

Wholy Living Price List & Order Form ~ Fall 2022

¹ Organic ALL GRAINS ARE NON-GMO ² Chemical Free *store 6 to 18 months only	Weight (lbs)	Price (\$)	Qty	Total Cost
Prairie Gold ² — hard white spring wheat berries high protein, Excellent gluten content for fluffy bread	5 / 50	8 / 50		
Bronze Chief ² — hard red spring wheat, robust flavor, sprouts well HARD RED WHEAT ORGANIC great nutty flavor	5 / 50 5 / 25 / 50	8 / 47 8 / 37 / 66		
Kamut ¹ - Egyptian ancient grain, wheat substitute, soft bread	5 / 25 / 50	12 / 48 / 82		
Spelt — most easily digested, good bread, complete .protein,	5 ¹ / 25	12 / 51		
Soft White Pastry Berries ¹ — ORG perfect for pie crusts, cookies, muffins, angel food cakes	25 / 50	47 / 87		
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 / 31		
Natural White Unbleached Flour ² THE BEST!	25 / 50	32 / 62		
Regular Rolled Oats* (sorry, don't understand the price hike!) Quick Rolled Oats*	25 / 50	36 / 70 30 / 50		
Certified Organic Rolled Oats ^{1*} GLUTEN FREE Rolled Oats,*	25 / 50 25	54 / 104 44		
Corn - Whole for corn bread ¹ — Organic - non GMO GF	5 / 25	10 / 31		
Oat Groats ¹ — roll your own oats in the Roller Flaker	5 / 25 / 50	12 / 54 / 102		
Whole Rye ¹	5 / 25	9 / 33		
Hulled Barley from Delta Junction* — great milled or in soups Hulled Barley ^{1*} — Oregon Grown, ORGANIC	5 / 25	30 9 / 34		
Sorghum Grain ¹ - GF baking, add 1 T arrowt / cup sorghum flour	5 / 25	9 / 31		
Buckwheat groats ¹ - GF good sprouts & pancakes	5 / 25	16 / 68		
White Quinoa (Keenwa) ¹ - Mill for flour, cook like rice GF Tri-colored Quinoa ¹ : just looks & tastes so much better than white!	5 / 25	18 / 73 20 / 96		
Millet ¹ — serve like rice, restores alkaline balance to body	5 / 25	11 / 48		
Brown Rice ^{1*} Lundberg Family grown in CA - long grain ORG	5 / 25	14 / 67		
Brown Basmati Rice ^{**} Lundberg Family grown in CA - ECO FARMED Limited Chemicals LUNDBERG RICE ~ GOURMET WILD BLEND	5 / 25 5 / 25	10 / 48 22 / 104		
Yellow Popcorn ¹ — Organic, Delicious, FEW 'Old Maids' Multicolored Popcorn ¹ — Organic, Better tasting than plain Yellow	5 / 25	14 / 50 14 / 53		
Einkorn ¹ — soft, flavorful wheat alternative for sensitive bellies Amaranth ¹ — organic GF	5 / 25 5 / 25	22 / 104 14 / 56		
TEFF—Iron rich, mill into flour or cook as a porridge GF	5 / 25	13 / 50		

