



Grateful

Blessed beyond measure! After a long arduous pregnancy, Paul & Stacey's twins arrived in picture perfect condition! God showed Himself strong again and again. Oh me, of little faith! They bypassed the NICU, going straight home to the arms of their sisters. Our cup runneth over! Tirzah & Holly!

The Lord continues to bless me with all of you! Last fall the Goslin family lent their 'big pipes' to consolidate our pallets. Monstrous help to me! You'll be reading articles & recipes by my new 'ghost writer,' Bridget Blanton! A true soul mate God brought to my granary one day. She serves in many ways with a humble sweet spirit. **GOD IS SO GOOD!**

Announcements

1 ~ **CO-OP ORDERING INFORMATION** ~ Yes, it is time to kick off the Spring Co-Op Cycle. No worries, our suppliers are ready to fill our orders. When you place your order by **Monday, April 4**, 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 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. 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 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 may not be applied to orders in outlying areas. It helps to defray at least part of the additional transportation costs incurred. The rep in each area applies the savings or not.**

2 - **SHIPPING** ~ No one knows what shipping will be in May. For the first time in 29 years, I may need to add a fuel surcharge according to the weight of your order or adjust pricing before pick up. I will do my best to minimize our costs. I started adjusting the price list earlier this week. Reviewing some of the products, the costs went up in just a few days. We will get through this together! **God is in control!**

3 - **WELCOME ABOARD NEW REPS!** The New Reps did an amazing job last fall for our 'maiden voyage.' Thank you, Jennifer, Sarah, Morgan & Amanda.

- LOEWEN Family, Eddy & Elsie! Yes, we spell our names very similarly. The Loewen family lives in Marchell's house, so all the Wasilla customers who picked up from her, can find the Loewens easily!
- Trina MCBRIDE returns! A second Anchorage rep, Trina is just down the road from the Zoo off O'Malley. So glad to have her back!

4 - **CLASSES** ~ For the time being, I will send class info PDFs in monthly UPdate emails. I am sorry, but my days are so full, I don't have time for classes! Lord helping I'll be on board for a bread class in May. *These topics will be coming soon via monthly email UPdates.*

IRISH SODA BREAD & CORNED BEEF STEW

GHI CLASS ~ Garbanzo Bean Info, Carrot GINGER soup, Hummus, Iodine

KLM CLASS ~ Kamut, Lentils, Mangoes, & Millet

Resurrection Rolls & GF Rolls for Resurrection Sunday

Thursday, May 19, 4 pm ~ Grammy's Killer Bread - Sprouted 8 grain bread with seeds & nuts, our FAVORITE! It is on my calendar! I'll keep my fingers 'x-ed' so we can do a real class here again!

5 - **APHEA CONVENTION**, Friday & Saturday, April 8 & 9 at Faith Bible Fellowship in Big Lake. The premier home school event of the year! Make plans to attend! The APHEA Board does an amazing job! See you in the vendor hall!

[APHEA - Alaska Private and Home Educators Association](http://www.aphea.org)

6 - Join us for **SCHOOL of GOVERNMENT** at Real Life Church, just outside Palmer on the PW highway at 7 pm on the 1st & 3rd Mondays of the month. Edna DeVries, Mat Su Borough Mayor, trains us to be more involved and knowledgeable about local matters, which influences our daily lives the most! Last week we heard from Brian Endle and Nick Begich, candidates for assembly & House of Rep.

Blessed is every one that feareth the Lord; that walketh in his ways. For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee. Psalm 128:1-2

Grain Depots

- Margaret Loew, 15091 Lazy Lady Lane, Palmer (99645) 745-5639
- Amanda Callahan, Box 3090, Homer (99603) 252-5835
- Crystal Burnside, 463 Curlew Way, Kodiak (99615) 942-8055
- Cyndi Hayden, Box 1107, Delta Junction (99737) 616-1026
- Elsie Loewen, 5131 Lupine Lane, Wasilla (99654) 671-1785
- Helen Paajanen, Box 771236, Eagle River (99577) 748-0846
- Jennifer Metier, 1120 Huffman, Ste 24-814, Anchorage (99515) 360-7946
- 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
- Meagan Funk, Box 346, McGrath (99627) 758-2890
- Morgan Sauer, 30513 Hopeful Circle, Soldotna, (99669) 953-0998
- Sarah Kemp, 1579 Opry Way, FBX (99709) Box 375, Ester (99725) 451-1899
- Trina McBride, 10706 Whimbrel Dr, Anchorage (99507) 632-4384

Wholy Living Product Updates

We are doing our best to hold the prices steady. I made some substitutions noted below...

