

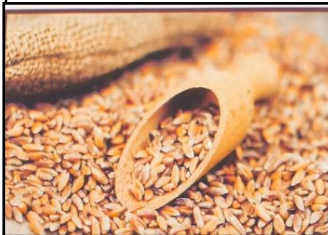
What's New at W. L.?

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 IN-**

STANT 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 your pick or mix them, 5# and 25#, organic of course,
- ◆ **APPLE RINGS 8 OZ**, snack size \$5