



## Grateful

Thank You, Lord! Harvest time is here! Salmon in the freezer, potatoes need digging, Son's moose trimmed and frozen! Raspberries and rhubarb were plentiful this year! Feeling very blessed! Now let's turn our attention to the 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 and at classes! The Fall Event is just around the corner!

## Announcements

1 ~ **CO-OP ORDERING INFORMATION** ~ Yes, it is time to kick off the Fall Co-Op Cycle. No worries, our suppliers are ready to fill our orders. When you place your order by **Wednesday, October 6th**, 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 on line, for that early bird consumable savings. Go to [www.wholyliving.com](http://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 is 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 November.** 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 - **WELCOME ABOARD NEW REPS!** The Lord blessed us with wonderful, enthusiastic, energetic folks to care of our amazing customers!

- ◆ ANCHORAGE ~ Jennifer Metier live in the same area as Deb Sudz
- ◆ EAGLE RIVER ~ Alana Davis, Helen's daughter, leads the charge for fall
- ◆ FAIRBANKS ~ Sarah Kemp & family willingly replaced Fawn, a monumental task!
- ◆ SOLDOTNA ~ Morgan Sauer just hosted a great bread class for Peninsula folks.
- ◆ HOMER ~ Amanda Callahan, Morgan's sister, both busy ladies, smiling with her twins!
- ◆ WASILLA ~ Wendy Chin & family live off KGB Rd



3 - **DEBBIE DEITZ' WASILLA CLASSES** ~ I am very excited about this new development. Debbie's new home on Fairview Loop has the perfect kitchen area for a good size group! She will give me a November & December schedule very soon. They will be posted on the class link as well as announced via our emails & FB page.

4 - **WELCOME ABOARD ALLISON FISCUS!** New to Alaska, Allison worked in the whole foods arena in Utah. She will be teaching monthly classes for us, relieving me to handle the rest of the business! Between Debbie Deitz & Allison, Alaskans need to take advantage of their incredible expertise. Again, another evidence of God's goodness & blessing!

5 - **ATTEND A CLASS** ~ As of today, Allison & I planned classes through the end of the year. Debbie classes are TBA! We'll let her get through the event before scheduling more!

- \* **Monday, Sept. 27 at 6 pm ~ B is for BURGER AKA, 10 Meals from 10#s of Burger** ~ this is one of my favorite classes. Start with a batch of bread dough & use it to create many meals! \$20 each
- \* **Saturday, Nov 6 at 10 ~ Dilly Bread & Split Pea Soup & Ranch Celery Soup** - expand your bread horizon with a new variation on sprouted bread. Check out the nutrients on the split pea bag! They are amazing. Warm up today!
- \* **Tuesday, Nov 23, from 3 - 7, Customer Appreciation Open House.** We are so blessed by all of you. Enjoy goodies with us!
- \* **Saturday, Dec 4, at 10 ~ Christmas Bread & Fruitcake**
- \* **Tuesday, Dec 7, at 3 ~ Christmas Cookies & Goodies**

*Make a reservation on our class link or shoot me an email.*

Also join us for **SCHOOL of GOVERNMENT** at Real Life Church, just outside Palmer on the Palmer Wasilla highway at 7 pm. Edna DeVries, Palmer's amazing mayor, trains us to be more involved and knowledgeable about local government, that which influences our daily lives the most. Students 13 and older meet at 6 pm. Come the **FIRST & THIRD MONDAYS** of the month!