- * The price of wild rice skyrocketed, so I opted for a more affordable Lundberg **Gourmet Wild Rice blend** ~ long grain brown, sweet brown, wild, wehani & black japonica rices. 
- * Great Northern beans would be \$99/bag so I opted for organic **Small Navy White** beans. If you want GN, I'll special order for you.
- * **Golden Flax** ~ due to drought last summer, the only golden flax available is **organic**, thus the price hike. I have some conventional.
- * **Diced Apricots** ~ my supplier discontinued them. However, you may order them from [Bella Viva Orchards - Dried Fruit, Nuts, Gift Baskets & Chocolates from California](http://www.bellavivaorchards.com)
- * Cinnamon ~ **Ceylon Cinnamon** is the cinnamon of choice because of superior nutrition. I'll carry both cassia & Ceylon.
- * **Whole Deglet Dates**, organic ~ now available in 5# size.
- * **Organic Sprouting Seeds** ~ 4 oz Mixture of clover, alfalfa, & radish mixed together instead of individual packets, a great sandwich/salad mix. Also check out Mesh lids for mason Jars. See Bridget's article on below.
- * **20 oz Syrup Bears** ~ use for honey, oil or fill it with agave syrup mixed with maple extract as a pancake syrup. Healthier than  the typical store brand.
- * **HONEY** ~ Wildflower Honey will be available in 40# size. Try our new gallon flavor, **Orange Blossom**. The raw clover is not organic, at least this time around. 

Sprouting in a Jar with Bridget

The nutritional profile of fresh sprouts puts them in the super food category. They're loaded with readily available vitamins, minerals and essential amino acids. We're talking Vitamins A,B,C and K, zinc, calcium, and manganese to name a few. The set up is simple. It all happens inside a quart-sized mason jar. You'll need a sprouting lid and seeds, both of which can be found in the Granary.

Begin by placing a tablespoon of seeds in a jar and fill it 3/4 full with water. Allow to rest overnight. In the morning, let the water run out through the mesh lid and rinse seeds (fill and drain jar) once or twice. It's a good practice to get the seeds to rest on the sides of the jar as opposed to lying in a heap on top of the lid. Achieve this by agitating and turning the jar after rinsing. The seeds will naturally migrate to the sides of the jar.



Prop the jar on its side or place it lid side down on a saucer to facilitate full drainage. Cover the jar with a small wash cloth to block UV rays so as to discourage early greening of the sprouts.

From here, you'll want to rinse, agitate and set up the jar to drain, at least twice a day. The entire sprouting process takes about 5 days. On day 4, or when you see significant sprouting, remove the wash cloth and allow sprouts to green up. It only takes a day.

Once the sprouts are ready, empty the jar into a good-sized bowl and fill with water. You'll notice that a portion of the seed husks will fall to the bottom while others float on the surface.

Gently agitate the sprouts in the water, pushing away the husks and remove sprouts by hand to a mesh strainer. You won't remove every single husk, but more will fall away as sprouts are allowed to drain further.

Place fresh sprouts on a paper towel to drain further and dry off a bit. Store in the fridge, in a covered container with sprouts resting on a folded sheet of paper towel. Use them in wraps, sandwiches, and salads.

Wholy Recipes ~ Ezekiel 4:9 Tortillas

"Take thou also unto thee wheat, barley, and beans, and lentils and fitches, and put them in one vessel, and make thee bread thereof, according to the number of the days that thou shalt lie upon thy side, three hundred and ninety days shalt thou eat thereof." Ezekiel 4:9

Our heavenly Father provided the prophet Ezekiel with a specific mixture of grains, beans and millet to signify the scarcity the Jews would endure during the siege of the city. In more recent times, a woman, whose name is unknown to me, prayed to receive the exact measurements of this mixture. She alleges to have received it in the course of a dream. Since then, multiple versions of the original recipe have made the rounds, and this is one of them:

Combine the following amounts of grains and beans.

Soak these grains and beans overnight in a gallon bucket. Add a tablespoon of apple cider vinegar.

2 1/2 C wheat berries 1 1/2 C Einkorn or Spelt
1/2 C Barley 1/4 C Green Lentils
2 T each Pinto, Kidney, Navy or G Northern Beans



- Rinse & spread in the dehydrator trays for 8 - 10 hours at 124.
- Add 1/4 cup of millet to the dried mixture.
- Store in a covered container. Agitate mixture before milling into flour to combine everything well.

TORTILLAS

2 C freshly ground Ezekiel 4:9 mix
1/2 t pink salt
1/4 t baking powder
1/2 C warm water
2 T olive oil



Set aside a 1/2 cup of the flour for later use.