SEEDS ~ NUTS ~ SWEETENERS ~ OILS	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black Organic Hemp Hearts - complete protein, Omegas, Energizing!	1 / 5 10 oz	6 / 26 8		
Golden Flax Seeds ¹² — lowers cholesterol, omega oils ORG	5 / 25	14 / 65		
Pumpkin Seeds ¹ - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix Organic	5	34		
Sesame Seeds — natural , make your own tahini, ORG	5	20		
Sunflower Seeds - raw, unsalted, shelled, Organic USA	5 / 25	23 / 100		
Almond - excellent quality ~ Raw ~ non pariel Choose SLICED ~ ROASTED & DICED ~ SLIVERED Circle your choice	5 2.5	Raw 30 16		
Cashews — raw pieces, roast for 15 minutes at 225	5 / 25	39 / 195		
Hazelnuts - whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted - delicious - make your own pb	5	43 19		
Pecans — medium pieces OR halves (circle your choice)	2.5	32		
Walnut Pieces — halves & pieces, soak & dehydrate Brazil Nuts ~ 1/day provides your daily selenium needs!	5 2.5	39 36		
Peanut Butter, Creamy or Crunchy better than Adams, Salted (circle your choice)	35	106		
Peanut Butter, CREAMUNCHY just peanuts, no stir no salt	Gallon	46		
Agave Syrup ¹ - Organic LIGHT COLORED sweeter than Honey - low glycemic, good choice for diabetics	1 gal	41		
Honey - Raw Clover ~ new supplier New Sizes Orange Blossom Honey, Raw NEW FLAVOR!	2# / 12# 3# / 12#	17 / 78 19 / 66		
Honey, Wildflower — delicious, full of enzymes	40#	230		
Maple syrup ¹ — Grade A, dark, organic, delicious	1 gal	95		
Molasses — Old Fashioned Sweet Table New Size	Quart / gal	12 / 40		
Molasses - Blackstrap New Size	Quart / gal	12 / 28		
Evaporated Cane Juice Sugar ¹ - use 1/3 less, better than Refined. Mix w/ molasses for fabulous brown sugar	5 / 25 / 50	9 / 48 / 93		
Xylitol - alternative sugar made of birch syrup	5	36		
Coconut Oil - organic, no odor or flavor , just pure coco oil!	1 or 5 gal	54 / 195		
Coconut Oil - Extra Virgin - Org Coconut fragrance & flavor	1 or 5 gal	74 / 280		
Shortening ¹ - Organic Palm Fruit, 18 month shelf life	4.5 / 33	20 / 92		
OLIVE OIL Extra Virgin, Organic - Excellent quality	Gallon	46		
Sunflower Oil —Organic, expeller pressed, non GMO	Gallon	43		

BAKING ESSENTIALS & DRIED FRUIT PRODUCTS

	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant Cornstarch Organic NEW	1 / 5 1	7.50 / 22 10		
Baking Powder Rumford — no aluminum, fast acting! Baking Soda - no aluminum	4# 1 / 5 l#	25 3.50 / 10		
Chips ~ Milk Chocolate - addicting!	5 / 25	35 / 165		
Allergy Minimal Dark Chocolate - organic Mini Semi Swt Chocolate Chips ~ NEW	5	38 38		
Chips ~ White chocolate ORGANIC	2.5# / 5	22 / 42		
Chips ~ Peanut Butter , ECJ Sugar sweetened	5	41		
Cocoa Powder—10-12% Dutch cocoa, not bitter, use 1/3 less	5 org	40		
Dough Enhancer — extends shelf life, soft bread Sunflower Lecithin ~ ORG avoid soy—works! (Limited Supply)	1 16 oz / 32 oz	7.50 25 / 48		
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!	Non org 1 / 5	7 / 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	10 / 50		
Apples ~ Diced infused with cinnamon & sugar	5 / 10	47 / 97		
Cherries - Dried Bing , very yummy from CA.	5	60		
Coconut - chipped, larger pieces, organic , unsweetened	2.5	11		
Coconut—shredded like Almond Joy texture, organic, unsw	5	22		
Cranberries - sweetened w/apple juice EVERYONE'S FAV.	5	31		
Dates - pieces rolled in oat flour Whole Dates - pitted Noor Deglet NEW & DELICIOUS!	5 / 30 5 ORG	16 / 71 30		
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 NEW	1 / 5	15 / 61		
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 / 56		
Red Kidney - Organic	5 / 25	16 / 73		
Pinto ~ Organic	5 / 25	14 / 61		
Garbanzo - Organic	5 / 25	15 / 65		
Green Split Peas - Organic	5 / 25	10 / 45		
Small White Navy - NEW temp replaced GN b/c \$\$\$	5 GN org / 25	20 / 37		
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 / 58 14 / 68		
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 ~ Hoping for a spring delivery!	40	110		
Celtic Sea Salt ¹ —80 trace minerals, pure, fine ground	1 / 5	12 / 59		
COARSE CRYSTALS ~ Celtic Sea Salt - Will dissolve in liquids PINK Himalayan	5	25 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		
SEASONINGS! ORG Ranch Dressing Mix, Taco, Montreal Steak, Pizza, Italian, Cassia Cinnamon Circle your choices Onion Soup Mix Ceylon Cinnamon ~ both cinnamons are ORGANIC* Cayenne Pepper - Organic - 20K H	1 1 1 1	9 6.50 16 14		
Garlic OR Onion Granules ~ ORGANIC	1	13		
Dandy Blend Instant Herbal Coffee Substitute ORG ~ delicious, Robust flavor.	100 grams 900 grams	12 47		
Buttermilk Powder ~ use in mixes or baking..	5	16		

