

# Wholy Living Price List & Order Form ~ Spring 2022

<sup>1</sup> Organic <b>ALL GRAINS ARE NON-GMO</b> <sup>2</sup> Chemical Free <b>*store 6 to 18 months only</b>	Weight (lbs)	Price (\$)	Qty	Total Cost
Prairie Gold <sup>2</sup> — hard white spring wheat berries high protein, Excellent gluten content for fluffy bread	5 / 50	8 / 50		
Bronze Chief <sup>2</sup> — hard red spring wheat, robust flavor, sprouts well HARD RED WHEAT ORGANIC great nutty flavor	5 / 50 5 / 25 / 50	8 / 45 8 / 31 / 59		
Kamut <sup>1</sup> - Egyptian ancient grain, wheat substitute, soft bread	5 / 25 / 50	12 / 46 / 80		
Spelt — most easily digested, good bread, complete .protein,	5 <sup>1</sup> / 25	10 / 43		
Soft White Pastry Berries <sup>1</sup> — ORG perfect for pie crusts, cookies, muffins, angel food cakes	25 / 50	28 / 54		
7 Grain Mix — Wholy Living mix of Bronze Chief, Prairie Gold & Spelt These Organic Grains ~ Oat Groats, Soft White, Rye, Barley	35 PAIL	53		
9 Grain Mix Rolled w/ Flax Seed - great for granola & hot cereal	5 / 25	8 / 29		
Natural White Unbleached Flour <sup>2</sup> THE BEST!	25 / 50	30 / 55		
Regular Rolled Oats* OR Quick Rolled Oats* (circle preference)	25 / 50	30 / 58		
Certified Organic Rolled Oats <sup>1</sup> GLUTEN FREE Rolled Oats,*	25 / 50 25	41 / 78 41		
Corn - Whole for corn bread <sup>1</sup> — Organic - non GMO GF	5 / 25	8 / 28		
Oat Groats <sup>1</sup> — roll your own oats in the Roller Flaker	5 / 25 / 50	11 / 45 / 83		
Whole Rye <sup>1</sup>	5 / 25	9 / 31		
Hulled Barley from Delta Junction* — great milled or in soups Hulled Barley <sup>1</sup> — Oregon Grown, ORGANIC	5 / 25	30 10 / 31		
Sorghum Grain <sup>1</sup> - GF baking, add 1 T arrowt / cup sorghum flour	5 / 25	9 / 29		
Buckwheat groats <sup>1</sup> - GF good sprouts & pancakes	5 / 25	16 / 64		
White Quinoa (Keenwa) <sup>1</sup> · Mill for flour, cook like rice GF Tri-colored Quinoa <sup>1</sup> :just looks & tastes so much better than white!	5 / 25	18 / 73 20 / 89		
Millet <sup>1</sup> — serve like rice, excellent for restoring alkaline balance to the body, alias 'bird seed' GF	5 / 25	11 / 47		
Brown Rice <sup>11</sup> * Lundberg Family grown in CA - long grain ORG	5 / 25	14 / 60		
Brown Basmati Rice <sup>**</sup> Lundberg Family grown in CA - ECO FARMED Limited Chemicals <b>LUNDBERG RICE ~ GOURMET WILD BLEND NEW ITEM</b>	5 / 25 5 / 25	10 / 46 20 / 93		
Yellow Popcorn <sup>1</sup> — Organic, Delicious, FEW 'Old Maids' Multicolored Popcorn <sup>1</sup> — Organic, Better tasting than plain Yellow	5 / 25	14 / 47 14 / 50		
Einkorn <sup>1</sup> — soft, flavorful wheat alternative for sensitive bellies Ancient grain, use = parts with Spelt for soft bread Amaranth <sup>1</sup> — organic GF	5 / 25 5 / 25	21 / 99 14 / 53		
TEFF—Iron rich, mill into flour or cook as a porridge GF	5 / 25	13 / 50		

