

CATALOG

February 01, 2025

**The Non-Profit Distribution System of the
Prairie Development Association**



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What is a Sojourner? A Sojourner is you. You are a Sojourner here in this world. A Sojourner is someone who is a traveller and someone who is just passing through, a pilgrim. Those words may give you thoughts and pictures of John Wayne, Howdy Pilgrim, or the nameless drifter of Clint Eastwood fame, but the fact is that you are just passing through here for the time allotted to you. But while you and I are here, we are meant to do something. We are called to a purpose.

The first command in the Bible is “Let there be Light!” and we are also called to be fruitful. It is the 12th command listed in the Bible. During the coming days, we are not called to cower in a cave or some dark corner, we are commanded to be light in the darkness and to be fruitful. We are told to THRIVE!

However, it seems today that the power base of the world is against this. Our governments of today and the Marxist and Fascist leaders are telling you to hide at home, to skip meals due to inflation that they caused, and to go on UBI or CERB instead of working. They are forcing people to lose their jobs rather than exercise their God given rights.

The government and the corporate fascists and elites are planning on population reduction to conserve resources for themselves. They are forcing genetic therapies on the people that are known to be detrimental. They are putting toxins into the food supply. They are trying to change the weather. They are trying to tax and control us.

Sojourners Supply Chain is established to give people who wish to say no a way to be supplied.

Sojourners Supply Chain is established so that people can exit the totalitarian system and be fruitful and supply the Freedom Community.

Sojourners Supply Chain is established to link Communities and give them the tools to be fruitful and multiply.

The Sojourners Supply Chain is different than the conventional distribution:

We are non-profit.

We are the Freedom Community.

We do not use fiat currency; all sales and purchases are in Silver and Gold troy ounces.

We are secure; Vendor identities and customer identities are protected.

Prairie Development Association

Sojourners Supply Chain is an operating division of the Prairie Development Association (PDA). All customers and vendors must be members of the Prairie Development Association. The mandate of the PDA is to develop and support the Parallel Economy.

When the totalitarian controls of CBDC and Health Passports and Energy rationing come the only way to truly fight back and win is DO NOT COMPLY, but with noncompliance will come loss of jobs, loss of financing, loss of the ability to buy and sell. If we are going to win this battle, we need to support those who will not comply. We need as many people not complying as possible, and you do not have to be afraid. There is an entire community standing with each non compliant citizen.

We need you to not comply when the digital currency is implemented.
We need you to not comply with eating food contaminated with toxins and vaccines.
We need you to stand up.
But we need you to stand up NOW.
Help build the Parallel Economy by starting to purchase your products and suppliers from like minded vendors.

You must be a member of the PDA to either sell through or purchase from Sojourners Supply Chain. In order to be a PDA member you must be a member of a local freedom oriented Community Group who is an associate of the PDA. If you are not we can help find one to join.

The PDA is like a private members organization. You agree to trade and work together with other customers and vendors and stay out of the regular system. It is an unincorporated association of the members. The Freedom Groups are Associates of the Association and provide governance and oversight to the PDA through selecting advisory board members and the Private Members and Advisory Board select the Board of Directors.

All members of the PDA agree to not take each other to court, but rather work through the PDA to solve non violent disputes. The PDA and Sojourners establish policies and terms and conditions to govern the trade and business between members.

To find out more about the PDA check out our page at www.bit.ly/freedom4canada

TERMS AND CONDITIONS

- 1) All transactions will be governed by the policies and Members Agreement of the Public Development Association.
- 2) All customers and members must be members of the Prairie Development Association and one of its Associate Members.
- 3) There is an annual membership fee of 1 troy ounce of silver that is usually collected by the Associate Member with your dues for that Community Group. You will not be able to conduct business with Sojourners or the PFF until this fee is received.
- 4) All transactions will be done in silver and gold troy ounces using either actual precious metals or Transfer Warranty. No fiat currency will be used.
- 5) All transactions are barter transactions between the members with Sojourners Supply Chain acting as the intermediary to maintain privacy.
- 6) All Members should not attempt to find out the identity of other members or vendors and shall keep the identity of themselves and anyone they know related to the PDA totally confidential. Contravention of this will result in termination of membership.
- 7) There will be deposit fees and box fees added to each order. There is a refund upon return of boxes and bottles/pails as described on the invoice.
- 8) All orders must be paid for upon or prior to delivery. The easiest way to handle this is through the use of Short Term Bonds and a Warrant. But you may also meet the truck or provide your payment to your local coordinator prior to delivery.
- 9) Delivery locations are confidential. Do not share with anyone.
- 10) Prices quoted are subject to change without notice.
- 11) Availability of some products may be limited.
- 12) All sales are final.
- 13) All disputes as to the product quality, payment, etc. will be addressed by Sojourners Supply Chain management if possible, and if not then the issue will be forwarded to the PDA Dispute Resolution Committee. Members of the PDA waive the right to take each other to court.
- 14) Sojourners Supply Chain will establish standards for each product offering which will be used to describe the product segments. These are non binding and the transaction is between the vendor and the customer. Sojourners will act as intermediary in any dispute to ensure privacy of both parties but bears no responsibility for any product not meeting customer's expectations nor is Sojourners responsible for any loss, harm, or damage caused by any product.