## Grain Depots

- Margaret Loew, 15091 Lazy Lady Lane, Palmer (99645) 745-5639
- Alana Davis, Box 772004, Eagle River (99577) 244-4253
- 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
- Jennifer Metier, 1120 Huffman, Ste 24-814, Anchorage (99515) 360-7946
- Kanji Christian, Box 1386, Cordova (99574) 429-5355
- 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
- Wendy Chin, 4750 W Yundt Dr, Wasilla (99654) 310-465-9445

## What's New at W. L.?

**APPLE DICES INFUSED with CINNAMON & SUGAR** ~ 3/8" dices will brighten a bowl of hot cereal. A yummy addition to trail mix! I soaked them with golden raisins, then rolled them up into cinnamon rolls. No additional sugar needed. **Reduced for fall to \$59 for 10# or 2# for \$13** (originally \$85 & \$18)

**INSTANT MASHED POTATOES ~ ORG** Make fluffy mashed potatoes with organic spuds, in just minutes. The 40# bag makes 302 servings! Use as a quick side or in potato rolls, etc. **This item should be available for Thanksgiving this year.** Sorry about last year!

**DRIED MANGO STRIPS ~ organic!** So very delicious, almost addicting! Improves eye health, no added sugar, naturally sweet. Perfect snack. 1# goes a long way for the 'unaddicted'! 1# = \$14, 5# = \$59



**SLICED ALMONDS** ~ 50# arrived this spring by mistake. One quick announcement to come & get some & they were GONE! So, I added them to the almond section. Enjoy sliced almonds for salads, dessert, etc from us! Made from premium almonds, you'll love them! All our almonds have a great price point!

**VITAL WHEAT GLUTEN ~ organic...** this is one difficult item to find these days. Thankfully, we can order 5# bags of organic VWG. Thus the price hike, 5# for \$35



**MINI ALLERGEN FREE CHOCOLATE CHIPS** ~ After trying several dark chocolate chips from our suppliers, the Allergen Free was awarded the thumbs up from everyone who tried them! Enjoy them as minis in energy balls, pan-cakes, trail mixes, etc OR the regular full size chips. delicious, and healthy, both \$35 for 5#s!

**CORNSTARCH, ORGANIC** ~ available in 1# & 5# sizes, top pg 2 order form.

## Wholy Hints

- 1 - Seasonings: When cooking your chicken cutlets, moose steaks, especially salmon, add our **Montreal Steak Seasoning** to your flour. It'll put a sparkle on your taste buds.
- 2 - After harvesting a few potatoes, use your **Big Mouth Chopper** to slice them, ready for the fry pan. I rarely fry any vegetables, but I made some fresh fried spuds yesterday. Super delicious & ready in no time!
- 3 - Either the **Big Mouth Chopper** or the **Bosch Slicer/Shredder** handle the monumental task of processing garden vegetables, ready for the freezer, the canner, or the dehydrator! Save wear & tear on your knives & hands!
- 4 - **Tri-Colored Quinoa** has become my husband's daily 'bread' so to speak, even tho he always enjoys bread at least once a day. Quinoa easily sprouts in just a couple of hours, exploding. Pour off the soaking water to add fresh for cooking. John adds multiple seeds & nuts for a power packed meal!
- 5 - Low in iron? Make **Green Split Peas, Sorghum Grain & Amaranth** your daily friends! All three boast amazing amounts for a 1 cup serving ~ 48%, 47% & 82% respectively!

## Simple Recipes using Real Food

### PANCAKE/WAFFLE MIX

6 C 7 grain mix flour\*      1 1/2 C milk powder  
 6 C Prairie Gold Flour\*    4 t pink salt  
 3/4 C baking powder        2 T sugar  
 1 C ground flax seeds OR 1 C Rolled 7 Grain\*

Mix all ingredients. Store in airtight container. Freeze.

To make pancakes ...

3 C mix                              2 eggs  
 1/8 C healthy oil                2+ C water

Combine all ingredients, adding more water as needed. Cook on hot skillet or waffle iron.

\*\*I use Agave syrup with maple extract instead of junk maple syrup.

### PALMER PROTEIN ENERGY BARS from Allison

1 C whole grain pancake mix    1/2 C rolled 7 grain\*  
 1 C natural peanut butter      1/2 C wildflower honey  
 1 t maple powder                1 t cinnamon  
 1/4 t salt                            1 T ground flax meal

Combine all ingredients. Keep mixing until all ingredients are incorporated.

