

To view our full product line and review ingredients visit us online at www.josheweasgarden.com

- SPROUTED Wheat and Spelt **Flours** produce light whole grain breads and baked items.
- Super SOAKED **Cereals** come in five delicious flavors.
- SOAKED “Crispy” **Nuts**: a taste and texture treat.
- SOAKED and SPROUTED **seeds** are a quick and healthy snack.
- Unique MIXES incorporate all the goodness of SOAKED & SPROUTED foods according to the nutritional principles of Dr. Weston A Price to create “WAPF Convenience Foods”.
- Grass-fed **lamb meat**, available seasonally and in limited quantities. It’s worth the wait, reserve your spot on the waiting list today!
- Versatile **Shetland Sheep wool** available as unwashed fiber, washed fiber or roving in many natural

For “the earth is the LORD’S,
and everything in it.”

1 Corinthians 10:26

JMJ

All products are produced on
our family farm in
Ashippun, Wisconsin
using
ORGANIC ingredients.

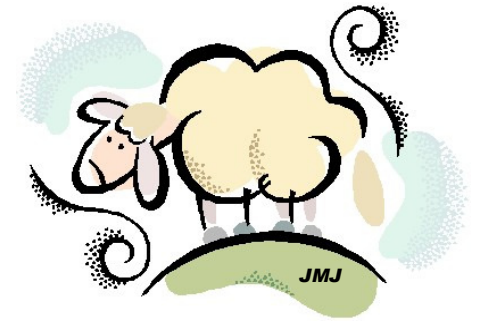
For more information on our
farm or our food, please
contact us!

JoshEWEa's Garden, LLC

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www.josheweasgarden.com



JoshEWEa's Garden, LLC

~ **Organic** ~
SOAKED,
SPROUTED
and DRIED
Foods,

Natural Goodness ... from our
home to YOURS!

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Why Soaking and Sprouting?

Sprouting, soaking and genuine sour-dough leavening "pre-digests" grains, allowing the **nutrients** to be **more easily assimilated and metabolized**. This is an age-old approach practiced in most traditional cultures.

Sprouting begins germination, which **increases the enzymatic activity** in foods and inactivates substances called enzyme inhibitors which may hinder optimal digestion and absorption

Soaking **neutralizes phytic acid**, a component of plant fiber found in the bran and hulls of grains, legumes, nuts, and seeds that reduces mineral absorption.

All of these benefits may explain why **SPROUTED** foods are **less likely to produce allergic reactions** in those who are sensitive.

According to research undertaken at the University of Minnesota, **sprouting increases the total nutrient density of a food**.

** This text is a portion of an article titled **Wheaty Indiscretions--What Happens to Wheat, from Seed to Storage** by Jen Allbritton, Certified Nutritionist and was taken from the Weston A. Price Foundation website www.westonaprice.org*

Sprouted FLOURS are produced with patience over three days. You can smell the toasty aroma of the sprouted and dried "berries" ~ very delicious and highly nutritious!



Read about our full product line online

www.joshewasgarden.com

"I received my package yesterday. The cereal was so Delicious. I loved the nuts, I've never liked nuts but have heard that crispy nuts are much better then regular nuts, and I loved them. "

Thanks a lot,

Alison , CA

Super SOAKED cereals are super YUMMY to adults and children alike! Serve with cold or warmed milk, mix into yogurt or enjoy by the handful.

Any way you serve it, you're sure to enjoy the taste and health benefits of this super soaked treat!

Granolas are available in five delicious flavors:

Coconut Granola

Banana Muffin

Orange Pecan

Oatmeal Raisin Cookie and

Cashew Berry Crunch.

"CRISPY" nuts are a little salty and VERY crispy ~ you'll go nuts over our nuts! Use them in your favorite recipes or eat them right out of the bag. This convenient good-for-you food is made great-for-you by soaking and drying.

Pecans

Walnuts

Almonds

Cashews

Available individually or mixed!

Nut BUTTERS start with our very own Soaked & Dried "Crispy" nuts. The result is a delicious spread or dip.

Soaked and Dried Seeds are a tasty treat anytime. Lightly salted **Sunflower** and **Pumpkin** seeds are sure to satisfy your craving for crunch!

All products are made with ORGANIC INGREDIENTS purchased or harvested locally!