NETWORK

Sojourners Supply Chain will be serving consumers and producers/vendors across the prairies and beyond. Currently trucks will be running to Southern and Central Alberta, Manitoba, and all over Saskatchewan. Whether you are in Saskatoon, or Lethbridge, or Carrot River, or Winkler, or Swift Current, or Edmonton, or Carlyle, or Dauphin we are going by.

Our unique and efficient logistics system keeps the products flowing and utilization rates of the trucks high thus keeping costs down. Trucks stay loaded both ways.

We will run a central mobile warehouse to allow it to be placed where it is most efficient and move as the marketplace and customer and vendor base changes. We keep the warehouse central to the customer/vendor base at all times and move it to stay secure.

Trucks are independent contractors. They own and run their own trucks and contract with Sojourners and abide by Sojourners security policy to protect the network.

Coordinators are located in each community to help attract like-minded consumers, assist with order processing, and coordinate local pick ups and payments.

ORDERING PROCESS

- 1) At the end of the catalog is an order form, print this off.
- 2) Then fill it out using the catalog and the price list. If you do not have a price list please email sojournerssupply@proton.me . Price lists are sent to those who request them and are updated weekly. Once updated they are usually sent to the customer via the Protonmail accounts.
- 3) We ask that every member of the PDA obtain a Proton Email account for the purposes of communicating with Sojourners or
- 4) Once filled out, provide the order to Coordinator if you have one and if not then send to the order desk as listed on the order sheet via proton email.
- 5) Sojourners will process the order, calculate box fees, and deposits required and then inform you and Coordinator via email of the price and delivery date
- 6) If you are paying in silver or with a warrant, then you will want to provide the payment to the Coordinator prior to truck arrival.
- 7) We recommend having a ST Bond with Prairie Freedom Fund.
- 8) The shipment will go out and deliver to your local drop location where you can meet the Coordinator and get your products.

Sojourners Supply Chain is continually Looking for more suppliers. We do not have enough at this time to meet the demand and we do not have enough product variety. If you have any desire to start your own business, please talk to us and get set up as a producer/supplier.

All vendors are protected from harassment.

All customers are protected from harassment.

We have compartmentalized the supply chain so no one knows all parts. Everything operates between secure Protonmail email accounts. Once your name is entered in the system, from then on you are identified by a random identifier and supply route designation. Do not use your real names once you are set up and we suggest all PDA members have a Protonmail account for communication.

Orders and questions can be sent to sojournerssupply@proton.me

New Vendors can communicate with incip124@proton.me

READ PAGES 48-50 regarding other special projects that may be opportunity for you.

WANTED

We have a special need of suppliers of the following:

Berries in LARGE VOLUMES:

**Strawberries, Raspberries, Saskatoons,
Blueberries, Currants**

Sweeteners in commercial volumes:

Maple Syrup, Honey, Stevia, and Apple Sauce

Vinegar Producers

BEEF

Hampton Ranch Grass Fattened Half Carcass.

Deposit of 30 toz silver required per half upon ordering

Balance Due at delivery

18+ month lead time depending when order placed.

Delivered weight depends upon cut requests, animal weight, etc. Expected weight is 200 lbs per half.

Final price is determined when delivered, expected to be 1.75 toz silver per 10 lbs of product less initial deposit, butchering included.

Product Code HR100AA

Hampton Ranch Grain Fattened Half Carcass.

No deposit required, but is recommended with preorder.

Balance Due at delivery

Lead time depends upon time of year

Delivered weight depends upon cut requests, animal weight, etc. Expected weight is 230 lbs per half.

Product Code HR500AA

Hampton Ranch Gourmet Grain Fattened Hamburger

1 lbs frozen packages.

Lean ground roast, steak, and trimmings to make ideal hamburger based meals.

