

## Grateful

Autumn is upon us! God's glorious landscape shouts His Praise everywhere! But what an amazing summer! After living 'virtually' from March to May, we packed 6 months of activity into 3 months. It was a 'flurry' of overnight guests, church camp, major family events ~ Greg & Ruth's 25th anniversary surprise, their daughter Pam's, wedding, Jon & Sarah family visit, and our 45th anniversary! Of course, greeting Wholy Living customers, ordering & reordering, stocking & sorting, our non-stop Spring 2020 Co-Op season filled many days.

## Announcements

1 - **CO-OP ORDERING INFORMATION** ~ Yes, it is time to kick off the Fall Co-Op Cycle. No worries, our suppliers have recovered from their spring tidal wave of orders! This should be a seamless season, Lord helping! We have great pricing, no major jumps & many prices fell! When you place your order by **Friday, October 2nd**, 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, for that early bird consumable savings. Go to [www.wholyliving.com](http://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 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. Marchell in Wasilla is also very well stocked, 715-8316. **\*\*The 10% savings may not be applied to orders in outlying areas. It helps to defray at least part of the additional transportation costs. The rep in each area applies the savings or not.**

2 - Welcome aboard two new reps! Deb Sudz in Anchorage enthusiastically services anyone who would rather forgo the drive to Palmer. Deb & Brad live near Dimond High. Kanji Christian did a great job coordinating the initial Cordova order this summer. He's ready for round 2.

3 - **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 \$25/family with Debbie Deitz teaching. *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!** Here is the Palmer schedule up at our home...



- **Saturday, Sept 19 from 10 to 2, GOOD GRAINS – SALADS & MAINS MAKE & TAKE** ~ Do more than just bake with whole grains, experiment with delicious salads & main courses. Economical & nutritious, this is a win/win opportunity.
- **Tuesday, Sept 22 from 6 to 8, THE POWERHOUSE PANTRY** ~ How, What, Why - All the basics to prepare nutritious food for the family for 6 months! **A NEW CLASS** ~ Here's Debbie's Pantry!
- **Tuesday, Sept 29 from 6 to 9, GRAMMY'S KILLER BREAD** – If you like Dave's Killer Bread, come & try Grammy's, full of nuts & seeds. It is so hearty, it seems like a complete meal. Enjoy a pot of our Sizzle Bean Soup with Killer Bread!
- **Saturday, October 17th from 10 to 2, LET'S DO PUMPKIN MAKE & TAKE** – One of our more versatile veggies, October should be deemed Pumpkin month!
- **Tuesday, October 27th from 6 to 9, RYE BREAD** – Fall is another time for hearty Rye Bread. Our recipe includes onions & coffee, a nice variation on traditional Rye, thanks to John LaVarnway! Expect another hearty soup or stew to accompany Rye!
- **Saturday, November 7th from 10 to 2, WINTER COMFORT FOOD MAKE & TAKE** – more details to come
- **Saturday, December 5th from 10 to 2, CHRISTMAS COOKIE MAKE & TAKE** – Early enough in the season, adapt our recipes & make your own batches for those special loved ones in your life.
- **Tuesday, December 8th from 6 to 9, CHRISTMAS BREAD CLASS** – Adapted from my mother's sweet bread with an orange base, this might become a favorite all year long
- **Saturday, December 12th from 10 to 2, GIFTS in a JAR MAKE & TAKE** – One of our favorite Christmas classes, make your own mixes - soups, cookies, breads, muffins, trail mix, pancake mix, all delicious & 'comfort food' gifts in a jar that says 'I LOVE YOU!'



## Grain Depots

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  
 Deb Sudz, 8120 Kronos Dr Unit 1, Anchorage (99502) 231-3913  
 Fawn Dixon, 662 Moran Drive, Fairbanks (99712) 378-0751  
 Helen Paajanen, Box 771236, Eagle River (99577) 748-0846  
 Kanji Christian, Box 1386, Cordova (99574) 429-5355  
 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, 5131 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.?