- Combine all the ingredient in a medium size bowl.
- Mix together. The dough will be very sticky. Cover with plastic wrap and let rest for 20 minutes.
- On a lightly floured mat turn out the dough. Add a small amount of additional flour to the dough, kneading it with the heel of your hand. Keep adding bits of flour and kneading until flour loses the stickiness. Be sure to have a reserve amount of unused flour leftover in the separate bowl.
- Shape the dough into a rectangle. Using a dough cutter, divide into 9 equal parts.
- Pick up a piece of dough and roll it in the reserve flour, kneading the flour in and shaping it into a small ball. At this point, the dough should be soft, yet not sticky.
- Pre-cut 2 - 4 pieces of parchment paper to cover the width of a tortilla press. (A popular item in the Granary)
- Open the tortilla press, place a piece of parchment, lay the dough ball in the center, place another piece of parchment over the ball and press down to create your tortilla.
- If your dough sticks to the parchment after pressing, scrape it off with your dough cutter and knead in a little more flour, and try again. You'll find that the stickiness will not persist. Also, I usually use the same two pieces of parchment paper throughout the process.
- Have a cast iron pan or something comparable already heating. I keep the heat hovering right around medium high. Spray lightly with Vegalene and lay the tortilla down. Flip it once you see a bubble form. It only takes a few minutes per side. I store the tortillas between pieces of wax paper in a plastic bag.
- To warm tortillas wrap them in a damp towel and place in a warm oven until heated through.

Recipe ideas:

- * Spread a warm tortilla with hummus and top with fresh sprouts, or spinach and a crunchy veggie like sliced peppers or radishes.

Here's a recipe that's a bit more substantial:

- * In the tortilla add warmed black beans, grilled veggies, fresh cilantro, a squeeze of lime & a small dollop of sour cream.
- * Before warming up cooked black beans in a small amount of water, I toss the beans with a bit of taco seasoning.
- * For the veggies I grill sliced red onions and sweet pepper in a grill pan.
- * Add some fresh cilantro, a squeeze of lime and a spoonful of sour cream and enjoy!

Joyfully submitted by Bridget Blanton

Wholy Thoughts

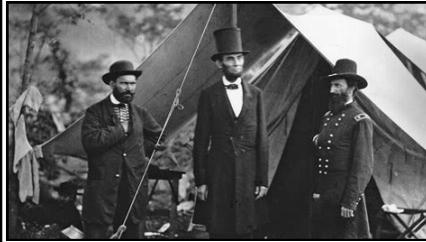
Abraham Lincoln: Wartime President

In the course of Lincoln's second inaugural address, he spoke to the importance of caring "for him who shall have borne the battle." On April 8, 1865, the 16th President of the United States visited a 200 acre field hospital; one of the largest in the state of Virginia. Lincoln's singular goal was "to take by the hand the men who have achieved our glorious victories."



Among the thousands of wounded, those men who were not confined to a cot, lined up outside their tents to personally greet Lincoln, who was described by one of the soldiers as a kind and unaffected man. Lincoln then entered the tents housing the severely wounded, grasping the hand of each soldier in heartfelt gratitude for their sacrifice.

One such meeting recorded in history involved a wounded, young Lieutenant from Pennsylvania, Levi R. Robb. Robb instantly recognized the President standing at his bedside and stated clearly, "The President". Lincoln took Robb's extended hand and said "God Bless you". To this, Robb replied, "He has Mr. President, and may it be your happy portion too." Robb died the following day.



During Lincoln's earnest and comprehensive visit to each tent, he lingered at the bedside of Captain Charles H. Houghton, wounded on three occasions, resulting in

the partial amputation of his left leg. The President bent over and kissed him on the cheek and proceeded to talk to Houghton in a low voice letting this soldier know that he had been advised of his bravery in battle and of his cheerfulness on the ward; to which Houghton replied with inaudible whispers. Lincoln asked to be shown Houghton's wounds, putting aside a doctor's attempts to dissuade him. Upon seeing them, Lincoln released a deep groan and uttered 'Oh, this awful, awful war!' Lincoln then bent back down to Houghton with tears running down his face and exclaimed, 'Poor boy! You must live!' Captain Houghton did indeed survive.

Years later, a soldier spoke about Lincoln's visit recalling his "tall form and loving face bent over every one of us. Not one did he pass by. And to every one he had some word of good cheer tenderly spoken." This soldier from Vermont went on to describe Lincoln as "our President, the great heart who came to cheer and love us while we lay disabled from our wounds."

In recent years, as we have witnessed a sharp decline in statesmanship regarding the office of the President, there has been a parallel effort to revise or rewrite history to shore up this woeful loss of integrity. One such desperate attempt by progressive historians, has been to paint Lincoln as a man who decidedly left the Faith of his childhood behind him. Factual history categorically refutes this lie as utterly false. In fact, it is an accurate, corroborated, historical fact that Lincoln read his Bible daily. How else could this man shoulder the burden of keeping the Union intact? He sought guidance and strength from the Most High God. Furthermore, this brief glance back into history, tracing Lincoln's steps through a field hospital full of wounded men, reveals the heart of a Godly man and a true statesman.

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*