

## Wholy Living Price List & Order Form ~ Fall 2023

<sup>1</sup> <b>Organic</b> <b>ALL GRAINS ARE NON-GMO</b> <sup>2</sup> <b>Chemical Free</b> <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 25	8 / 48 37		
Kamut <sup>1</sup> - Egyptian ancient grain, wheat substitute, soft bread	5 / 25 / 50	12 / 48 / 82		
Spelt — most easily digested, complete protein <b>WHEAT MT*</b>	5 <sup>1</sup> / 25 <sup>1</sup> / 50 <sup>2</sup>	14 / 55 / 110*		
Soft White Pastry Berries <sup>1</sup> — ORG perfect for pie crusts, cookies, muffins, angel food cakes	25 / 50	28 / 48		
7 Grain Mix — Wholy Living mix of Bronze Chief, Prairie Gold & Spelt These Organic Grains ~ Oat Groats, Soft White, Rye, Barley	35 PAIL	55		
9 Grain Mix Rolled w/ Flax Seed - great for granola & hot cereal	5 / 25	8 / 33		
Natural White Unbleached Flour <sup>2</sup> THE BEST!	25 / 50	35 / 66		
Regular Rolled Oats OR Quick Rolled Oats <b>Circle your choice</b>	25 / 50	32 / 60		
Certified Organic Rolled Oats <sup>1</sup> GLUTEN FREE Rolled Oats,*	25 / 50 25	44 / 88 44		
Corn - Whole for corn bread <sup>1</sup> — Organic - non GMO GF	5 / 25	10 / 30		
Oat Groats <sup>1</sup> — roll your own oats in the Roller Flaker	5 / 25 / 50	11 / 46 / 85		
Whole Rye <sup>1</sup>	5 / 25	9 / 36		
Hulled Barley from Delta Junction* — great milled or in soups Hulled Barley <sup>1</sup> — Oregon Grown, ORGANIC	5 / 25	30 9 / 34		
Sorghum Grain <sup>1</sup> - GF baking, add 1 T arrowt / cup sorghum flour	5 / 25	9 / 31		
Buckwheat groats <sup>1</sup> - GF good sprouts & pancakes	5 / 25	16 / 68		
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	15 / 69 19 / 91		
Millet <sup>1</sup> — serve like rice, restores alkaline balance to body	5 / 25	11 / 50		
Brown Rice <sup>1</sup> * grown in TX & LA - long grain ORG Lundberg Organic Brown Rice	25 5 / 25	56 16 / 80		
Brown Rice * grown in TX & LA Basmati Brown Rice, Lundberg, Eco Farmed LUNDBERG RICE ~ GOURMET WILD BLEND	5 / 25	33 13 / 66 27 / 125		
Yellow Popcorn <sup>1</sup> — Organic, Delicious, FEW 'Old Maids' Multicolored Popcorn <sup>1</sup> — Organic, Better tasting than plain Yellow	5 / 25	14 / 49 14 / 53		
Einkorn <sup>1</sup> — soft, flavorful wheat alternative for sensitive bellies Amaranth <sup>1</sup> — organic GF	5 / 25 5 / 25	22 / 104 16 / 70		
TEFF—Iron rich, mill into flour or cook as a porridge GF	5 / 25	13 / 50		
Emmer - organic ancient grain ~ hybrid of spelt & einkorn	5 / 25	13 / 66		