**Crystal deodorant** ~ Pure & Natural Crystal Deodorant Stone. Hypoallergenic. Eliminates odor. Unscented. Non-staining. 24 hr. protection. Pure & Natural Crystal Deodorant Stone is made from crystallized natural mineral salts which kill odor causing bacteria. Pure & Natural Crystal Deodorant Stone contains no harmful chemicals, oils, perfumes or emulsifiers. It's just pure and natural! Also works great for foot odor. Contains no Aluminum Chlorhydrate. \$7 I used it all summer with perfect results.



**Wild Rice** ~ 5# for \$37 Not only is it delicious, wild rice boasts 12% protein and stores very well long term, unlike typical rice. Cook 1 to 4 with water for 55 to 65 minutes.



**Basmati Brown Eco Farmed Rice** - We enjoyed this basmati rice this spring. Offering it as the Eco Farmed Rice, shorter grain, really delicious! \$13 for 5# & \$53 for 25#s.

**Potato Cans for long term storage find them on pg 2 of the order form:**

- ♦ **SLICES ~ 14 OZ \$14** 28 servings/can
- ♦ **SHREDS ~ 23 OZ \$14** hash browns 21 servings
- ♦ **GEMS ~ 48 OZ \$21** 45 servings of mashed potatoes, just add water

**Taco Seasoning** ~ if you love our Montreal Steak, pizza, & Italian seasonings, you'll love the taco seasoning, too.

**White Chocolate Chips ORGANIC** ~ Made by Artisan Kettle, clean ingredients, no waxy texture, Organic cane sugar, Organic cocoa butter, Organic whole milk powder, Organic nonfat dry milk, Sunflower lecithin (an emulsifier) and Organic vanilla 5# for \$42, 2.5# for \$22



## Wholy Hints

1 - Next visit to the Palmer Granary, check out our Powerhouse Pantry. It is simple to prepare, just takes some time & effort! To make space for it, I'm offering **CLEARANCE** pricing on most of our books.

**5 books for \$5, because you have to take 5!**

2 - 'Tis the season to fill your **Filter Pro Dehydrator** with your garden bounty! Create your own vegetable powder with your own vegetables. Dehydrate, then 'powder' them in the **Food Processor** using the S blade. Store in a jar. Add to sauces, soups, smoothies, muffins etc. Or dry vegetable slices or cubes to add to soups or rice dishes, etc. Extra herbs? Dry them to make your own seasoning mix. Use as a salmon rub or herb butter.

3 - Extra apples? Cook them down & process through the **Berry Press** attachment for the **Meat Grinder!** It is so efficient, a big bucket of apples creates a small pail of scraps. It works well for tomatoes, too!

4 - Here's a Pinterest solution to an aggravating problem: combine equal parts of coconut oil & baking soda. Use as a 'rub' to remove sticky residue. Label your jar, **Gunk Remover!** How simple is that?



**Call 745-5639, text 907-354-4115 or email [Margaret@wholyliving.com](mailto:Margaret@wholyliving.com) to reserve your spot for one of our informative events!**

## Real Food Thoughts from Debbie

Taking a sunny stroll...  
Reading a book out in the sunshine, going for a jog or exercising out in your yard, laying upon a blanket looking up into the sky...  
Sitting in front of or using blue light emitting lights (light therapy)...  
Pumping up our plates with fruits and veggies in all kinds of dishes, bringing a plant (or four or five) into the home, painting the room a brighter color...  
Volunteering...  
Trying a new sport or craft or hobby, challenging yourself to study a new subject, using aromatherapy...  
Lifting our voice in song...  
Airing out our homes once every two weeks, taking care of our skin, getting a massage...  
Spending time with others via letters or calls or video chats, eating a little dark chocolate, having a regular sleep schedule be a priority...  
Eating "smarter"...

