



Grateful

HUGE VICTORY for FAMILIES & MIDWIVES! Our legislators received a phenomenal amount of communiques from all of us. They voted AGAINST the governor & FOR BABIES, A 58-1 TALLY! Praise God!

OK! Time to check your pantry, make a list, and place your order. Grains, beans, sweeteners, oils, baking supplies ~ time to refill the empty containers. Thank you for buying local & supporting our small business! We love greeting everyone in the Granary.

Announcements

1 ~ **CO-OP ORDERING INFORMATION** ~ It is time to kick off the Spring Co-Op Cycle. Our suppliers are ready to fill our orders. When you place your order by **Wednesday, April 3rd**, 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 online, 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 first of May.** 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 of the additional transportation costs.**

2 - **LAZY MOUNTAIN GOODS!** ... **SPUDS & EGGS** ... Many of our customers love the DeVilbiss family's potatoes. Hallelujah, they are still available. Purchase a 25# bags for \$30. They definitely practice organic farm methods. German Butterballs are available now. Our neighbor also offers her fresh eggs \$5/dozen. Lazy Mountain Life is wonderful!



3 - **APHEA CONVENTION - APRIL 12 & 13** at Muldoon Christian Assembly. Calling all HOMESCHOOL FAMILIES ... Here's your opportunity to hear seasoned educators share their expertise & years of experience to inspire you to continue your endeavor! A weekend for the whole family, great time for kids to meet & fellowship as well. Go to their website to register & plan which workshops & speakers would benefit you most. I'll be there, not at the Granary that weekend. APHEA.ORG

4 - **ALASKA HOMESTEAD EXPO - APRIL 27 - 28** at Big Lake Lion's Club. Tandy Hogate of Common Ground Alaska is quite the visionary! Expect all kinds of workshops, vendors, and enthusiasm over the weekend! Again, I'll have a table & hold a workshop on Saturday, not Sunday. Lots of buzz around the Valley about this new event! Visit the website....

Alaska Homestead Expo - Common Ground Alaska

Grain Depots

- Margaret Loew, 15091 Lazy Lady Lane, Palmer (99645) 745-5639
- Becca Olson 464 Keep Drive, Fairbanks (99712) 378-4340
- Cyndi Hayden, Box 1107, Delta Junction (99737) 616-1026
- Elsie Loewen, 6719 Bogle Bluff Dr, Wasilla (99654) 671-1785
- Sonya Vaughn, 21801 Knik Vista, Chugiak (99567) 310-7838
- Kathe Kale, Box 670029, Chugiak (99567) 350-0783
- Katie Helkenn, HC 60 Box 306, Copper Center (99573) 822-3469
- Melissa Holta, 9550 Brien, Anchorage (99507) 301-3818
- Kristy Taylor, Box 1976, Seward (99664) 422-0681
- Marchell Lillard, Box 13373 Trapper Creek (99683) 715-8316
- Meagan Funk, Box 346, McGrath (99627) 758-2890
- Morgan Sauer, 30513 Hopeful Circle, Soldotna, (99669) 953-0998

Granary Updates & What's New!

Again, prices held very steady this time around, not much change at all! A few items significantly decreased! Walnuts, Flax, Einkorn, Sunflower seeds, & Pecans (now organic) & Black Beans. For example, pay \$9.99 for 12 oz walnuts at Freds or \$20 for 5# at WL! **Shop here first!**

- **COCONUT OIL ~ Different supplier, HALF the cost!** Both are Expeller Pressed, no trans fat, no chemical solvents used, not hydrogenated! Added smaller sizes in both flavors. I'm excited to offer good quality coconut oil at half the price!!! Please let me know if you want coconut oil from the former supplier. I can order it, but it is quite a bit more \$\$.
- **CASTOR OIL QUARTS** - Going back to the old paths of our mothers & grandmothers, Castor Oil is the revived home remedy. If you all love it, we can add gallons next fall. \$19
- **Extra Virgin, Cold-Pressed Organic Olive Oil quarts** ~ Excellent quality with the typical pungent flavor. \$30
- **COFFEE / SEED MILLS** ~ Use them especially for Flax & Chia.. Choose black, gold, white or silver. \$27.50
- **Black Pepper** ~ Kill those pesky slugs in the garden 1# packages
- **'Earthy' Toothpaste** ~ My teeth feel cleaner, no foam drips, no fluoride, or filler ingredients, just many good ingredients like bentonite clay \$7



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.



* **HANDS ON SOURDOUGH FOR BEGINNERS - Friday, March 15** at 2 pm. I relate to Kristie, often move too quickly to be precise, but the baked good usually turn out well! She will share her methods Take home starter! Taught by Kristie, a recent whole grain convert!

* **10 MEALS FROM 10#S OF BURGER** - Friday, March 22nd at 12:30 pm. LOTS of food, fellowship & hands on participation. Fill your freezer with yummy meals.



* **ENERGIZING HEALTHY SNACKS** - Thursday, April 18th at 3 pm. Save substantial \$\$\$! Create your own for a fraction of the cost with superb nutrition.

* **MARBELIZED RYE BREAD** - Friday, April 19th at 3 pm. One of my favorite breads! Swirl dark, rich rye dough with classic sprouted dough for delicious bread!

* **CLASSIC SPROUTED BREAD** - Friday, May 3rd at 3 pm. Great whole grain intro class. Eat bread & pizza, take home cinnamon rolls.