Available year around.

Priced per pound

Product Code HR510AA

Hampton Ranch Gourmet Grain Fattened Steaks

Package of 2 deboned steaks

Estimated weight of pounds actual weight is determined at order filling.

Priced per pound delivered.

Crossrib steak Product Code HR520AA

Round steak Product Code HR521AA

Ribeye steak Product Code HR522AA

Hampton Ranch Beef Soup Bones

Package of 1 large soup bone

Estimated weight of pounds actual weight is determined at order filling.

Priced per pound delivered.

Product Code HR530AA

Our Producers:

Hampton Ranch is a family farm that raises commercial Angus and Angus cross cattle. The family enjoys the ranching lifestyle and is eager to grow but committed to the freedom movement and parallel economy. They use silver when possible to purchase supplies and look for the opportunity.

The cows are grazed on pasture during the summer and winter fed a forage based diet plus salt and mineral. Calves are raised on either a forage and grain diet or for those who preorder a grassfed diet. There are no mRNA vaccines used. The farm employs HealthFULL management protocols, with no antibiotics and no sick animals harvested.

Beef produced by Hampton Ranch is tender, flavorful, and juicy due to the focus on providing the appropriate natural plant sugars to the animal just prior to harvest no matter whether grass finished (special grasses and season) or grain finished (balanced starches). This is a difficult thing to do but is why Hampton Ranch beef is special.

Hampton Ranch offers grass finished half carcasses processed to your specifications by pre order. Grass finished animals must be preordered each fall for delivery 18 months later. Like fine wines, aged cheeses, and gourmet hams there is a special time frame and investment needed to develop proper grass finished beef. Space for this is limited as pasture and the special quality of feedstuffs is also limited. Only HealthFULL calves can be started on the grass fattened program and is a development over their entire life. A deposit is required with the order so the right pastures are available at the right time.

The farm tries to always have a selection of natural grain fattened Health FULL gourmet hamburger, and deboned steaks available for purchase by the package at a set toz per lbs. This hamburger includes regular beef trimmings but also ground roast and steak to give a high quality hamburger.

For those who wish a full selection of roasts, sausages, bone in steaks, stew meat, kabobs, etc. we suggest to order a half beef cut to your specifications. Supply is limited so order early.

Seaside Meats Ground Beef

Ground Beef from butcher cows
Priced per pound delivered.
Product Code SM100AA

Seaside Meats Prime Ground Beef

Ground Beef from fats
Priced per pound delivered.
Product Code SM125AA

Seaside Meats Hamburger Patties

Priced per pound delivered.
Product Code SM150AA

Seaside Meats Prime Cuts

Boneless Sirloin & Rib Steaks
Priced per pound delivered.
Product Code SM300AA

Seaside Meats Secondary Cuts

Other Bone in Steaks and Roasts
Priced per pound delivered.
Product Code SM325AA

Seaside Meats Tenderized Cutlets and Stew

Priced per pound delivered.
Product Code SM350AA

PORK

Seaside Meats Pork Chops and Roasts

Priced per pound delivered.
Product Code SM400AA

Seaside Meats Ground Pork

Priced per pound delivered.
Product Code SM500AA

Seaside Meats Cured Ham

Priced per pound delivered.
Product Code SM600AA

Seaside Meats is a family operated farm and slaughter plant raising vaccine free animals.

Animal parameters for the slaughter plant

Ultimately the Goal is to slaughter only MRNA vaccine free animals from our own feedlot in the facility. However, I recognize that the custom slaughter side of the business and that our feedlot is not yet finishing animals, we will sometimes need to accommodate those who do not yet see the importance of this. While these carcasses will occupy adjacent space in the aging cooler and freezer, they will not be processed together and the processing area and equipment will be washed down and sterilized after any vaccinated carcasses are processed. We will always process these animals last in the day, so that the daily cleaning and sterilization of the facility and equipment will minimize extra cleaning. We will also strive to schedule these processes to happen on the last days of our weekly processing cycle to allow for the facility to dry for a time before the processing of “clean” meat.

Initially, we will process a few species, primarily beef and pork. We will certainly also process chicken as we have raised our own and wish to expand that capacity. We have a couple sources of clean beef, however mainly only butcher cows at present. I do not personally know of a feedlot operation other than our own that intends to finish clean beef, and we expect to have finished animals fall of 2025. I am hoping that our association with Living Streams can provide contacts. There are enough smaller local feedlots from which I should be able to get as many non-clean fat beef to process if the market for these products is strong enough. I do have a source for a few pigs, but do not have a long term arrangement. We would also like to have dairy goats, and raise and finish pigs, but that will require more labor and better facilities than we have now.