- By adding more Omega 3 Fatty Acids...
- By eating foods rich in Vitamin D...
- By eating foods rich in Fiber...

*These are all mood boosters or SAD prevention ideas.*

2020 has been an odd year to say the least and many of us are facing the end of summer looking into the Fall and Winter months and wondering how we are going to get through them.

### Daniel 2:23

**To thee, O God of my fathers, I give thanks and praise,  
for thou hast given me wisdom and strength,  
and hast now made known to me what we asked of thee,  
for thou hast made known to us the king's matter."**

So, let's talk about "eating "smarter"" to boost our mood and health. We have available to us a pantry full of powerful and enriching foods that not only benefit us by aiding in weight management, boosting brain health, possibly preventing cancer formation, strengthening bones, improving overall body function, but also boosting immunity and overall gut health. **Our Power House Pantry** is rich in seeds, nuts, legumes, grains and more, that have an extremely well-rounded nutritional panel.

**Our Power House Pantry**, no matter how big or small, are full of Vitamin D, Vitamin Bs, Omega fatty Acids, and healthy Fats all of which are listed as SAD prevention aids.

### Vitamin D Boosts Brain Health

Many studies have also found that Vitamin D may be equally important when it comes to brain health as well as being an influence on depression, anxiety, seasonal affective disorder and insomnia. In our lower light months Vitamin D is also being looked at as being helpful in keeping our brain active and engaged, our attention spans more focused and our brain function more fluid, all of which have a direct relation to our moods.

**Our Pantry** Vitamin D resource ~ oats, some grains, milk (powdered)

### Vitamin B

**B1 (Thiamin):** Thiamin helps the body's cells grow, function, and turn carbohydrates into energy. It's also important for nerve, heart, & muscle function.

**B2 (Riboflavin):** Riboflavin helps the body metabolize other B vitamins, convert food into energy, and produce red blood cells.

**B3 (Niacin):** Niacin helps the body digest food, convert food to energy, and maintain a properly functioning nervous system.

**B5 (Pantothenic acid):** Like many other B vitamins, pantothenic acid is important for converting food (particularly fats) into energy.

**B6 (Pyridoxine):** Pyridoxine, commonly known as B6, helps the body with various aspects of metabolism, supports immune and nervous system function, helps the body fight infection.

**B7 (Biotin):** Biotin helps the body metabolize food and is also important in maintaining healthy nails, hair, and skin.

**B9 (folate):** Folate plays an important role in cell growth and metabolism.

**B12 (cobalamin):** Cobalamin, which you've likely heard referred to more simply as B12, is crucial to keeping your nervous system functioning properly and creating healthy red blood cells. It also helps the body create DNA and break down proteins.

*Foods rich in these Vitamins in **Our Power House Pantry** include chickpeas, black beans, brown rice, peanuts, whole grains, lentils, almonds, avocado oil.*

**Omega Fatty Acids** bring a boost to your mood and overall brain health! Study after study shows that increasing omega 3 fatty acids reduce anxiety, reduce stress, and lower depression.

Foods rich in these acids would include fish (halibut, trout, salmon, tuna, sardines, and more), eggs, and then from **Our Power House Pantry** almonds, flax seeds, walnuts, chia seeds and other nuts.

**So, I challenge you...**

**Find a way to make this Fall/Winter yours.**

### Psalm 5:8

**Lead me, O LORD, in thy righteousness because of my enemies;  
make thy way straight before me.**

Continues next column...

Don't allow what's going on in our current society bring you down. Use these helpful reminders to get out, eat healthy to increase your chances in being the best version of you and have an amazing rest of 2020!

**MARGARET'S REMINDER...**

For the ultimate **POWERHOUSE PANTRY**, soak & dehydrate your nuts, seeds & grains for **EXPLOSIVE** nutrition, incredible flavor & digestibility!

## Wholy Recipes

We Valley folks generally enjoy an abundance of zucchini right now!