Simple Real Food Recipes

Here are two super simple recipes to tickle your taste buds & delight the family! So simple the kids can whip them up!

VERY BERRY 'GELLO' CUPS

- Thaw 4 - 5 C frozen fruit in a pan & warm it up
- Add sweetener to taste, either our Cane Sugar or Agave, about 1/2 C.
- Puree the mixture in the Bosch Blender until smooth.
- Warm 1 C of puree in pan & add 3 T of our **beef gelatin**, Stir to dissolve.
- Pour back into the blender & run it again.
- Pour into our silicone muffin pans and let set up in frig.



This 5 C batch of three berry puree filled 18 cups. They were set within an hour & will pop right out!

MILLET PILAF

Again another simple recipe, so delicious!

- Using the Big Mouth Chopper, use the large dicing blade to chop 1 whole onion & 1 pepper, any color
- In medium sauce pan, melt 1/4 C butter over medium heat.
- Sauté the chopped onion & pepper until translucent.
 - Stir in: 3 C water, 1 T chicken broth powder, 1 C millet
 - Toss in 1/2 C of our diced apples or one chopped fresh apple.
 - Bring to a boil & turn down to low. Simmer 20 minutes.
 - Top with some chopped nuts.
 - Serve hot or cold.



O my, I couldn't believe how yummy & comforting this tastes! Soaked & dehydrated nuts add the final touch. Pecan pieces were the icing on the top. It doesn't look like it would be good, but oh my, it is! Of course, a recipe is just a point from which to deviate, just like a schedule.

Wholly Hints

Let's take a more detailed look at our product line up! Our products are amazing, so many benefits to each one, besides fabulous flavor!

- **BEEF GELATIN** ~ Improve your nails & hair by enjoying super simple 'GELLO'. Use it also as a thickener in puddings, chiffon, homemade ice cream. Add 1 T to 2 C liquid, heat to dissolve. Simply make your own Gellos ~ avoid toxic sugars, chemicals, & dyes in pre-packaged jello. The boxed kind is made with pig gelatin. I MUCH prefer our BEEF!
- Use the new versatile **RED SILICONE MUFFIN PANS** as Gelatin molds, oversize ice rounds, muffins, or egg cups. EVERYTHING literally pops right out! Use a cookie sheet to support the pans while baking.
- **MILLET** ~ Complete protein, good fiber, & iron. Babies love it. People love it! Cook 1 C millet in 4C liquid for 30 minutes. Let rest 10 minutes. Enjoy. Use as hamburger 'stretcher,' by adding to taco meat, sloppy joes, etc.
- **ORGANIC INSTANT MASHED POTATOES** ~ Try a 5# bag of these delicious spuds! They are the real deal! Thicken a hearty stew with 1/4 - 1/2 C. Worked great for me!
- **ORGANIC EXTRA VIRGIN OLIVE OIL** ~ Our pure, nutritious oil now comes in a convenient quart with full flavor The gallon size boasts a mild more neutral flavor, my preference. Now you have options, either full flavor or mild.
- **AGAVE SYRUP & MAPLE EXTRACT** ~ Combine 2 t maple extract in a bottle with 12 oz of Agave, instant delicious maple syrup. About half price of REAL maple syrup, but NO junk FAKE maple for our families! A win-win! Everyone's eyes light up when they taste it.



Wholly Thoughts

LETTING PATIENCE WORK - James 1:2 - 4 *My brethren count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.*

What is it that makes temptations or trials bearable? One thing is knowing that God has a purpose for our problems and that they will be used in some way for good. For instance, our text tells us that the trying of our faith '*worketh patience.*' When our faith is tried, patience is produced. Another word for patience is endurance. Our difficulties are from the factory where patience or endurance, is manufactured.

God is using our trials to develop endurance in our lives. It helps us when we are going through those times of testing to know that it is not in vain



Our trials can make us better, stronger Christians and will thus allow occasions for God to be glorified. James therefore tells us to '*let patience have her perfect work.*' We have a role and responsibility in this process. We cannot choose our trials, but we can choose to allow our trials to produce the character in us that God desires and that we need. The implication is that it is possible that we might not let our trials complete their work in us. We know this can certainly be true. Sometimes, instead of letting our trials complete the work in us that they are designed to produce, we try to get out from under the pressure of the difficulties. One reason we lose faith in the midst of our tests, is that we forget God is in control. The tests are not permanent, and they will help us become what God wants us to be. We need all that our trials can produce in us. James says, '*that ye may be perfect and entire, wanting nothing.*' There are qualities that we need in our lives that are not presently there. One of the ways that God will produce those things in us is through the furnace of affliction. In particular, we need patience and endurance, in our lives.

We do not know all that the future holds. How can we know that we will be able to endure? As we go through trials, God is weaving endurance into the fabric of our character. When we get to the next difficulty, the character he has developed in us helps us endure. As we endure that trial, more endurance is produced in us. God knows what He is doing, and He knows what we need. We need to let patience work.

STRAIGHT PATHS DAILY DEVOTIONAL

By Thomas Smith

Copied from the March 11 challenge...

Heard at the end of episode 108, *Sue's Healthy Minutes*

How often we push aside some important task or opportunity because we are just TOO BUSY! Present company included! Sue likened our universal BUSY - NESS excuse to ...

B = BOUND

U = UNDER

S = SATAN'S

Y=YOKE

Maybe it's time to ponder what God truly does want for us. Am I actually busy or just being 'active'? God wants each of us to serve Him by His design, not necessarily what we deem essential. Think about it!

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*