



Thank You for 25 Years

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.

To Celebrate WL's 25th, the fall event, **SOAK ~ SPROUT ~ SOURDOUGH, WHOLE GRAINS the WHOLY LIVING WAY**, features an unprecedented Double Feature! Linda Cox from IN & Debbie Deitz from CO will present an amazing 2 full days of food, fun, & facts! Ticket are going quickly, no joke!

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, October 1st**, for that 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 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. **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 ~ WELCOME to the WL FAMILY ~ **LUPINE RIDGE FARM, WHOLE GRAINS + MILLING** on Fairview Loop Road. Mark & Marchell Lillard share our passion for REAL WHOLE foods. Their store features all our products, some in smaller 1# sizes. Milling your own flour too much trouble? Marchell does it for you. Pick your grain & she will have it ready! If you live in the Wasilla area, you may place your order on line, choose Marchell as your drop point, & pick it up at 5131 W Lupine Lane. Reach her at 715-8316.

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

Tuesday, September 25th, 6 PM ~ GRAB & GO LUNCH IDEAS – Strolling by a refrigerated end cap the other day, I saw LUNCHABLE packs on sale for \$2.50, featuring a few crackers, cheese & granola bar! We can do much better than that for a whole lot less \$\$\$! Come & get inspired.

Saturday, October 6th, 10 AM ~ BREAD as the MAIN COURSE CLASS, taking a batch of regular bread, we'll whip up a variety of meals – great freezer meals or travel food. Since we all are going strong, let's provide our travelers with healthy, inexpensive snacks, not just belly fillers.

Tuesday, October 23rd, 6 PM ~ CHICKEN, BREAD, CHICKEN, using a batch of chicken breasts, we'll whip up a bunch of dinners!

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

4 ~ **Friday & Saturday 12 & 13th, SOAK, SPROUT, SOURDOUGH, WHOLE GRAINS the WHOLY LIVING WAY!** Linda Cox, our featured speaker in 2011



will present the same workshops, Whole Grain Nutrition, in the mornings. Debbie Deitz will impart her fresh S-S-S 'concoctions' in the afternoons. Learn to create delicious Bagels, English Muffins, Desserts & More! Breakfast, Lunch, Notebooks, Desserts & door prizes! Purchase tickets on our website, call me or use Eventbrite.com. \$109 both days bring a spouse \$89. \$59 for one day, \$49 spouse.

5~ Visit 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.

7 ~ **SAMARITAN MINISTRIES INFORMATION NIGHT!** 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!**

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
- Ben Potvin, 411 B Polaris Ave, Kodiak (99615) 942-2460
- Cyndy Hayden, Box 1107, Delta Junction (99737) 616-1026
- Fawn Dixon, 662 Moran Drive, Fairbanks (99712) 479-1233
- Helen Paajanen, 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 Lane, Wasilla (99654) 715-8316
- Meagan Funk, Box 346, McGrath (99627) 758-2890
- Tatyana Sinyavskiy, 3134 N Pittman Rd. Wasilla (99654) 315-7459

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, too

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

DRIED WHITE FIGS ~ The black figs were good, but these are amazingly soft & chewy, delicious California Figs, full of flavor, calcium & iron. A perfect snack or chop into cookies or hot cereal! \$12 for 1# or \$55 for 5#s



THOMPSON ORGANIC SEEDLESS RAISINS ~ Try these plump ones along with the golden variety, ORGANIC this time around.

WHITE CHIA SEEDS, ORGANIC, TOO Whether you choose black or white, Chia seeds are an amazing super food! Known for endurance to the runner, a binder for eggless baking, 'fiberful', chia seeds should be on the daily intake list! Now available in white, these will 'hide' better. Mix in yogurt a couple hours before consuming, they plump up for a nice texture. Lots of micro-nutrients! Same price as the black!



GLUTEN FREE PRODUCTS ~ Find an assortment of basic items for GF needs, along with our regular assortment of millet, rice, quinoa, amaranth, nuts & seeds on pages 1 & 3 of the order form.

A Happy Ending to Belly Issues!

