



Grateful

Thank You, Lord! Harvest time is here! Salmon in the freezer, potatoes need digging. Grandson, Jachin, & Megan wedding on the November horizon! Feeling very blessed! Bumping up the normal schedule to accommodate wedding plans! So let's turn our attention to dry storage items. Check your pantry and fill out your order form. Grains, beans, sweeteners, oils, baking supplies ~ time to restock for the winter. Thank you to all our friends! We love greeting everyone in the Granary.

Announcements

1 ~ **CO-OP ORDERING INFORMATION** ~ It is time to kick off the Fall Co-Op Cycle. Yes, it is a bit early. We want to be freer in November to enjoy the wedding festivities! Our suppliers are ready to fill our orders. When you place your order by **Monday, September 18th** we offer a savings of 10%, for cash or check sales **on consumables** or Palmer customers can pay with a credit card for 7% off. We calculate saving at pick up time. **** Last Spring we kicked off the Excel forms on the website, too. That method is the easiest for both you & me, actually. Give it a try!** Or 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. Please note, our website does NOT accept any form of payment. At checkout, choose the drop point most convenient for you. The drop points are also listed at the beginning of this newsletter. Most all my Palmer customers just pay at pick up. **Expect an email when products arrive, Lord willing, around the middle of October.** 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. ****The 10% savings will not be applied to orders in outlying areas. It helps to defray at least part of the additional transportation costs incurred.**

2 - WELCOME ABOARD NEW REPS!

CORDOVA ~ The Helms family, Natalie & Elijah
ANCHORAGE ~ The Holta family, Melissa & Ryan
FAIRBANKS ~ Becca Olson



◆ **LAZY MOUNTAIN GOODS! ... SPUDS, CARROTS & EGGS ...** Many of our customers love the DeVilbiss family's potatoes. Hallelujah, this year's crop arrived this week. Look for the 25# bags for \$30. They definitely practice organic farm methods. Yukon Golds are available now. Several more varieties coming soon. Alex Davis is just up the road. We hope to have his carrots here as well at pick up in October. We won't stock them weekly like we

do potatoes. Our neighbor also offers her fresh eggs \$5/ dozen.

Lazy Mountain Life is wonderful! The Alex Davis family bucked a field of bales, filling the wagon. Harvest on Lazy Mtn at it finest



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
- Elsie Loewen, 6719 Bogle Bluff Dr, Wasilla (99654) 671-1785
- 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
- Natalie Helm, Box 891, Cordova (99574) 704-681-1413
- Melissa Holta, 9550 Brien, Anchorage (99507) 301-3818
- Becca Olson 378-4340
- Kristy Taylor, Box 1976, Seward (99664) 422-0681
- Marchell Lilland, Box 13373 Trapper Creek (99683) 715-8316
- Meagan Funk, Box 346, McGrath (99627) 758-2890

Granary Updates & What's New!

- Prices held very steady this time around, not much change at all! A few items significantly decrease! Soft White & Coconut Oil.
- **NEW ITEMS:** Azure half gallon canning jars ~ set of 6 with lids & rings! Just \$22.50
- Everyone's favorite, organic 12 - 15% Dutch Cocoa powder, now in 2.5# size. \$17
- Organic Greek-Yogurt covered Raisins will be back again for fall pick up!



• Not your 'run of the mill' non-electric mill, the **WONDER JUNIOR** creates a wide range of textures like the Harvest using either stone or steel burrs. Grind coffee, oily seeds like flax, corn, or beans ... even make your own nut butters. Here's lots more info... [Wonder Junior Deluxe PLUS red hand grain mill- the best hand mill just got better \[WonderMill Company\] \(thewondermill.com\)](http://www.thewondermill.com) \$350

- If you LOVE the apple dices, order some extra. They will be discontinued when our supplier's inventory is exhausted.
- **LAZY MOUNTAIN GOODS! ... SPUDS, CARROTS & EGGS ...** Many of our customers love the DeVilbiss family's potatoes. Hallelujah, this year's crop arrived this week. Look for the 25# bags for \$30. They definitely use organic farm methods. Yukon Golds are available now. Several more varieties coming soon. Alex Davis is just up the road. We hope to have his carrots

Classes in Palmer

- **ATTEND A CLASS** ~ \$20 adults & \$12.50 for a budding baker. Email me or reserve a spot on the class link of our website.

* **Friday, Sept 29, at 3 ~ Grammy's Killer Bread -**



Like Dave's Killer with seeds & nuts, Grammy's involves sprouted seeds, nuts, & grains, taking bread to a whole new level of delicious & nutritious! It might become your favorite bread, too! Expect soup, too.

* **Monday, Oct 9, at 4 ~**

Dinner with Donna - Her amazing recipes delight our taste buds! Dine on Salmon Croquettes with Cheese Sauce, Russian Black Bread, Salad & Coconut Cream Pie



* **Monday, Nov 13, at 3 ~**

Sourdough Bread with Donna. Donna loves making sourdough pancakes. Her bread promises to be a winner as well. So grateful for her expertise!

Simple Recipes using Real Food

PALEO ENERGY BALLS

by Marissa's Van Thiel our GF Baker & Chef

1. Toast 6 - 8 C unsweetened coconut chips, 300 degrees 12 + min until golden. Set aside
2. Using bread dough hook in Bosch, blend:
3 C Peanut butter 1 1/2 C Honey
1/4 C Maple or vanilla powdered or 2 T liquid
3. Then add 1/2 C Ground flax 1/2 C Chia seeds
3 C Sunflower seeds (soaked & dehydrated)
4. Then add the toasted coconut chips 1 - 2 C at a time and mix well, breaking up the big pieces. Marissa mixed the last by hand. Mixture is VERY stiff!
5. Add in 3 C our apple juice sweetened cranberries. Option, add MINI choc chips, not big ones for part of cranberries.
6. Form into firm balls with hands and keep in containers in fridge and/or freezer.