Fold in ~ 1/2 C sunflower seeds\*      1/2 C mini chocolate chips

1/4 C dried cranberries

Scoop into balls using a small cookie scoop. Place on lined cookie sheet.

Freeze for 5 minutes or in frig for 15 minutes. Enjoy, get energized!

Store leftovers in frig for up to 2 weeks.

I was very skeptical of the flour ingredients in protein balls. I had only used rolled grains. These were amazingly smooth & just slid right on down.

Thank you for enlightening me, Allison!

\*For explosive energy, nutrition & flavor, soaked & dehydrated grains & seeds prior to using them.



### PIZZA BREAD BRAIDS ~ a delicious way to use bread dough & stash a meal in the freezer!

With a 'loaf' size ball of bread dough, pat it into a long rectangle on a Sil Pro baking mat. Down the middle, spread pizza sauce. Add your favorite toppings. Using your dough divider or a pizza cutter, slit the dough at an angle on both sides of the toppings. Starting at the top, lap your slits, alternating from side to side. Sprinkle with sesame seeds. Slide onto a cookie sheet. Bake at 350\* for 25 minutes or cover & freeze.

**VARIATIONS:** Salmon with cabbage, onions, Montreal Steak, using sour cream/dill for the sauce. YUMMY!

Turkey, mashed potatoes, green beans, cranberries on a thick gravy base.

Scrambled eggs, cheese, onions, your favorite breakfast goodies.

Dried fruit, nuts, cinnamon on flavored cream cheese

base. I use some jam or preserves to add color & variety.

\*Braids look amazing, taste delicious, but assemble quickly! WIN-WIN-WIN!



### MAXIMIZING your DEHYDRATOR

Back in August, Debbie D blessed us with a comprehensive dehydrator class. Here are some highlights. If you want the full 15 pages of information, just shoot me an email & I'll forward them to your inbox.

◆ **HERBS:** Dehydrator drying is a fast and easy way to dry high quality herbs because temperature and air circulation can be controlled. Pre-heat dehydrator with the thermostat set to 95°F to 115°F. In areas with higher humidity, temperatures as high as 125°F may be needed. After rinsing under cool, running water and shaking to remove excess moisture, place the herbs in a single layer on dehydrator trays. Drying times may vary from 1 to 4 hours. Check periodically. Herbs are dry when they crumble, and stems break when bent. Check your dehydrator instruction booklet for specific details.

◆ **CONDITIONING FRUITS:** The moisture content of home dried fruit should be about 20 percent. When the fruit is taken from the dehydrator, the remaining moisture may not be distributed equally among the pieces because of their size or their location in the dehydrator. Conditioning is the process used to equalize the moisture. It reduces the risk of mold growth. To condition the fruit, take the dried fruit that has cooled and pack it loosely in plastic or glass jars. Seal the containers and let them stand for 7 to 10 days. The excess moisture in some pieces will be absorbed by the drier pieces. Shake the jars daily to separate the pieces and check the moisture condensation. If condensation develops in the jar, return the fruit to the dehydrator for more drying. After conditioning, package and store the fruit as described above.

◆ **VEGETABLE DRYNESS:** Vegetables should be dried until they are brittle or "crisp." Some vegetables actually shatter if hit with a hammer. At this stage, they should contain about 10 percent moisture. Because they are so dry, they do not need conditioning like fruits. Dried peppers & onions are my person favorites!



(Continued next column)

◆ **BABY FOOD:** Making your own baby food can be easy using the fruits and vegetables you dry in your dehydrator. Powder your dried vegetables and fruits and store in airtight containers. When making baby food, mix 1/4 cup dried powder (fruit or vegetable or mixture of both) with 1/2-3/4 c hot water, juice, milk or low sodium broth, stirring well until smooth and of the consistency desired. This will give you a 3/4-1 c serving of baby food.