Ferne D's testimony.... At age 41, I have struggled with poor digestion, constipation and a painful gut for a long time. I was gluten and dairy-free, avoided all grains, seeds, nuts, night shade veggies, beans and legumes, and still had lots of stomach pain, poor digestion and constipation. I also developed anxiety and arm numbness and tingling that seemed to get worse when my digestion was acting up. When I visited Margaret, she suggested I try going back to healing grains, even wheat, but soaking and dehydrating them first. I was very skeptical that my body would not be able to handle them, but I bought a small bag of Spelt, Kamut and Prairie Gold and started making bread for my family this new way. I was astonished when I was able to eat a piece of this bread without getting a bad stomach ache! I started making muffins using these soaked grains and eating them too. As I added more and more sprouted wheat to my diet, my gut truly began to get better! My constipation vanished, and my gut was less painful and bloated after meals. Then I tried Margaret's Kangen water! After 2 weeks of drinking 96 oz – 1 gallon Kangen water daily, the numbness and tingling in my arms and fingers started to go away! My anxiety lessened and my gut pain almost vanished completely! It's truly amazing what it has done for me! I've been drinking this water for about 2 months now, and I have very little anxiety, no numbness in my arms or fingers, no aches and pains in my body, and the most amazing part is that I can now eat nuts, seeds, beans, lentils, and grains in small amounts without getting bloated and a huge stomach ache! That's amazing! I think everyone needs what some folks call 'miracle' water and the healing properties in freshly milled, sprouted grains! Thank you so much, Margaret! You truly are a blessing to myself and my family!

Wholy Recipe

SUNSHINE COOKIES

One of our favorites! Originated on Milkman box years ago!

In blender, process 1 quartered orange & 3 fresh eggs.

Pour mixture into Bosch bowl & completely combine with:

2 C palm fruit shortening 1 1/4 C each brown & white sugar

Add: 4 - 5 C freshly milled all purpose flour (barley, spelt & oat groats)*

2 teaspoons each soda & salt *ADD extra flour if necessary.

Finally add: 3 C freshly rolled oats or other grains

2 C chipped coconut 1/2 C flax meal (use coffee mill)

2 C milk powder 1/2 C sunflower seeds

Scoop onto cookie sheet & bake 10 to 12 minutes at 350*. Sometimes I freeze the balls and bake later!

Grains, Seeds, Nuts, Beans ~ Get to Soaking!

THE WHY ~ Many of us understand the importance of soaking & dehydrating our grains ~ removing the phytic coating allows for easier digestion and the potent nutrients absorb much easier into our bodies! Do the same with seeds, nuts & beans. You will love the result! Did you read Ferne's testimony? It was just another nail in that proverbial coffin. The foods God created with the phytic pesticide coating cause belly issues in some folks more than others. Before the advent of modern machinery, harvested grain stalks would remain in the fields indefinitely. The rain & dew naturally soaked off the covering. Using our machinery, grains stored in silos retain their coating. FLAVOR & TEXTURE ~ if for no other reason, nuts & seeds are so crispy & crunchy after S & D.

Western cultures primarily depend on animal foods for protein. Most of the world utilize the protein & fats in grains, seeds, nuts & beans for their nourishment. I am not advocating a vegan diet, but certainly start incorporating these super foods! Also, eat your nuts & seeds with some dairy to make a complete protein! John & I snack on seeds & nuts all the time. They are so satisfying, *real food*, with no 'after affects' that comes from commercialized 'food.' **Here's a challenge... instead of purchasing expensive snacks, pick up 5# bags of sunflower seeds, pumpkin seeds & your favorite raw nuts. S & D (soak & dehydrate) them. Add dark chocolate chips That's a trail mix fit for a King & Queen!**

THE WHAT ~ most GRAINS & BEANS, many NUTS & some SEEDS

I S & D the **GRAINS** that run through my mill. Little ones like amaranth, millet, & quinoa are too small, so I don't. The grains that run through the roller/flaker, I don't S & D, because removing the slick coating makes the rolling process much longer! However, the phytic coating can be soaked off with water & acid, like healthy yogurt, lemon juice or vinegar. So soak your hot cereal overnight. No need to rinse, just turn up the heat & cook!

BEANS & LEGUMES S & D easier than

grains & seeds. The large rinsed beans quickly spread out in the trays. A quick shake evens them out, ready for the heat! I have pintos, kidneys, blacks, garbanzo & great northern all done, ready for a quick SIZZLE pot meal. Smaller ones like lentils & peas, I don't, unless they will be milled into flour.



NUTS & SEEDS I S & D them all except large Brazil nuts and tiny chia & flax seeds. Oh so crispy & delicious. Store large nuts in the freezer in case they weren't totally dry ~ don't care for those 'fuzzy nuts.' Walnuts lose their bitter after taste & almonds slide down without the scratchy throat feeling, once S & D.

THE HOW ~ I S & D everything in a gallon pail for about 8 hours. If it turns into 12 to 24, no worries. Life happens. Pour your soaked item into a mesh colander & rinse well! If you have room, spread out several dehydrator trays on the counter, I do 4 of them at once. Evenly divide your food among the trays. Stack another set of empty trays on the full trays & divide out the remaining rinsed food. Stack the full trays onto your dehydrator base. Set the time (generally 8 hours) & the temperature. Grains ~ 120*. Beans, seeds, & nuts ~ 135* to 145* for 8 to 12 hours. I check the underside of my dehydrator lid. If no moisture remains, feel the food. If it is dry & crispy, you are ready to store. To empty the trays, insert them all into a designated pillowcase. 'Feed' the pillowcase into a jar. Done. Some items I store in its original packaging, the Azure brown bags.