THESE BALLS WERE THE HIT OF THE CLASS! TRY THEM!

'SEEDIE' BREAD ~ one of my newer Bread Variations Soft & Delicious!

1. In Bosch bowl, mix:
2+ T SAF Yeast 2/3 C Agave Syrup or Honey
2/3 C Coconut or Olive Oil 2 Eggs, optional
1/2 C each Chia & Sesame 3/4 C Ground Flax & sunflower
1/2 - 1 C plain yogurt 2 C freshly Rolled Grains
6 C flour (Mixture of 6 C P Gold, 3 C each Spelt & Kamut)
2. Let rest 20 minutes, then add:
2 T Gluten flour & D Enh 1 1/2 T Pink Salt
Enough flour to make sticky dough. Mix in Bosch about 5 minutes to develop gluten.
3. Heat oven for 5 minutes then turn off.
4. Pour bread dough out onto work mat & divide into loaves, rolls or buns. Let rise in oven for 15 - 20 minutes. Bake at 350 for 28 or so minutes, until golden.



GREAT FLUFFY SANDWICH BREAD or ROLLS ~ TASTY!

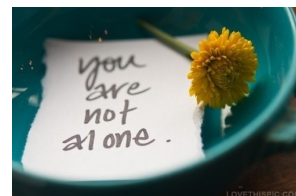
Drop the Dye Challenge

Hey everyone,

My name is Misti Musgrave and I am coming to you today as a mom of 2, wife, homesteader, and someone who has 15 years professionally in the world of mental health. Today I wanted to share with you some connections I have found on how the food we put in our bodies impacts more than just our stomachs.

There is much I can say but I need to provide some foundation first. Food is fuel for the body ... and also the mind. The body was created to work as a whole unit. The connection between the stomach and the mind is called the gut-brain connection. In short, what we put in our stomachs has a direct correlation to our mental health. Many of us have our own journey of recognizing how foods have impacted us or our families. If you are just getting started, it's sometimes hard to think of one's own health. It can be easier to start thinking of our children or those whom we care about first. They may not be aware enough of their brain or body to tell you but often we can see some of the signs that may include difficulty focusing which can impact learning, having lots of anxiousness in thoughts or in behavior or even feeling down consistently. This is on the rise in adults and in children, and food just may be a factor.

Did you know certain food can increase anxiety? Artificial food dyes for instance. Dyes are used to make the food more "visually appealing." There is a correlation between consumption of food dyes and increased depressive symptoms, anxious thoughts and behaviors, hyperactivity, increased emotional irregularity and decreased attention spans. Of course we see the food dyes often in the candy, popcorn and chip aisles, but the dyes are ending up more and more in our everyday foods such as pickles, yogurt, granola/protein bars, peanut butter and even some store-bought bread! Take a look at the labels. If you are new to labels, it can be overwhelming with a lot of uncommon words in the ingredients list. When looking for artificial dyes, they will be listed with a color and a number, for example, BLUE 1, RED 40 or YELLOW 5. I encourage you to go two weeks dye-free to notice if any thoughts or behaviors are altered. It takes some time to check but it's completely doable as there is a lot of dye-free and delicious foods still out there. A part of our family's journey has incorporated this challenge and my little one for the first time wasn't crying with every intense emotion, which was huge for her, and I saw her joy increase in leaps and bounds.



You are already on the right path as a Wholy Living customer. Wholy Living provides a lot of dye-free foods as well as equipment to help make your own foods! Margaret has a granola bar recipe that is amazing, dye-free and she carries all the ingredients. There are trays available for making your own yogurt in a dehydrator (which she has one of these as well). Take a peak at her peanut butter, crunchy or creamy (I'm a creamy kind-of girl). Wholy Living provides all the ingredients and recipes to make delicious home-made bread that goes very quickly in my home, and that's just the start of what she has to offer. As your journey takes another turn and maybe a fall order is being placed, ensure that you are investing in your body and mind's health. It's worth it! (And just for a sweet treat for the ride home, grab some dye-free dark chocolate coconut chews - so good.)

From one on her journey,
Misti of Healing Acre Farm



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

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

Wholy Thoughts

In these days, When it seems like the world goes crazier by the moment, let's take a deep breath, step back and remember Who is in charge! God's Omnipotence, Omnipresence, Fore-knowledge, Wisdom, Love, Mercy, Kindness, & Justice still rule the Earth! He WILL carry us through!

We aren't the only civilization to experience persecution, hardship, political correctness, and total depravity. As we read through the Bible each morning, we also read **THIS DAY IN BAPTIST HISTORY**. It's easy to believe religion has ALWAYS been free & open in America. Not the case! Many a Christian man & woman were burned, drowned, imprisoned, or tortured for their beliefs, which challenged the 'State Church' of the region. Let's take heart in some verses from David's Psalm 139.

O LORD, thou hast searched me, and known me. Thou knowest my downsitting and mine uprising, thou understandest my thought afar off. Thou compassest my path and my lying down, and art acquainted with all my ways. For there is not a word in my tongue, but, lo, O LORD, thou knowest it altogether. Thou hast beset me behind and before, and laid thine hand upon me. Such knowledge is too wonderful for me; it is high I cannot attain unto it.... I am fearfully and wonderfully made; marvellous are thy works and that my soul knoweth right well.... How precious also are thy thoughts unto me, O God! How great is the sum of them! ... Surely thou wilt slay the wicked, O God: ...for they speak against thee wickedly,... Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.