<b>SEEDS ~ NUTS ~ SWEETENERS ~ OILS</b>	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black Organic Hemp Hearts - complete protein, Omegas, Energizing!	1 / 5 8 oz	9 / 40 8		
Golden Flax Seeds <sup>12</sup> — lowers cholesterol, omega oils <b>ORG</b>	5 / 25	17 / 90		
Pumpkin Seeds <sup>1</sup> - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix    Organic	5	35		
Sesame Seeds — natural , make your own tahini, ORG	5	20		
Sunflower Seeds - raw, unsalted, shelled, Organic USA	5 / 25	23 / 102		
Almond - excellent quality ~ Raw ~ non pariel <b>SLICED ~ SLIVERED (Circle your choice)</b>	5 <b>2.5</b>	Raw 27 <b>17</b>		
Cashews — raw pieces, roast for 15 minutes at 225	5	39		
Hazelnuts - whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted - delicious - make your own pb	OREGAN 5	37 19		
Pecans — <b>medium pieces OR halves</b>	2.5	32		
Walnut Pieces — halves & pieces, soak & dehydrate Brazil Nuts ~ 1/day provides your daily selenium needs!	5 2.5	26 28		
Peanut Butter, <b>Creamy or Crunchy</b> better than Adams, Salted (circle your choice )	35	110		
Peanut Butter, CREAMUNCHY just peanuts, no stir no salt	Gallon	46		
Agave Syrup <sup>1</sup> - Organic <b>LIGHT COLORED</b> sweeter than Honey - low glycemic, good choice for diabetics	1 gal	42		
Honey - Raw Clover ~ <b>new supplier</b> <b>New Sizes</b> <b>Orange Blossom Honey, Raw</b> <b>NEW FLAVOR!</b>	2# / 12# 3# / 12#	12 / 58 19 / 68		
Maple syrup <sup>1</sup> — Grade A, dark, organic, delicious <b>New Size</b>	Quart / gal	26 / 86		
Molasses — Old Fashioned Sweet Table <b>New Size</b>	Quart / gal	12 / 42		
Molasses - Blackstrap <b>New Size</b>	Quart / gal	11 / 33		
Evaporated Cane Juice Sugar <sup>1</sup> - use 1/3 less, better than Refined. Mix w/ molasses for fabulous brown sugar	5 / 25 / 50	11 / 48 / 93		
Xylitol - alternative sugar made of birch syrup	5	41		
Coconut Oil - organic, no odor or flavor , just pure coco oil!	1 or 5 gal	45 / 180		
Coconut Oil - Extra Virgin - Org Coconut fragrance & flavor	1 or 5 gal	68 / 265		
Shortening <sup>1</sup> - Organic Palm Fruit, 18 month shelf life	4.5 / 33	20 / 94		
OLIVE OIL Extra Virgin, Organic - Excellent quality	Gallon	60		
Sunflower Oil —Organic, expeller pressed, non GMO	Gallon	44		

TOTAL PAGE 1

## BAKING ESSENTIALS & DRIED FRUIT PRODUCTS

	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant Cornstarch Organic	1 / 5 1	7.50 / 24 7		
Baking Powder Rumford — no aluminum, fast acting! Baking Soda - no aluminum	4# 1 / 5 l#	25 3.50 / 10		
Chips ~ Milk Chocolate - addicting!	5	37.50		
Allergy Minimal Dark Chocolate - organic Mini Semi Swt Chocolate Chips ~ <b>NEW</b>	5	38 38		
Chips ~ White chocolate ORGANIC	2.5# / 5	22 / 42		
Chips ~ Peanut Butter , ECJ Sugar sweetened	5	42		
Cocoa Powder—10-12% Dutch cocoa, not bitter, use 1/3 less	2.5 <b>org</b>	17		
Dough Enhancer — extends shelf life, soft bread Sunflower Lecithin ~ Sorry price skyrocketed! Use D En	1 16 oz / qt	10 33 / 55		
SAF Yeast—makes 80 loaves of bread	1	8		
Vegalene Pan Spray — Aerosol, lasts & lasts!!!	14 oz	8.50		
Vital Wheat Gluten - adds lightness to bread! (5# not organic)	Org 27 oz / 5	14 / 25		
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	11 / 53		
Apples ~ Diced infused w/ cinnamon & sugar * soon NLA.	5 / 10	48 / 95		
Cherries - Dried Bing , very yummy from CA.	5	60		
Coconut - chipped, larger pieces, organic , unsweetened	2.5	10		
Coconut—shredded like Almond Joy texture, organic, unsw	5	16		
Cranberries - sweetened w/apple juice EVERYONE'S FAV.	5	33		
Dates - pieces rolled in oat flour (5# is out of stock since fall) Whole Dates - pitted Noor Deglet <b>NEW &amp; DELICIOUS!</b>	30 5 <b>ORG</b>	115 28		
FIGS - blond, good snack & male food	1 / 5	12 / 51		
Mango Slices, Dried ORGANIC ~ Sa delicious! 20 minerals w/ flavonoids & anti-oxidants, eye health properties <b>NEW</b>	1 / 5	15 / 66		
Raisins - golden, sulfured Thompson seedless raisins	5	22 22		

