



Resurrection!

Hallelujah for the Cross! The Resurrection promises new life after the suffering of Jesus, taking the punishment for our sin, my sin, by His death on the Cross. What a Saviour! Are you one of His?

Spring, the resurrection of new life after winter's chilling snow and 'blow,' promises a fresh start. Anxious to get my garden rolling, see bushes and trees budding, & drink in all the delightful fragrances of greenery! All in all, every season blesses our souls. Great is God's faithfulness, season following season, day following night. We serve a Master Creator!

Announcements

1 ~ **CO-OP ORDERING INFORMATION** ~ Because of the urgency to maintain a well stocked pantry, we are advancing the spring order cycle. Our goal is to have our pallets here the first part of April instead of the usual mid-May timeframe. **So place your orders NOW! The cut-off is March 23rd!** 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, March 23rd**, for that early bird consumable savings. Go to www.wholyliving.com. Please note, our website does NOT accept any form of payment. At checkout, choose the drop point most convenient for you. The drop point list is at the beginning of this newsletter. You may mail a check or call w/ credit card info. Most everyone just pays at pick up. **Expect an email when products arrive, Lord willing, around the first of April.** 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. Marchell in Wasilla is also very well stocked, 715-8316. **Anchorage Families may order from me in Palmer. You may relax with a gorgeous drive up to Palmer or meet me in Anchorage at my church to pick up your order. Helen in Eagle River is also fairly close.**

2 - **ATTEND A BREAD CLASS or MAKE & TAKE OPEN HOUSE** ~ they are so much fun, with fabulous food & fellowship! A Bread Class is \$15/person bring your spouse or budding baker! (Delicious Date, Ladies!) Make & Take Open Houses are \$20/person, \$45/family. *The Pasta M & T was a tasty success, all hands participated! Bring your kiddos. They love getting their hands messy! You Make & You Take food home!* 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 March 6, PM CLASSIC BREAD CLASS & WHOLE GRAINS 101** Join us for a fun Class including pizza & cinnamon rolls.
- **Saturday, March 20, 10 to 4 PM CRACKERS AND FLATBREADS Make & Take Open House** Cheese, Soup, Seed, Graham Crackers, pita bread, some spreads & of course soup! Come, make some goodies & go as you need to, open house style.
- **Saturday, April 4, 10 AM GRAMMY'S KILLER BREAD** If you like Dave's Killer Bread, come & try mine! With sprouted grains, I think it is pretty close to heavenly bread, with explosive nutrients! Take cinnamon rolls home for the family!
- **Saturday, May 2 10 to 4 PM FAST & FABULOUSLY DELICIOUS on the GO FOODS Make & Take Open House** Granola Bars, Haystacks, Seed & Fruit Muffins, Grab & Go Omelets, Energy Bites, Covered Dried Fruit, Trail Mix All so delicious, nutritious & economical when you MAKE IT YOURSELF!
- **Tuesday, May 19, 6 PM POCKET BREAD MEALS on the GO** Fill your freezer with simple meals ready for the road.
- **Saturday, June 6, 10 to 4 PM AMAZING GRAINS - SALADS & MAINS Make & Take Open House** More info coming. You can count on Debbie's recipes, always fabulous!



- **Tuesday, July 21 5 to 8 PM SALADS GALORE Make & Take Open House** Bring your own jars or use ours, make ahead salads to enjoy as the main course or a side dish. All produce cleaned in our Kangen water tastes delicious, retains freshness days longer, and removes pesticides. Yum, Yum!

Enjoy bread with sprouted grains with your salad, of course!

Due to many circumstances beyond our control, the 'Spring Event' is tentatively rescheduled for October 23 & 24.

