onto a cookie sheet & freeze. Then bake as needed.

7— Savory dinner roll ups—instead of sprinkling cinnamon etc on your dough, use some coconut oil, grated cheese, minced garlic, and Italian seasoning. Roll up and cut. Either freeze for later use or bake as usual. Delicious with a savory type dinner, soup, or filling snack.

8 - REMOVE THE BULLET BEFORE GRINDING YOUR MEAT. Your Bosch & Meat Grinder will appreciate it! See the Grinder who Bit The Bullet in our Palmer Granary!

Wholy Thoughts

Do you want to know God?

- You will find Him revealed in His Word, the Bible. Hebrews 11.6 states "...**He that cometh to God must believe...that He is a rewarder of them that DILIGENTLY seek Him.**"
- More of God's Word and time spent with Him in Prayer is the key to knowing God. We cannot know God without spending time with Him.

What is more precious to us than THE BIBLE? Nothing. It reveals the mind of God and gives us direction and answers for life and happiness both for this life and the life after. Remember, the privilege to hold it in our hands came at the sacrifice of many peoples' lives to pen it, translate it, and print it. The more I read, the more I cherish God's Word.

Since God created & designed us, we need to follow His instruction manual. No other volume compares to it in any way. The Bible is a supernatural book. It has power to transform lives, attitudes, and hearts because its Author lives in each born-again, blood-washed saint to guide, fill, and EMPOWER them walk "in newness of life"

What can be said about the Bible is endless, but this little quote says a whole lot in as concise a manner as I have seen. It deserves our thoughtful meditation and praise to the Almighty.

THE BIBLE

The Bible reveals the mind of God, the state of man, the way of salvation, the doom of sinners and the happiness of believers. Its doctrines are holy, its precepts are binding, its histories are true and its decisions are unchangeable.



Let the Word of God Transform You.

Read it to be wisebelieve it to be safe practice it to be holy.

It contains light to direct you, food to support you, and comfort to cheer you. It is the traveler's map, the pilgrim's staff, the pilot's compass, the soldier's sword, and the Christian's charter. Here paradise is restored, heaven opened, and the gates of hell disclosed. Christ is its grand subject, our good its design, and the glory of God its end. It should fill the memory, rule the heart, and guide the feet. Read it slowly, frequently, and prayerfully. It is a mine of wealth, a paradise of glory, and a river of pleasure. It is given you in life, will be opened in judgment, and will be remembered forever. It involves the highest responsibility, rewards the greatest labor, and condemns all who trifle with its holy contents.

Read II Timothy 3:16, 17 "**All scripture is given by inspiration of God and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect thoroughly furnished unto all good works**"

Google Bible reading plans. You'll find one that fits your liking! We read through the BIBLE every year. Invest about 20 minutes a day! That's it. It is amazing!

What a friend **Wholy Yours,**
we have in **John, Margaret**
Jesus! **& Gloria Loew**
907-745-5639