<b>SEEDS ~ NUTS ~ SWEETENERS ~ OILS</b>	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black Organic Hemp Hearts - complete protein, Omegas, Energizing!	1 / 5 10 oz	5 / 24 8		
Golden Flax Seeds <sup>12</sup> — lowers cholesterol, omega oils <b>ORG</b>	5 / 25	14 / 61		
Pumpkin Seeds <sup>1</sup> - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix Organic	5	29		
Sesame Seeds — natural , make your own tahini, ORG	5	20		
Sunflower Seeds - raw, unsalted, shelled, Organic USA	5 / 25	20 / 80		
Almond - excellent quality ~ Raw ~ non pariel <b>Choose SLICED ~ ROASTED &amp; DICED ~ SLIVERED</b> <b>Circle your choice</b>	5 2.5	Raw 32 18		
Cashews — raw pieces, roast for 15 minutes at 225	5 / 25	38 / 180		
Hazelnuts - whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted - delicious - make your own pb	5	38 17		
Pecans — <b>medium pieces OR halves</b>	Pieces 5 / halves 5	47 / 60		
Walnut Pieces — halves & pieces, soak & dehydrate Brazil Nuts	5 2.5	34 36		
Peanut Butter, <b>Creamy or Crunchy</b> better than Adams, Salted (circle your choice )	35	93		
Peanut Butter, CREAMUNCHY just peanuts, no stir no salt	Gallon	42		
Agave Syrup <sup>1</sup> - Organic <b>LIGHT COLORED</b> sweeter than Honey - low glycemic, good choice for diabetics	1 gal	40		
Honey - Raw Clover ~ <b>new supplier</b> <b>Orange Blossom Honey, Raw NEW FLAVOR!</b>	1 gal	55 59		
Honey, Wildflower — delicious, full of enzymes	40#	210		
Maple syrup <sup>1</sup> — Grade A, dark, organic, delicious	1 gal	88		
Molasses — Old Fashioned Sweet Table	1 gal	40		
Molasses - Blackstrap	1 gal	40		
Evaporated Cane Juice Sugar <sup>1</sup> - use 1/3 less, better than Refined. Mix w/ molasses for fabulous brown sugar	5 / 25 / 50	9 / 43 / 87		
Xylitol - alternative sugar made of birch syrup	5	36		
Coconut Oil - organic, no odor or flavor , just pure coco oil!	1 or 5 gal	44 / 160		
Coconut Oil - Extra Virgin - Org Coconut fragrance & flavor	1 or 5 gal	74 / 280		
Shortening <sup>1</sup> - Organic Palm Fruit, 18 month shelf life	4.5 / 33	20 / 85		
OLIVE OIL Extra Virgin, Organic - Excellent quality	Gallon	44		
Sunflower Oil —Organic, expeller pressed, non GMO	Gallon	35		
<b>TOTAL PAGE 1</b>				

<b>BAKING ESSENTIALS &amp; DRIED FRUIT PRODUCTS</b>				
	<b>Weight</b>	<b>Price</b>	<b>Qty</b>	<b>Total</b>
Arrowroot Powder-use like cornstarch & in deodorant Cornstarch Organic <b>NEW</b>	1 / 5 1	7.50 / 22 11		
Baking Powder Rumford — no aluminum, fast acting! Baking Soda - no aluminum	5 # 1 / 5 l#	20 3.50 / 10		
Chips ~ Milk Chocolate - addicting!	5 / 25	35 / 165		
Allergy Minimal Dark Chocolate - organic Mini Semi Swt Chocolate Chips ~ <b>NEW</b>	5	35 35		
Chips ~ White chocolate ORGANIC	2.5# / 5	22 / 42		
Chips ~ Peanut Butter , ECJ Sugar sweetened	5	32		
Cocoa Powder—10-12% Dutch cocoa, not bitter, use 1/3 less	5 <b>org</b>	37		
Dough Enhancer — extends shelf life, soft bread Sunflower Lecithin ~ substitute for DE, to avoid soy—works!	1 16 oz	7.50 12		
SAF Yeast—makes 80 loaves of bread	1	7		
Vegalene Pan Spray — Aerosol, lasts & lasts!!!	14 oz	8.50		
Vital Wheat Gluten - adds lightness to bread! <b>ORG 5#</b>	Non org 1 / 5	7 / 37 org		
Pure Vanilla Powder & LIQUID — use same t for tsp	8 oz Liquid 1.5# Powder	24 / 25		
Pure Almond Extract Liquid or Powder Love at 1st SNIFF!	8 oz Liquid 1.5# Powder	12 / 20		
Real Maple Extract—add 1/4 tsp to 12 oz of agave for fabulous maple syrup Love at 1st SNIFF!	8 oz 1.5# Powder	12 / 20		
Nutritional Yeast - adds incredible nutrients to baked goods	1 / 5	9 / 40		
Apples ~ Diced infused with cinnamon & sugar <b>NEW</b>	5 / 10	46 / 90		
Cherries - Dried Bing , very yummy from CA.	5	57		
Coconut - chipped, larger pieces, organic , unsweetened	2.5	10		
Coconut—shredded like Almond Joy texture, organic, unsw	5	20		
Cranberries - sweetened w/apple juice EVERYONE'S FAV.	5	29		
Dates - pieces rolled in oat flour Whole Dates - pitted Noor Deglet <b>NEW &amp; DELCIOUS!</b>	5 / 30 5 <b>ORG</b>	16 / 71 27		
FIGS - blond, good snack & male food	1 / 5	11 / 48		
Mango Slices, Dried ORGANIC ~ Sa delicious! 20 minerals w/ flavonoids & anti-oxidants, eye health properties <b>NEW</b>	1 / 5	15 / 63		
Raisins - golden, sulfured Thompson seedless raisins	5	21 20		