GRAINS when we make a batch of bread, I start soaking a batch of bread grains for the next batch of dough., 3 C each spelt & Kamut, 6 C Prairie Gold. Then we always have a jar waiting in the pantry for milling. I soak equal parts of spelt, barley & oat groats for other baking needs, MY ALL PURPOSE FLOUR. Click the link for some downloadable charts!

http://www.wholyliving.com/wholyliving_videos.html

Too much time involved? Not really, about 15 to 20 extra minutes, so worth the investment! You will truly notice the difference. Visit me. I'll show you!

Wholy Hints

- 1 - When flying with fresh bread, freeze the loaves first. They will arrive in fine shape!
- 2 - Use your slicer/shredder to process vegetables for canning & freezing. I used both the slicer blade & the French Fry blade to cut up beets for the freezer this year. I also buy onions & green peppers in bulk. To keep them from deteriorating, I run them through the French Fry blade & throw them in sandwich bags for the freezer. Try the coarse grating blade for zucchini & carrots. They keep well in the freezer also.
- 3 - Low fat frosting - Cook up some diced apricots. Puree in the blender or Food Processor. Add a carton of vanilla yogurt, a little sugar, & cinnamon. Serve on carrot cake, reducing the cream cheese calories.
- 4 - Eat 1 - 2 tablespoons of FLAX SEED MEAL in something everyday. The health benefits are tremendous!!! Lowers cholesterol, improves heart health, digestion, elimination, & fights off cancer chances & tumors. For pennies a day, FLAX SEEDS are God's powerhouse of health.
- 5 - What is the price tag for a healthy body? Baking & eating homemade, whole grain foods is the most nutritious, cheapest, handiest way to heartily serve your family. God will bless you for training your children to eat healthy. It pays huge dividends in years to come.
- 6 - Need BOSCH parts? Just give me a call. We have most on hand or we can have them drop shipped. Whatever works to keep those Bosch & Mills up & running, that's our specialty!

Wholy Thoughts ~ Looking Back

While visiting my long time friend in Fairbanks, my eyes fell upon a plaque in her kitchen entitled *PRAY FOR YOUR CHILDREN*. As our children left home, I found myself more diligently praying for them and their children, than I ever did when they lived with us! With world events changing and developing at break neck speed, I think we and our children need prayer, like never before! One Scripture we all need more than ever is I Chronicles 7:14 ~ *If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.* Those of us who name THE NAME of CHRIST, do need to humble ourselves, pray, seek HIS face, and turn from our wicked ways. Those who don't know Christ, He is THE ONLY hope for you, your family and America. We Christians are told to shut up and give up. God being my strength, that will never happen! The God who made me and this world, deserves all my adoration, praise, honor, and glory! Amazing how folks can look at a building or a painting and understand, someone built this or painted that! Those same folks look at this incredible universe, breathe perfect air, walk, talk, see & hear, but yet refuse to believe Someone 'designed' it all. Someone designed their body. Someone allows them to live and breathe! No, we are not here by chance or because billions of years ago, a big bang created soup! Here's the plaque text....

PRAY FOR YOUR CHILDREN

....that they will know Christ at an early life. Psalm 63:1 *O God, thou art my god; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is.*

....that they will have a hatred for sin. Psalm 97:10 *Ye that love the LORD, hate evil: he preserveth the souls of his saints; he delivereth them out of the hand of the wicked.*

....that they be caught when guilty. Psalm 119:71 *It is good for me that I have been afflicted; that I might learn thy statutes.*

....that they be responsible. Daniel 6:3 *Then this Daniel was preferred above the presidents and princes, because an excellent spirit was in him; and the king thought to set him over the whole realm.*

....that they will respect their authorities. Romans 13:1 *Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God.*

....that they will desire Godly friends. Proverbs 1:10-11 *My son, if sinners entice thee, consent thou not. If they say, Come with us, let us lay wait for blood, let us lurk privily for the innocent without cause:*

....that they will be kept for the right mate. II Corinthians 6:14 *Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? And what communion hath light with darkness?*

....that they as well as those they marry, will be kept pure until marriage I Corinthians 6:18 - 20 *Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?*

....that they will be single hearted, willing to be sold out to Jesus Christ Romans 12:1,2 *I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.*

....that they will learn to totally submit to God and resist Satan. James 4:7 *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*

....that they will be protected from The Evil One ~ spiritually, emotionally, physically. John 17:15 *I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil.*

....that they will be hedged in so they cannot find their way to wrong people or places. Hosea 2:6 *Therefore, behold, I will hedge up thy way with thorns, and make a wall, that she shall not find*

Until next time, we will be...

Staying on our knees,

John, Margaret

& Gloria Loew

907-745-5639