I have almost no experience with wild game, but do not exclude the possibility of processing it as well.

Sojourners Supply Chain

**Parallel
Safe
Wholesome**

Seaside Meats Bacon / Back Bacon

Priced per pound delivered.

Product Code SM700AA

Altavue Pork

Hanging Sides of Pork, Refrigerated, not frozen.

Average weights 200-300 lbs per whole pork

To be processed according to your directions

Processing fees extra

Product Code AV100BA

Altavue Pork is ran by a young man who wants to have agriculture as his future. Working from his dad's farm, he raises pigs in a pasture and grain fed environment

Sausage and Preserved Meats

Moosehead Sausage

Polish Sausage Frozen

wrapped ring

Product Code MH200AA

Moosehead Ventures is an independent meat processing facility offering Sausage to the public. The Moosehead uses non mRNA vaccinated pork and beef that it purchases from local producers to make its high quality product.

Moosehead Sausage

Garlic Sausage Patties

Frozen, 6 patties to pkg

Product Code MH210AA

Seaside Meats Beef Sausage

Priced per pound delivered.

Product Code SM200AA

Seaside Meats Farmers Sausage

Beef and Pork Mix 2:1

Priced per pound delivered.

Product Code SM225AA

Seaside Meats Jerky and Smoked Meats

Priced per pound delivered.

Product Code SM250AA

EGGS

Serendipity Fresh White and Brown Eggs
12 egg carton,
Product Code SF412DA

Serendipity Fresh White and Brown Eggs
18 egg carton
Product Code SF418DA

Serendipity Fresh White and Brown Eggs
30 egg flat
Product Code SF430DA

Quappelle Growers Dried Products
Dried Whole Eggs, powdered
Dried in a sealed bag
1/4 lbs
Product Code QG4000DA

Quappelle Growers Dried Products
Dried Egg whites, powdered
Dried in a sealed bag
1/4 lbs
Product Code QG4100DA

Quappelle Growers Dried Products
Dried Eggs Yolks, powdered
Dried in a sealed bag
1/4 lbs
Product Code QG4200DA

FireFox Farm Brown Eggs
12 egg Carton
Product Code FFF200DA

FireFox Farm Brown Eggs
18 egg Carton
Product Code FFF250DA

Serendipity Farms is a family farm operation that focuses on chicken production. They are producers of large white and brown with occasional blue and green eggs from happy outdoor straw bedded chickens. There are no cages used, they chase bugs, seeds, and eat grass while foraging. The chickens are fed a farm raised and produced mixture of wheat, barley, peas, with a purchased mineral supplement when they are in the laying barn. Eggs are hand picked from the nests and ground. Since the eggs are potentially on the ground, the eggs are washed in warm water and mild disinfectant solution prior to packaging. There are 12, 18, and 30 egg packages available.



FireFox Farm is a small family farm that sells chicken eggs. The chickens are ran outdoors with roosters.

POULTRY (chicken, duck, goose, turkey, quail)

Serendipity Frozen Whole Chicken

Heritage Meat variety

7-10 lbs, priced by the pound

Product Code SF600AA

Serendipity Frozen Stewing Chicken

without wings,

2-6 lbs, priced by the pound

Product Code SF605AA

Serendipity Frozen Chicken Wings

Nothing added

12 wing bag, priced by the pound

Product Code SF700AA

Serendipity Frozen Chicken Drumsticks

Nothing added, not pumped

2 drumstick bag, priced by the pound

Product Code SF710AA

Serendipity Frozen Chicken Breasts

Nothing Added, not pumped

Boneless, skinless

2 large breasts, priced by the pound

Product Code SF720AA

Serendipity Frozen Chicken Thighs

Nothing added, not pumped

Skinless, bone in

2 large thighs, priced by pound

Product Code SF730AA

Serendipity Frozen Chicken Burger

Light and dark meat combined, with natural flavor, binder

12 patty bag, priced by pound

Product Code SF800AA

Serendipity Frozen Ground Chicken

Light and Dark meat

nothing added

1 lbs package

Product Code SF810AA

Serendipity Canned Chicken Broth

1 quart jar

Product Code SF820AA

Serendipity Farms also raises meat birds. They have several types of meat bird that they raise. There is the commercial standard of Cornish cross, but the availability of these is limited because we are unsure if we can trust the commercial hatcheries any longer. We have our own breeding up of the commercial blood lines but we are not to the scale and performance of the commercial Hybrids. Serendipity has invested heavily into chicken genetics, we have a very rare breed of meat birds that were possibly raised by the Romans and brought to England where they became a meat chicken and are known for their large breasts (for a heritage breed) and high quality taste of the meat. As a table fowl it is said this chicken has few peers and no superlatives. The flesh is tender and delicate. The chickens are well-fleshed in the choicest sections: breast, wishbone area, and wings. These birds are unavailable from hatcheries and most fanciers, so very difficult to find these genetics. We develop our own commercial meat bird using this along with the traditional meat birds to give you the best tasting chicken meat possible.