<b>SOUP FIXINS' ~ SEASONINGS ~ BEVERAGES</b>				
<b>DRY BEANS ~ 5# &amp; 25# SIZE ~ PREMIUM USA GROWN ~ best we can order</b>	<b>Weight In pounds</b>	<b>Price</b>	<b>Quantity</b>	<b>Total Cost</b>
Black Beans - Organic	5 / 25	13 / 53		
Red Kidney - Organic	5 / 25	16 / 69		
Pinto ~ Organic	5 / 25	14 / 53		
Garbanzo - Organic	5 / 25	15 / 52		
Green Split Peas - Organic	5 / 25	10 / 42		
Small White Navy - Organic <b>NEW temp replaced GN b/c \$\$\$</b>	5 / 25	14 / 61		
13 Bean Fiesta Mix—prepare with broth & veg stew blend in BRK in 30 minutes	5 / 25	13 / 49		
Green Lentils—Organic Red Lentils - Organic	5 / 25 5 / 25	13 / 55 14 / 60		
Beef Broth Mix— All below good for soup or hot drink Chicken Broth Mix - Vegetable Broth Mix Circle your choices	1	7.50		
Dehydrated Veggies-carrots, celery, tomatoes, peppers Add to soups, rice. Run in coffee mill & use powder in dips, bread and crackers! So good!	1	12		
MASHED POTATOES ~ <b>Hoping for a spring delivery!</b>	40	106		
Celtic Sea Salt <sup>1</sup> —80 trace minerals, pure, fine ground	1 / 5	12 / 55		
<b>COARSE CRYSTALS</b> ~ Celtic Sea Salt - Will dissolve in liquids PINK Himalayan	5	22 13		
PINK Himalayan Salt - raw, pure, high mineral & iron content 1# is fine ~ 5 & 50#ers more like small crystals	2.5 / 5 / 15	7 / 13 / 32		
<b>SEASONINGS! ORG Ceylon Cinnamon, Ranch Dressing Mix, Taco, Montreal Steak, Pizza, Italian, Circle your choices Onion Soup Mix</b>	1 1	9 6.50		
Garlic OR Onion Granules ~ ORGANIC	1	13		
Dandy Blend Instant Herbal Coffee Substitute ORG ~ delicious, Robust flavor.	100 grams 900 grams	10 40		
Buttermilk Powder ~ use in mixes or baking.. I haven't tried drinking it.	5	16		
<b>TOTAL CONSUMABLES PAGES 2 &amp; 3</b>				

STORAGE CONTAINERS			
Item	Price	Quantity	Total
6 gal. round white pail with lid or purchase the gamma lid 4 gal. square white pail with lid	11 Rd 10 Square		
5.3 gal rectangular pail with hinged lid ~ looks like square pail—holds 35#	11		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc 2 Gallon Pail with or without Gamma - White ~ Great 'PANTRY' size pail	5 7 / 10		
Gamma Lids — screw on lid for 6 gal. pail ~ Various Colors	9		
1 / 2 Gallon 'Squatty' Wide Mouth Jars with lids - Set of 6	27.50		
Gallon Storage Jars Case of 4 with lids ~ Perfect for storing soaked grains	27.50		
16 oz plastic containers ~ stores quiche & cakes made in Man Size Pan set of 24 SYRUP BEAR ~ 20 oz for honey or 1 t maple extract & AGAVE	NEW 15 2.50		

