

Spring Greetings! Glorious sunshine, snow melting off the roofs, feathered friends returning, all announce new life on the horizon!

We've experienced some major technical challenges since our last mail. Hoping I can navigate an updated version of Outlook to stay in touch with all our wonderful customers! Let's take the leap!

Because many folks feel the urgency to restock their pantries sooner than later, we are advancing the spring order by a month. Instead of our normal May pick up, we are doing our best to bring up the pallets next month. **Please place your Spring Co-Op Order ASAP, by midnight on Monday, March 23rd! By placing a Co-Op order, you will save 10% on consumables when paying with check or cash. Save 7% when using your credit card. I plan to stock plenty of inventory if you prefer to just come & purchase off the shelves, but the discount applies to the Co-Op orders, only.** Prices held very steady, with our great suppliers offering good deals on Olive Oil, EV Coconut Oil, Cranberries, & Wildflower Honey. Stock up now! The #10 cans for long term storage will arrive in a couple of months. You can image the demand right now. Go ahead & order what you want & I'll notify you when it is available. Pay at pick up... Please note, I don't stock these cans, but just make available what you all order. This company also supplies our milk powder & potato shreds.

- ◆ You may place an order online at <http://shopping.whollyliving.com/>. You will find the website much easier to navigate with all products coming up in the search bar. (Grateful for some technical help with that issue!) However, no money is exchanged on the website, pay me at pick up. Choose the pick up point & proceed with your order. The consumable savings will be figured at pick up.
- ◆ Email me a list if that is easiest.
- ◆ Call me with a list - 745-5639
- ◆ Text a list - 354-4115
- ◆ Place an order with the drop point coordinator in your area - find them all on the top right corner of the newsletter or at this link... http://whollyliving.com/co_op_info.html
- ◆ Print the order form on the website or from this email & mail or scan it to me

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Quite often I extend the order date for late submissions. Not this time.
We will be really pushing to get the pallets here in April.

Please read the attached SPRING NEWSLETTER. Lots of information...

⇒ **New Products:** Red Lentils, Brown Teff & Emmer - both Ancient Iron-rich Powerhouse Grains, Dried Appl Rings in convenient 8 oz snack pack, Hard Red Wheat - Organic, Sunflower Lecithin Organic, & Dandy Blend Instant Herbal Coffee. Never thought I'd say I'm a coffee drinker, but I like Dandy, a non acidic 'coffee.'

⇒ ***MAKE & TAKES, an Open House for busy folks with Debbie & Margaret***

- * Come when you can between 10 & 4 pm. See what's cooking.
- * Bring your apron, plan to get your hands dirty!
- * Instructions, recipes & ingredients will be ready for you to assemble. ***Our Pasta M & T was a smashing success, with everyone joining in on the fun!***
- * Our goal is to keep it simple, healthy & fun. All are welcome, all ages that want some fun time in the kitchen or help with ideas & recipes for their families. We want you to be comfortable dropping into our kitchen to get help in yours.
- * Saturdays from 10 to 4. Note, we will want to stop cooking by 4 (in other words, please don't come at 4 and expect a full blown 'class.')
- * \$20 per person. Take home what you make! Here's the schedule for the through July for M & Ts and a couple of bread classes.
- **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 computer issues, time constraints & the virus, **our March 20 & 21, Ancient Grains Event, is rescheduled for October 23 & 24.** Mark your calendars. Debbie 'unearthed some great information, you won't want to miss. These events have taught me so much! I love learning just as much as you do! Expect nutritional workshops, cooking & baking demos with the new grains using the Bosch, Harvest Mill & Sizzle Pots Breakfast, Lunch, complete notebook, & door prizes included for about \$45 each day, discount for spouses, too.
- **2020 APHEA CONVENTION March 27 & 28 is cancelled. Sorry to say. We will miss it this year, but Lord willing, resume as usual in 2021.**

Were you inspired by our President's STATE OF THE UNION Address?

Someone illustrated the last few minutes. It is well worth your time.

Will you share with your friends, like I am with you?

The Best is Yet to Come

The video pictures set to the final statement that Trump made during the State of the Union Address.
Powerful.

<https://www.youtube.com/embed/aDrtQIN6CkY>