◆ **YOGURT LEATHER BITES:** Using your freshly made yogurt or store bought yogurt, add a bit of fruit spread and mix well. Drop mixture by teaspoons (no more than 1/8" thick at center and 1/4" thick at edges) onto fruit leather trays and place those trays onto the dehydrator trays. Dry for 4-10 hours (will depend in thickness of yogurt and which fruit was added) at 135\*.

◆ **BREAD:** Don't throw away your old or stale bread, dry it into croutons. Cut your bread into 1/2"-3/4" cubes, place on dehydrator trays in a single layer and dry for 4-7 hours (depending on size) at 150\*-155\* or until crisp. Season your croutons just before use for a longer lasting, fresher tasting crouton.

\* Bread crumbs can be easily made from the croutons! When run in your food processor until almost the texture desired. Stop and add seasoning (Italian, garlic powder, a little salt, dried milk, onion powder, etc) and process until fine crumb.

## Wholy Thoughts

Being a Northern girl all my life, the South rarely entered my 'radar screen.' When pondering the topic for this portion of the newsletter, the Lord laid Robert E Lee on my heart. In my humble opinion, the removing of his stately statues from the public square, is a National tragedy! History, good or ugly, is still history. Don't erase it, learn from it!

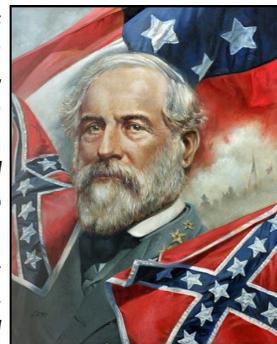


The following are some quotes & information from Lee's section of the 800 page book, **AMERICA'S GOD AND COUNTRY Encyclopedia of Quotations** by William J. Federer, a volume I believe should be in every home!

R. E. Lee (1807-1870) married into George Washington's family, inheriting the 1100 acre estate across the Potomac from DC. Tutored & home-schooled as a child, Lee excelled at West Point, and distinguished himself in the Mexican-

American War. He was so highly respected, that when war looked imminent, President Lincoln offered him the Field Command of the US Army. Even though Lee was against slavery, freeing his own slaves years before, he resolved to fight for the South. Lee, a deeply spiritual man, inspired his men to observe the 'day of fasting, humiliation, and prayer' that had been proclaimed:

**Soldiers! Let us humble ourselves before the Lord, our God, asking through Christ, the forgiveness of our sins, beseeching the aid of the God of our forefathers in the defense of our homes, and our liberties, thanking Him for His past blessings, and imploring their continuance upon our cause and our people.**



Lee's perspective on the Bible: *there are things in the old Book which I may not be able to explain, but I fully accept it as the infallible Word of God, and receive its teachings as inspired by the Holy Spirit.*

When visited in his tent by Army Chaplains who told the General, **...all the chaplains were praying for him. .... Tears came to General Lee's eyes as he said: Please thank them for that, sir - I warmly appreciate it. And I can only say that I am nothing but a poor sinner, trusting in Christ alone for salvation, and need all of the prayers they can offer me.**

In the first couple of years of the war, the South took the upper hand, but in the end, the North stood victorious. After the end of the war, this giant of a General stated: **I have fought against the people of the North... But I have never cherished toward them bitter or vindictive feelings, and have never seen the day when I did not pray for them.** (very convicting for me at this time!)

As President of Washington & Lee College in VA, his heart toward his students was: **...if I could only know that all the young men in this College were good Christians I should have nothing more to desire... Our great want is a revival which shall bring these young men to Christ...I shall fail... unless these young men all become Christians; ... We poor sinners need to come back from our wanderings to seek pardon through the all-sufficient merits of our Redeemer....**

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

Lord, give us more true men like General Lee! We desperately need them.

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