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		
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 RETURNED!	1 / 5	12 / 63 13 / 60	
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 NEW INGR	2 / 5	15 / 35	
GLUTEN FREE & COCONUT ITEMS	Size	Price	Quantity / Total
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index, nutrient rich ULTRA FINE, not granular	5 / 44	23 / 195	/
Coconut Aminos - RAW, ORG ~ Great soy sauce substitute	16.9 oz / 30 oz	12 / 21	/
Coconut Milk/Cream Powder - mix w/water for smoothies, shakes, coffee	1 Milk / 3 Cream	12 42	/
Almond Meal / Flour - super quality	5	31	/
Coconut Flour - back by popular demand , ORGANIC GF	5	16	
GF All Purpose Flour - garb bean, potato & tapioca starch, sorghum, fava bean flour	25	77	
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	17	

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!	39		
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 10 for 4#		
CRYSTAL STONE/SALT DEODORANT STICK - wet stick & apply	7		
COOKING with ANCIENT GRAINS by Laura McBride 460 pages of cooking & baking grain, even soaking information	25 BOOK		
Year-Around Indoor Salad Gardening Book / Sprouting Book ORG 1/4# Salad Blend Sprouting Mix of Radish, Mung, Alfalfa, Red Clover ~ Single packet contains all 4 seeds Mason Jar Sprouting Lid Canning Jar Lids only ~ box of 50 ~ Regular or Wide Mouth NEW	29 / 15 9 7 16.50		
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	
Bosch Plus Universal, Dough Hook, Wire Whips — 800 watts, 4 speeds, automatic. Transmission, makes 6 Loaves & A base for ALL THESE ATTACHMENTS: DOUGH HOOK EXTENDER ICE CREAM MAKER fits UNIVERSAL PLUS, not the older models	439 59		
SPIRALIZER with 3 blades - fill your Bosch bowl with home-made veggie noodles. Zucchini, carrot, potato, or turnips!	55		
Large Oversize Slicer/Shredder 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 paddles no metal drive Replacement Wire Whips	35 27 22 22	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	
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	155 15 25		
Immersion Blender with 5 blades, storage case, mixing cup, light weight, Stainless Steel construction, heat resistant, with Speed Dial Precision ~ easy clean up under the faucet! NEW	99		
WonderMill Junior Hand Mill ~ 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!	350 Exciting New Hand Mill!		

Packages ~ Select one of these OR make up your own...Equip your Kitchen with THE best!	Unit Price	Total Cost
Universal Plus, Harvest Stone Mill DELUXE PKG~ Blender, Dough Hook, Wire Whips, Cake Paddle, Roller Flaker, Large Slicer & Bowl Scraper \$1068 Value	\$989 Or \$245 4 paymtns	
Bread Making Starter Kit - 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 \$129 Value	120	
Soaking & Dehydrating Package ~ Filter Pro, 4 gal Jars Large Mesh Colander, Big Mouth Slicer/Dicer, Fruit Leather Trays & Soaking Pail \$277.50 Value	259 or \$130 2 payments	
Deluxe Pkg + Soaking & Dehydrating Pkg ~ purchase both & get the Bread Starter Kit for \$60 \$1481 Value \$989 + \$259 + \$60 = \$1308	1308 or \$327 4 payments	
BOSCH Chef Package ~ Spiralizer, Ice Cream Maker, Meat Grinder (the serious meat grinder) \$273 Value	\$259	
FAMILY MILL or ROLLER/FLAKER ~ direct fit to Bosch Hand Base to manually mill or flake Adapter for Bosch or Kitchen Aide Family Mill, Roller Flaker, Hand Base & Bosch or KA Adapter	125 99 35 Set 360	

Please return this form by
Monday, Oct 3 & save 10% on consumables
when paying with cash or check OR
7% with credit card payment.

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

Name:		
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City:		
Zip:		Phone:
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