## SOUP FIXINS' ~ SEASONINGS ~ BEVERAGES

DRY BEANS ~ 5# & 25# SIZE ~ PREMIUM USA GROWN ~ best we can order	Weight In pounds	Price	Quantity	Total Cost
Black Beans - Organic	5 / 25	13 / 58		
Red Kidney - Organic	5 / 25	16 / 73		
Pinto ~ Organic	5 / 25	14 / 52		
Garbanzo - Organic	5 / 25	15 / 59		
Green Split Peas - Organic	5 / 25	10 / 42		
Great Northern Beans—Organic	5 org / 25	12 / 58		
13 Bean Fiesta Mix—prepare with broth & veg stew blend in BRK in 30 minutes	5 / 25	13 / 52		
Green Lentils—Organic Red Lentils - Organic	5 / 25 5 / 25	13 / 68 14 / 66		
Beef Broth Mix- All below good for soup or hot drink Chicken Broth Mix - Vegetable Broth Mix	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	13		
MASHED POTATOES ~ November delivery, hopefully! Devilbiss Farm German Butterball or Yukon Gold Potatoes!!!	5 25	16 30		
Celtic Sea Salt 1 —80 trace minerals, pure, fine ground	1 / 5	12 / 59		
<b>COARSE CRYSTALS</b> ~ Celtic Sea Salt - Will dissolve in liquids PINK Himalayan	5	30 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 / 35		
<b>SEASONINGS! Ranch Dressing Mix, Taco, Montreal Steak, Pizza, Italian, Cassia Cinnamon Circle your choices</b> <b>Onion Soup Mix</b> <b>Ceylon Cinnamon ~ both cinnamons are ORGANIC!</b> <b>Cayenne Pepper - Organic - 20K HU</b>	1 1 1 1	9 9 16 14		
Garlic OR Onion Granules ~ ORGANIC	1	14		
Dandy Blend Instant Herbal Coffee Substitute ORG ~ delicious, Robust flavor.	100 grams 900 grams	12 47		
Buttermilk Powder ~ use in mixes or baking..	5	20		

TOTAL CONSUMABLES PAGES 2 & 3

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		
<b>HALF GALLON CANNIN JARS with LIDS &amp; RINGS ~ Set of 6 NEW!</b>	<b>22.50</b>		

SWEET TOOTH ~ HEALTHIER SWEET TREATS			
Item	Price	Quantity	Total
Dark Chocolate Coconut Chews— Like a mounds but Better!! Milk Chocolate Rainbow Drops ~ vegetable juice colored, unlike MnMs	1 / 5	15 / 75 11 / 50	
Palmer Trail Mix 1 ~ Slivered Almonds, Sunflower & Pumpkin Seeds (all 3 soaked & dehydrated) , with Chipped Coconut & Dark Chocolate Chips	2	15	
<b>Palmer Trail Mix 2 ~ Dry Roasted Peanuts, Rainbow Drops, Golden Raisins, Soaked &amp; Dehydrated Pumpkin &amp; Sunflower Seeds</b>	2	15	
<b>GLUTEN FREE &amp; COCONUT ITEMS</b>	Size	Price	Quantity / Total
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index, nutrient rich <b>ULTRA FINE, not granular NEW SIZE</b>	5 / 22 / 44	24 / 85 / 165	/
Coconut Aminos - RAW, ORG ~ Great soy sauce substitute	16.9 oz / 30 oz	13 / 21	/
Coconut Cream Powder - mix w/water for smoothies, shakes, coffee	1 / 3	12 / 31	/
Almond Meal / Flour - super quality	5	29	/
Coconut Flour - ORGANIC GF	5	15	
<b>Bob's Red Mill 1 to 1 Baking flour, Gluten Free at its best! Hassle Free! ING: Rice, Sorghum, Tapioca, Potato Starch, Xanthan Mix NEW</b>	4	16	
Gelatin, Beef ~ (unflavored) use in yogurt & make your own JELLO!	1	17	
<b>APPLE CIDER VINEGAR ~ ORGANIC NEW</b>	Quart / Gal	6 / 19	
<b>Xanthan Gum ~ GF baking essential ~ Org, non GMO NEW</b>	5 oz	10	
Tapioca Flour - use in GF mixes Potato Starch	5 22 oz / 5	12 5 / 20	