### CHOCOLATE ZUCCHINI CAKE

**Mix thoroughly in your Bosch bowl:**

1/2 C each oil & butter 2 t vanilla powder or extract

1 1/4 C our evaporated cane sugar 1/2 C buttermilk

2 eggs 1/4 C cocoa powder

**Add and mix gently:**

2 1/2 C freshly milled flour 1/2 t cloves

2 t baking soda

**Add:**

2 C shredded zucchini 1/4 c chocolate chips

Pour into a sprayed 9 x 13 pan. Bake until done, about 30 minutes. It is so moist, no need for frosting!

### ROASTED ITALIAN - RANCH ALMONDS

Mix together well: 1/4 C sunflower oil

5 C whole almonds (S & D) 1 1/2 t each Italian Season & Ranch Mix

Place on lined baking sheet. Bake 20 minutes at 350. Stir several times.

## Wholy Thoughts

As this is one of the most critical times in our American History, our very existence as a nation hangs in the balance come November 3. The Lord brought to mind, **America's God and Country Encyclopedia of Quotations**, a 700+ page volume which quotes historical figures and their convictions about God and our Country. Let's start with the 'A's ~ John & Abigail Adams, married 54 years, signer of the Declaration of Independence, first Vice President, our Second President, and the first President to live in the White House. Let's learn from history! First a quote from Abigail Adams written in 1775:

*A patriot without religion in my estimation is as great a paradox as an honest Man without the fear of God. Is it possible that he whom no moral obligations bind, can have any real Good Will towards Men? Can he be a patriot who, by an openly vicious conduct, is undermining the very bonds of Society?...The Scriptures tell us "righteousness exalteth a Nation."*



On June 20, 1776, she wrote to reassure her husband:

*I feel no anxiety at the large armament designed against us. The remarkable interpositions of heaven in our favor cannot be too gratefully acknowledged. He who fed the Israelites in the wilderness, who clothes the lilies of the field and who feeds the young ravens when they cry, will not forsake a people engaged in so right a cause, if we remember His loving kindness.*

What courage she gave her husband in those weeks prior to July 4, 1776! In these final days of 2020, we might experience a large armament designed against us. Never fear! Our Sovereign stands, *the battle is the Lord's*. Our job is to remember His loving kindness.



In 1799, John Adams as President called for a National Fast Day: *that the citizens... call to mind our numerous offenses against the most high God, confess them before Him with the sincerest penitence, implore his pardoning mercy, through the Great Mediator and Redeemer, ... that He would interpose to arrest the progress of that impiety and licentiousness*

*in principle and practice so offensive to Himself and so ruinous to mankind: ...*

**A day of fasting now, might be in order!**

On November 2, 1800, John Adams became the first president to move into the White House. His prayer is engraved upon the mantel in the state dining room: **I pray Heaven to bestow THE BEST OF BLESSINGS ON THIS HOUSE and All that shall hereafter Inhabit it, May none but Honest and Wise Men ever rule under This Roof.**

On March 20, 1780, Abigail wrote her son, John Quincy Adams, our 6th President, *The only sure and permanent foundation of virtue is religion. Let this important truth be engraven upon your heart...*

*Justice, humanity and benevolence are the duties you owe to society in general. To your country the same duties are incumbent upon you with the additional obligation of sacrificing ease, pleasure, wealth and life itself for its defense and security.* J. Q Adams took his mother's advice. At age 14, Congress appointed him to the Court of Catherine the Great in Russia! Later in life, he adamantly opposed slavery when it was not at all popular. He believed **Duty is ours; results are God's!**



**What a mind set! Service, not ease, wealth & pleasure!**

Visit the Palmer Granary  
Tuesday 3 to 7  
Saturday 10 to noon

**Lord,  
give us**

**Until next time, we will be...  
Staying on our knees,  
John, Margaret  
& Gloria Loew**