LAUNDRY

Detergent in our modern era contains phthalates, fragrances that are comprised of hormone disrupting chemicals. We are not only going back to the basics, but also sourcing high-quality ingredients and aluminum-free baking soda. The toxic load, including heavy metals that we are exposed to, contribute to health issues. Most baking soda found on supermarket shelves contains aluminum, even if it is not indicated on the label. Pair our clean-living detergent with vinegar in your machine's fabric softner dispenser for an overall more powerful and softer wash. (The vinegar will not leave a scent on your clothes.)

SWEDISH BONFIRE KITS

One log is all you'll need for this mobile outdoor fire. Whether you have a small yard or live on several acres, Swedish bonfires are quick, contained and easily transportable. Insert and then light the kindling material in the middle of the star cut on the log. Then sit back and relax with our hand-crafted S'mores and Hot Cocoa kits.



CLEAN-LIVING

the way God intended. He gave us dominion over the plants and animals. So therefore we believe and have experienced how soulsatisfying being connected to where your food comes from can truly be. We want to bring that eternal impact to you, along with clean-living and quality ingredients to help nourish your family.





sits on property, with the greater farmstead around it, that has been in the family for more than a century. What once was a dairy and supplier for the former Waterloo Milk Company, we pray will one day serve the community in such a capacity. But as we begin this journey, it is a joy to bring even just a sliver of God's creation to you.

For more products & discounts from our clean-living







FALL/WINTER

Thank you for joining us for the launch of our farm stand! We cannot wait to see how this grows. Follow along on our social media channels to see new products added regularly.

- Pumpkins
- Flowers
- Eggs
- Elderberry Syrup
- Elderberry Gummies
- Fresh-Frózen Elderberry
- Laundry Detergent
- Pancake Mixes
- Sourdough
- Baked Goods
- Homemade Marshmallows
 - in our S'mores Kits
 - o in our Hot Cocoa Mix
- Swedish Bonfire Kits
- and More!





EGGS

We are currently adding to our flock, so we appreciate your grace as we grow the amount of eggs we'll be offering.

PASTURED

hens are happy hens, returning to their natural tendencies. We rotate our flock around on fresh grass, where they are also able to forage on bugs and fertilize the earth. This natural cycle increases their egg's nutritional content. Happy hens equals a healthier you!

OMEGA 3'S FOLATE	21 x MORE 217 x MORE
VITAMIN A	1.5 x MORE
BETA CAROTENE	7.5 x MORE.
CHOLESTEROL	30% LESS
SATURATED FAT	25 x LESS

*BASED ON NUTRIENT DENSITY TEST FROM JOEL SALATIN'S POLYFACE FARM, WHERE THEY ROTATE & HAVE THEIR HENS ON GRASS

SOURDOUGH

Organic food scientists emphasize, "It's not the gluten it's the glyphosate [Round-Up]." But we are not only intentional about sourcing high-quality, organic, unbleached flour, but the process of making the dough as well. Proper preparation, like soaking the grains and using natural yeast like sourdough, aids your stomach in the digestion process. Leaving your tummy more comfortable after eating!

ELDERBERRY

Nature's high-caliber, immune-boost. Once heralded for its medicinal properties, elderberry is making its way back into the natural health community's arsenal. Though many are resulting to dried elderberry, due to its scarcity, we are blessed to have mature elderberry thriving on property. Fresh elderberry picked in August makes up all of our elderberry products, including our syrup. In order to avoid confusion we are calling it our ELDERBERRY



ELIXIR

Also available FROZE

MIXES

But we do love our pancakes so we're bringing them to you packed with nutrients and devoid of preservatives or chemicals. Sourcing high-quality ingredients and using **organic maple sugar**, with more antioxidants than white sugar.

BUCKWHEAT

Despite the name, buckwheat is not a grain, but an ancient GLUTEN-FREE herbal plant related to rhubarb. Humans have been cultivating buckwheat for thousands of years. It is easily digested, considered a complete protein with all eight essential amino acids. High in fiber, B vitamins, calcium, phosphorus and magnesium. You'll feel full longer after eating our organic buckwheat pancake mix due to its slow diaestion time

EINKORN

is the most ancient of all grains, with a slightly sweet and nutty flavor. The least complex of all wheat with the lowest gluten content. It's name means "one grain" in German and is not genetically cross-bred. It has twice the protein of modern wheat and retains more antioxidants and nutrients, like high levels of vitamin A, beta-carotene, lutein and riboflavin, after milling and baking.

MARSHMALLOWS

made with just five simple ingredients, we use pure organic maple syrup, not corn syrup, sugar or preservatives to hand-make these tasty treats found in our hot cocoa mix and s'mores kits.