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"	20 / 9		
Man - Size Muffin Pan - 6 place - Mini Quiche, Pizza, Cakes!	45		
BAKING MAT fits perfectly In COOKIE SHEET PAN - bakes best cookies! <b>MUFFIN 'PANS' ~ Red Silicone, collapsible, 6 place, set of 2 NEW</b>	15 15		
<b>BAKING TOOL SET ~ Jumbo Silicone Work Mat /Dough Divider, Scraper Stainless Steel 2 C Scoop - scoop flour or melt butter! Use it much</b>	10 / 7 / 10 25 Set		
<b>DIGITAL SCALE ~ Weigh dough, ingredients, proportions in grams, #, oz</b>	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 <b>Oval Spatula FAV!</b>	18 each /13		
PASTA EQUIPMENT ~ Pasta Roller makes 3 kinds of pasta 5# SEMOLINA FLOUR perfect for Pasta!	59 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 10 for 4#		
CRYSTAL STONE/SALT DEODORANT STICK - wet stick & apply	7		
<b>COOKING with ANCIENT GRAINS</b> by Laura McBride 460 pages of cooking & baking grain, even soaking information <b>ESSENTIAL HOME-GROUND FLOUR Book</b> by Sue Becker Complete Milling & Baking Techniques 100 Delicious Recipes	25 BOOK Either book		
<b>Year-Around Indoor Salad Gardening Book / Sprouting Book</b> ORG 1/4# Salad Blend Sprouting Mix of Radish, Mung, Alfalfa, Red Clover ~ Single packet contains all 4 seeds Mason Jar Sprouting Lid <b>SUPERB</b> Canning Jar Lids ~ box of 60 ~ Regular or Wide Mouth <b>NEW brand made in USA</b>	29 / 15 9 7 24		
TOTAL NON CONSUMABLES			

## BOSCH & L'CHEF PRODUCTS

Item	Price	Quantity Or Circle your Choice	Total
Nutrimill Harvest - Old fashioned Stone milling in stylish bamboo housing. Pick your accent color! NUTRIMILL CLASSIC ~ White round workhorse	345 259	Black, White, Silver, Gold, Blue, Green. Red	
<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	439		
<b>Stainless Steel Bosch ~ Snobby looking Black Base w/ S/S bowl</b>	499		
<b>SPIRALIZER</b> with 3 blades - fill your Bosch bowl with home-made veggie noodles. Zucchini, carrot, potato, or turnips!	55		
<b>Large Oversize Slicer/Shredder</b> sits on Bosch Bowl with Grating & Shredding blades. Fill your whole Bosch Bowl! Add Julienne or Crinkle blade	85 30	Oversize S / S Julienne	
Bosch Meat Grinder — heavy-duty work horse L'Chef Meat Grinder - coarse/fine disk, stuffer, light weight	159 79		
Cookie / Cake Paddles for Bosch with metal whip drive Bowl Scraper cleans the bowl attaches to whip drive Replacement Cookie / Cake paddles no metal drive Replacement Wire Whips	35 27 22 15	Cake 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	
Citrus Juicer - sits on Bowl motor mount <b>Ice Cream Maker</b>	30 65	Juicer	
Bosch Blender — 6 C workhorse, a MUST	85		
PASTA ROLLER SET ~ 3 roller attach directly to Bosch Wide-lasagna, angel hair, fettuccini	170		
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	155 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>59</b>		
<b>WonderMill Junior Hand Mill</b> ~ a very high performance hand mill which is 2-3 times faster than the Family Mill. Produces super fine flour to really coarse cracked grain.. Nut butters, too!	<b>350</b> <b>Exciting New Hand Mill!</b>		

Packages ~ Select one of these OR make up your own...Equip your Kitchen with THE best!	Unit Price	Total Cost
<b>Universal Plus, Harvest Stone Mill DELUXE PKG~</b> Blender, Dough Hook, Wire Whips, Cake Paddle, Roller Flaker, Large Slicer & Bowl Scraper \$1190 Value	\$1089 Or \$273 4 paymts	
<b>Bread Making Starter Kit</b> - Supplies for 20 loaves of Bread ~ 2 Regular Loaf Pans, Vegalene, SAF, Dough Enhancer, 10# Prairie Gold, 5# @ Spelt & Kamut, Thermometer,, Bread Bags, Salt, Whole Grains DVD \$143 Value	129	
<b>Soaking &amp; Dehydrating Package</b> ~ Filter Pro, 4 gal Jars, Large Mesh Colander, Big Mouth Slicer/Dicer, Fruit Leather Sheets, Apple Cider Vinegar & Soaking Pail \$281 Value	265 or \$133 2 payments	
<b>Deluxe Pkg + Soaking &amp; Dehydrating Pkg</b> ~ purchase both & get the Bread Starter Kit for \$65 \$1614 Value \$1089 + \$265 + \$65 = \$1419	1419 or \$355 4 payments	
<b>BOSCH Chef Package ~ Spiralizer, Ice Cream Maker, Meat Grinder</b> (the serious meat grinder) \$273 Value	\$259	
<b>FAMILY MILL or ROLLER/FLAKER 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>	125 99 35 <b>Set 360</b>	

Please return this form by

**Monday, Sept 18th & 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 Wholy Living**

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

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