SWEET TOOTH ~ HEALTHIER SWEET TREATS			
Dark Chocolate Coconut Chews— Like a mounds but Better!! Mini Peanut Butter Cups in DARK Chocolate <b>RETURNED!</b>	1 / 5	10 / 50 11 / 50	
Milk Chocolate Rainbow Drops— uses vegetable or fruit dyes, like M&Ms Yogurt covered Raisins - back by popular demand!	1 / 5	10 / 45 8 / 36	
Palmer Trail Mix 2 ~ Dry Roasted Peanuts, Rainbow Drops, Golden Raisins, Soaked & Dehydrated Pumpkin & Sunflower Seeds <b>NEW INGR</b>	2 / 5	15 / 35	
GLUTEN FREE & COCONUT ITEMS	Size	Price	Quantity / Total
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index, nutrient rich	5 / 55	25 / 240	/
Coconut Aminos - RAW, ORG ~ Great soy sauce substitute	16.9 oz / 30 oz	11 / 18	/
Coconut Cream Powder - mix w/water for smoothies, shakes, coffee	1 / 3	11 / 30	/
Almond Meal / Flour - super quality	5	30	/
Coconut Flour - back by popular demand , ORGANIC GF	5	16	
GF All Purpose Flour - garb bean, potato & tapioca starch, sorghum, fava bean flour	25	66	
Tapioca Flour - use in GF mixes Potato Starch	5 / 50 22 oz	14 / 66 5	
Gelatin, Beef ~ (unflavored) use in yogurt & make your own JELLO!	1	13	

CHICAGO METALLIC PANS & NORPRO KITCHEN TOOLS & SPROUT INFO			
With Sure-Glaze finish INTEGRATED into the Pan!			
Bread Pan - Regular 8" Loaf Pan ~ 1# Loaf	18		
Bread Pans - Long 12" Loaf Pan ~ 1.5 # Loaf	20		
Cookie Sheets OR Mini Loaf Pan 5 5/8"	18 / 10		
Man - Size Muffin Pan - 6 place - Mini Quiche, Pizza, Cakes!	33		
BAKING MAT fits perfectly In COOKIE SHEET PAN - bakes best cookies!	15		
BAKING TOOL SET ~ Jumbo Silicone Work Mat /Dough Divider, Scraper Stainless Steel 2 C Scoop - scoop flour or melt butter! Use it much	10 / 7 / 10 25 Set		
DIGITAL SCALE ~ Weigh dough, ingredients, proportions in grams, #, oz	25		
MESH COLANDER ~ 10" diameter stainless steel, essential to rinse grains	25		
COOKIE SCOOPS ~ three sizes ~ 1 1/2 t, 1 1/2 T, 4 T Oval Spatula FAV!	18 each /13		
PASTA EQUIPMENT ~ Pasta Roller makes 3 kinds of pasta 5# SEMOLINA FLOUR perfect for Pasta!	55 10		
SILICONE MAT WITH PIE CRUST GUIDES	12		
THERMOMETER — For breads, meats, poultry - digital or needle face	12		
BREAD BAGS 100 in pack with Twisties	8.50		
CERAMIC BUTTER BELL ~ keep butter fresh at room temp	10		
BIG MOUTH CHOPPER / SLICER ~ Better than the Alligator! Two dicing sizes & one slicer, stainless steel blades, self contained!	49		
BAMBOO CUTTING BOARDS 12 x 10 / 16 x 12	17 / 20		
BAMBOO UTENSILS ~ slotted & solid Spoons & Spatulas ~ Set of 4	28		
TORTILLA PRESS ~ Large 8" for nice size Tortillas ORGANIC CORN MASA make tamales Ask for recipe & how to!!!	49 12 for 4#		
CRYSTAL STONE/SALT DEODORANT STICK - wet stick & apply	7		
<b>Jon's Custom, Unique, Hard-Exotic Wood Cutting Boards</b>	75		
<b>COOKING with ANCIENT GRAINS</b> by Laura McBride 460 pages of cooking & baking grain, even soaking information	25 BOOK		
<b>Year-Around Indoor Salad Gardening Book / Sprouting Book</b> ORG 1/4# Sandwich Blend Sprouting Mix of Red Clover, Alfalfa, Radish ~ Single packet contains all 3 seeds Mason Jar Sprouting Lid	29 / 15 10 7		
TOTAL NON CONSUMABLES			