5 ~ **SPRING PRICING & SHORTAGES:** Prices held pretty steady. Cranberries, Olive Oil, Sunflower Oil, & Extra Virgin Coconut Oil all dropped in price! Thanks to our wonderful suppliers! The *** by an item on the price list denotes a probable out of stock. Lord helping we can have them back for the fall order or before. Go ahead & order them, if you want it, I'll let you know when they are available. **Our #10 cans will be here in a month or two, also.**

- Margaret Loew, 15091 Lazy Lady Lane, Palmer (99645) 745-5639
- Crystal Burnside, 463 Curlew Way, Kodiak (99615) 942-8055
- Cyndi Hayden, Box 1107, Delta Junction (99737) 616-1026
- Fawn Dixon, 662 Moran Drive, Fairbanks (99712) 378-0751
- 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 Lilland, 35131 W Lupine Lane, Wasilla (99654) 715-8316
- Meagan Funk, Box 346, McGrath (99627) 758-2890
- Sarah Oyoumick, 47225 Denali Street, Soldotna (99669) 625-1154

What's New at W. L.?

Wheat Montana Farms sold their fields recently to like-minded farmers. The quality of Prairie Gold, Bronze Chief & Spelt remains the same, essentially chemical free, but the farmers don't want to spend the extra money for the 'certified' label. My representative explained the situation. I am confident our grains are the same quality or I wouldn't sell them. If you prefer organic, we now offer....

- ◆ **ORGANIC HARD RED WHEAT 50#** for \$10 more/bag than P Gold.
- ◆ **ORGANIC SPELT 25#**

TWO ADDITIONAL ANCIENT GRAINS ~ TEFF & EMMER

- ◆ **TEFF** from Ethiopia is high in fiber, protein & iron. A small, golden grain, cook it up for hot cereal & feel the energy from its nutty flavor.
- ◆ **EMMER**, about the size of Prairie Gold, consider it a combination of Spelt and Einkorn. Make bread with it. Early rabbis included it as a grain to make Passover Matzah.



- ◆ **SUNFLOWER LECITHIN ORGANIC**, takes the place of dough enhancer, a soy based product. I've used it for a couple of years now.
- ◆ **DANDY BLEND HERBAL INSTANT COFFEE**, yes, Margaret, drinking 'coffee.' Dandy Blend, a combination of extracts from dandelion root, chicory root, barley root & rye root, is rich in vitamins A & C, iron, calcium & detoxifies. Non-acidic, it is actually good for you! How about that! Something warm in the morning, just soothes the soul. One 3.5 oz package makes 50 cups for just \$10. I created my own 'brew' with cocoa powder, milk powder, sugar, cinnamon & vanilla powder. OK, I'm hooked!
- ◆ **RED LENTILS** seem to be more accessible than green & look amazing. Take you pick or mix them, 5# and 25#, organic of course,
- ◆ **APPLE RINGS 8 OZ**, snack size \$5



Wholy Hints

1 - **HARVEST MILL** - Create your own steel cut oats, barley, spelt... cereal. Turn the knob counter clock wise for larger texture. These grains thicken soup, too. Be sure to soak & dehydrate them first for exploded nutrients! Mill corn makes fabulous cornbread, polenta, cornmeal mush. Again S & D it for best results. Mill extra corn flour, add dry ingredients, & store it, ready for another batch of cornbread.

2 - **BOSCH WIRE WHIPS & DOUGH HOOK** Whipping up cookies? Cream your butter & sugar with the wire whips (room temperature butter, not frozen), add eggs. Change to the dough hook for the dry ingredients. Works great!

3 - **BOSCH FOOD PROCESSOR** makes bread crumbs from stale bread. Try lining the bottom of your man size muffin pan with these crumbs as a base of quiche. I am too lazy to make pie dough, but bread crumbs is quick & easy! When making Killer Bread, chop seeds & nuts in the processor, too.

4 - **BOSCH BLENDER** I made a dozen spinach/onion quiche in minutes. Throw 1/2 onion & 2 handfuls of spinach into the blender with the milk & eggs. Saves much time & effort chopping the veggies.

4 - **FILTER PRO DEHYDRATOR** My Pro runs almost daily with beans, nuts, seeds, lots of grain drying effortlessly. Fruits or veggies spoiling in the frig? Throw them in the dehydrator. A whole package of spinach becomes 2 cups of spinach powder for smoothies, soups etc. I love the fragrance of dried peppers, onions, & pineapple. Onions spoil quickly. Use your Big Mouth Chopper to cut them up & layer them onto the trays. Crispy in no time!

5 - **SIZZLE POTS** If you are like me, I over fill my pots & liquids What a mess! To clean, unscrew the knobs on the underside and wash in warm soapy water. Be sure to reassemble properly. The steel ball resides under the solid black circle. When you turn your lid upside down, the little cylinder should naturally fall with gravity. Then your Sizzle will sizzle properly.



Wholy Recipes

My goal is develop a MEALS in MINUTES COOKBOOK. I like to prepare our meals quickly with basic ingredients from my pantry. Here are a couple of those meals. Hope you enjoy them as much as we did!

GRAB & GO QUICHE

Quiche is one of my favorite freezer meals. Using 2 Man Size Pans, I have plenty for the freezer after a tasty quiche meal. Since we travel into Anchorage every Wednesday, these portion size quiche are perfect

1. Spray man-size muffin pans with Vegalene . Preheat oven to 350.
2. Use Food Processor to make 2 Cups of bread crumbs, about 3 slices. Spread evenly around muffin pans.
3. Chop veggies of choice & meat of choice. I like mushrooms, celery, onion, peppers. OR place them in your blender to puree with the milk & eggs.
4. Add seasonings - Italian, Pizza, Taco, Montreal Steak, salt & pepper.
5. Grate up cheese of choice & layer over meat,veggie layer.
6. Blend 6 eggs, 1 1/2 C milk or cream in blender.. Pour over filling.
7. Bake at 350 until set, about 30 minutes.



QUICHE VARIATIONS

1. Taco flavored burger with onion, cheese, olives. Serve with a sour cream mixed with salsa. Here are 10 of them baked & ready for the freezer.
2. Flaked Salmon with crunchy celery, peppers, & onion. Top with cheese.

SPINACH SALAD with CRISPY CHICKEN STRIPS

An **Ulu** can be a handy tool. While the spinach is still in the 'box,' chop it with an **Ulu** for a more pleasing portion. The Ulu also did a great job slicing the chicken breasts!



1. Coat chicken slices with...
1/2 C freshly milled flour 1 t sesame seeds
1 t Montreal Steak Seasoning
2. Cook chicken strips in a bit of oil in Sizzle pot or fry pan, until pink is gone, turning frequently.
3. While chicken cooks, prepare individual salads.
Chopped spinach Siced celery
Chopped cabbage Grated carrots
Cherry tomato halves Chopped cauliflower
Cheese logs Diced roasted almonds
4. Top with chicken strips & homemade Ranch. Add a homemade roll on the side Dinner for a King & Queen!

Real Food Thoughts from Debbie

Why Do We Continue to Enrich White Flour?

The commercial milling process involves removing the essential sources of nutrient from flour, the bran and the germ from the endosperm. When this is done, vitamins, minerals, dietary fiber, protein and fat from the bran and germ are removed. Flour enrichment replaces certain vitamins and minerals, deemed important by the U.S. and Canadian governments as needed nutritionally, that are lost from the simple process of milling. This vitamin and mineral replacement process does not, however, replace dietary fiber found in the bran, the high-quality protein found in the germ, or many of the other important nutrients in the bran and germ.

Flour enrichment began in the United States in the early 1940's after government surveys found that a high incidence of disease was caused by certain vitamin and mineral deficiencies. The enforced enrichment of white flour virtually eliminated two of these diseases, beriberi and pellagra. The question begs though, with a Real Food diet, would these enrichments be needed?

Beriberi is defined as a nutritional deficit in Vitamin B1 and Pellagra is defined as a nutritional deficit in the B complex vitamins specifically Niacin and Tryptophan. Vitamin B1 can be found in legumes, nuts and seeds, eggs, milk, fish, pork, whole grain rice and brewers yeast. Niacin can be easily found in tuna, mushrooms, turkey, salmon, pork, ground beef, peanuts, avocado, whole wheat, whole grain rice, green peas and potatoes...all foods easily and often obtained in the traditional American diet.

Continued next column....