<b>BOSCH &amp; L'CHEF PRODUCTS</b>			
<b>Item</b>	<b>Price</b>	<b>Quantity Or Circle your Choice</b>	<b>Total</b>
Nutrimill Harvest - Old fashioned Stone milling in stylish bamboo housing. Pick your accent color! NUTRIMILL CLASSIC ~ White round workhorse	345 259	Black, Red, White, Silver, Gold, Blue, Green	
<b>Bosch Plus Universal, Dough Hook, Wire Whips</b> — 800 watts, 4 speeds, automatic. Transmission, makes 6 Loaves & A base for ALL THESE ATTACHMENTS: DOUGH HOOK EXTENDER <b>ICE CREAM MAKER</b> fits UNIVERSAL PLUS, not the older models	439 59		
<b>SPIRALIZER</b> with 3 blades - fill your Bosch bowl with home made veggies noodles	55		
Bosch Slicer/Shredder — 10 cup bowl with grating, slicing, & French fry stainless steel blades Whisk Whip for light mixtures ~ New Dough Hook <b>Oversize Slicer/Shredder</b> sits on Bosch Bowl. with Slicing & Grating Blades. Add the Julienne	135 15 75 30	Slicer Shredder Dough Hook Oversize S / S Julienne	
Bosch Meat Grinder — heavy-duty work horse L'Chef Meat Grinder - coarse/fine disk, stuffer, light weight	159 79		
Cookie Paddles for Bosch with metal whip drive Bowl Scraper cleans the bowl attaches to whip drive Replacement Cookie paddles no metal drive Replacement Wire Whips	32 27 22 22	Cookie w/ drive Bowl Scraper Cookie no drive Wire Whips	
Flour Sifter - Super fine Flour or powdered sugar for Universal Plus or older Universal Model	90	Universal Plus Older Univ	
Bosch Food Processor — 5 cup bowl fits on blender mount for slicing, grating & 'S' blade Citrus Juicer - sits on Bowl motor mount	119 30	Fd Proc Juicer	
Bosch Blender — 6 C workhorse, a MUST	85		
PASTA ROLLER SET ~ 3 roller attach directly to Bosch Wide-lasagna, angel hair, fettuccini	229		
L'EQUIP Dehydrator Filter Pro w/ digital timer & temp settings Set of 4 ~ Yogurt Cups or Silicone Fruit Leather Sheets Set of 2 Extra Trays	145 15 25		
<b>Immersion Blender</b> with 5 blades, storage case, mixing cup, light weight, Stainless Steel construction, heat resistant, with Speed Dial Precision ~ easy clean up under the faucet! <b>NEW</b>	<b>99</b>		

<b>Packages ~ Select one of these OR make up your own...Equip your Kitchen with THE best!</b>	<b>Unit Price</b>	<b>Total Cost</b>
<b>Universal Plus, Harvest Stone Mill DELUXE PKG~</b> Blender, Dough Hook, Wire Whips, Cookie Paddles, Slicer/Shredder, Roller Flaker, Hook Extender, and Bowl Scraper \$1199 Value	\$1099 Or \$275 4 paymts	
<b>Bread Making Starter Kit</b> - Supplies for 20 loaves of Bread ~ 2 Regular Loaf Pans, Vegalene, SAF, Sunflower Lecithin, 10# Prairie Gold, 5# @ Spelt & Kamut, Thermometer, Bread Bags, Salt, Whole Grains DVD \$129.50 Value	110	
<b>Soaking &amp; Dehydrating Package</b> ~ Filter Pro, 4 gal Jars Large Mesh Colander, Big Mouth Slicer/Dicer, Fruit Leather Trays \$272.50 Value	252 or \$127 2 payments	
<b>Deluxe Pkg + Soaking &amp; Dehydrating Pkg</b> ~ purchase both & get the Bread Starter Kit for \$60 \$1601.50 Value \$1099 + \$252 + \$60 = \$1411	1411 or \$353 4 payments	
<b>BOSCH Chef Package</b> ~ Spiralizer, Ice Cream Maker, Meat Grinder (the serious meat grinder) \$274 Value	\$259	
<b>FAMILY MILL or ROLLER/FLAKER</b> ~ direct fit to Bosch <b>Hand Base</b> to manually mill or flake <b>Adapter</b> for Bosch or Kitchen Aide <b>Family Mill, Roller Flaker, Hand Base &amp; Bosch or KA Adapter</b>	<b>125</b> <b>99</b> <b>35</b> <b>Set 360</b>	

Please return this form by  
**Monday, April 4 & save 10% on consumables when paying with cash or check OR 7% with credit card payment.**

Margaret Loew  
15091 E Lazy Lady Lane  
Palmer 99645  
745-5639  
www.whollyliving.com  
Make checks payable to Margaret Loew  
Margaret@whollyliving.com

Page 1	
Page 2	+
Consumable Subtotal	=
Subtract Savings	-
Consumable Total	=
Total non Consumables	+
Bosch & L'Chef	+
Final Total	=

Name:		
Address:		
City:		
Zip:		Phone:
Email:		