Visit the Palmer Granary
Tuesday 3 to 7
Saturday 10 to noon
Or by Appointment. Call 745-5639
15091 Lazy Lady Lane

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

Potassium Bromate is another ingredient often found in our Enriched White Flour as it is often used in the U.S. as a bleaching and strengthening agent. It is used commercially to "bleach" flour into the marketable white flour we buy but has also been used to create a "stronger" flour that produces a "springy" sponge texture in commercially available "squared" bread. What is interesting though, is that Potassium Bromate has been banned in most every other country around the world (even in China) due to its known kidney damaging potential. Sadly, the reason behind its continued use in the U.S. is money. The industry loses money when using alternative methods to create a "white flour" that is naturally bleached through the process of time. And, it further loses money by taking the time to use an alternative method/recipe with a longer kneading and rising process to form the perceived sought after small springy textured bread.

In conclusion, many households find themselves not able to mill their own flour from whole grains, but they do take the step to make their own breads and baked goods. If choosing to use a commercial processed flour, use an unbleached non-enriched flour if at all possible. Or, if you're a household that enjoys the ability to mill your own flour but you've got picky eaters or want "white flour", sifting the whole grain flour is a viable option (I save the removed bran and germ for use in other recipes such as meatloaf or meatballs, muffins, hot cereal, or even feed it to the chickens). Making the choice to control more fully your diet isn't always an easy one, but as you can see, it is a wise one well worth the effort.

Please stay tuned as we explore other topics and delve deeper into the world of Real Food in future newsletters. If there is a topic you would like to see more on, please feel free to let me know.

Wholy Thoughts

Nothing satisfies the body like a warm slice of freshly baked homemade bread. Nothing satisfies the soul like Jesus. In the gospel of John 6:32 b-35; 47-51 Jesus says...*'my Father giveth you the true bread from heaven. For the bread of God is He which cometh down from heaven, and giveth life unto the world.'* Then said they unto Him, *'Lord, evermore give us this bread.'* And Jesus said unto them, *'I am the bread of life: he that cometh to Me shall never hunger; and he that believeth on Me shall never thirst...Verily, verily, I say unto you, He that believeth on Me hath everlasting life. I am that bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread, which came down from heaven: if any man eat of this bread, He shall live forever: and the bread that I will give is my flesh, which I will give for the life of the world.'* Jesus willingly gave His flesh on the cross of Calvary, shedding His precious blood to pay our sin debt.

Note that Jesus said, *'I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever.'* These powerful words came from Jesus' own mouth, revealing His purpose for coming to this sin cursed earth, to be the Savior for all who come to Him. We have all heard the most famous verse in John...*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.* John 3.16 Won't you trust Christ to give you this eternal life?

Nothing else in this world satisfies. Nothing else in this world will give everlasting life. Many in this world think everlasting life comes from good works, good deeds, faithful service, church membership, or baptism. Romans 10:9 states *That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.* That is it!! Believe in the death, burial, and resurrection of God's precious Son. Jesus is all we need. Jesus alone is the door to Heaven.

The devil hates you and wants you in Hell with him. He always tries to confuse, destroy, and offer an empty substitute for salvation. Even our grocery store bread, for example, is a perfect illustration of what man has done to God's wonderful provision for our bodies. Stripping the wheat of its power to strengthen & nourish our bodies, all the bran, germ, and nutrients are extracted, leaving the consumer with dead, bleached white powder with a few fake, chemical vitamins added for 'enrichment.' Don't be duped by the devil & his tricks. Anything he offers is lifeless, leading to a crash course ending in eternal destruction. Jesus said in John 14:6, *I am the way, the truth and the life. No man cometh unto the Father but by Me.* That is the plain and simple truth. Pray asking Jesus to forgive you of your sin, trusting Him & Him alone to give you eternal life. Now that you are saved, walk in truth.

John wrote in III John 4, *I have no greater joy than to hear that my children walk in truth.* We would have no greater joy than to assist you in a new walk with Jesus.

You seek
Jesus of Nazareth,
who was crucified.
He has risen;
he is not here.

Mark 16:6