Whole chickens and chicken parts have better value than grocery store purchased chicken products as the Serendipity products are not "pumped" most other processors add water, salt, and protein isolates to their chicken through an injection process. You then pay for water that it cooked out. Our chickens are slightly higher priced, but you can add the water you want at home for free, and save a lot of money overall. Buy whole birds or packaged portions to suit your family.

FRESH VEGETABLES

Garden Fresh Vegetables. Order early to get yours booked.

Hidden Valley Farm

Tomatoes 5lb box for canning

Product Code **HV500RA**

Hidden Valley Farm

Carrots 5 lbs bag

Product Code **HV510DA**

Hidden Valley Farm

Potatoes 10 lbs bag

Product Code **HV520DA**

Hidden Valley Farm

Spaghetti squash each

Product Code **HV530DA**

Hidden Valley Farm

Pumpkin medium sized each

Product Code **HV540DA**

Hidden Valley Farm

Cucumbers 5 lbs bag

Product Code **HV560DA**

FROZEN VEGETABLES

CANNED PRODUCE

(Canned Vegetables, pickles, salsa, sauces)

DRIED FOODS

Quappelle Growers Dried Products

Dried and Ground Lentil Bean Sprouts

Dried in a sealed bag

1/4 lbs

Product Code **QG6000DA**

Vegetables are a highly sought after commodity. If you enjoy gardening, add to your garden with a significant addition of your favorite plants. Then contact Sojourners Coordinator and you can get added to the list. Here are some suggestions:

- Do not try grow everything. Pick one or two crops and make that your own. Get the tools needed for that crop and make it easier for you.
- Learn your business. Become an expert in your crops.
- Consider storage or preserving methods. You can both increase price and broaden market.
- Do not think small, there is opportunity for a very nice business. For example we need about 65 acres of fresh peas to meet the current demand. We need 30 acres of potatoes to meet the demand. We need 2 full acres of cabbage. We need every other crop that you buy. And the market will grow as well.
- Price yourself competitively to the grocery store so that Sojourners are able to afford your product.
- If you do not have any land, contact people in your area who you could rent a few acres.
- Do not advertise your production. You will bring harassment upon you.

Contact Sojourners Supply Chain for assistance. If you think you can do this, we can help.

Quappelle Growers Dried Products

Dried Radish Sprouts
Dried in a sealed bag
1/4 lbs

Product Code QG6001DA

Quappelle Growers Dried Products

Banana Slices
Dried in a sealed bag
1/4 lbs

Product Code QG2000DA

Quappelle Growers Dried Products

Tater Tots
Dried in a sealed bag
1/4 lbs

Product Code QG3000DA

Quappelle Growers Dried Products

Broccoli
Dried in a sealed bag
1/4 lbs

Product Code QG3001DA

Quappelle Growers Dried Products

Dried Whole Eggs, powdered
Dried in a sealed bag
1/4 lbs

Product Code QG4000DA

Quappelle Growers Dried Products

Dried Egg whites, powdered
Dried in a sealed bag
1/4 lbs

Product Code QG4100DA

Quappelle Growers Dried Products

Dried Eggs Yolks, powdered
Dried in a sealed bag
1/4 lbs

Product Code QG4200DA

Quappelle Growers Dried Products

Hamburger
Dried in a sealed bag
1/4 lbs

Product Code QG5000DA

Quappelle Growers Dried Products

Apple Slices
Dried in a sealed bag
1/4 lbs

Product Code QG2001DA

Quappelle Growers offers a wide selection of both seasonal and year around dried products.

The specialty of dried fresh sprouts is amazing. This ground product offers all the benefits of greens in an easy to use, store, and add product. Sprinkle on your salad, mix into a smoothy, cook and bake with it. This adds nutrition, and flavor to your day.

Some products are while supplies last.

The Dried product segment is an expanding segment as the quality of product has increased as technology has improved.

If you have dreamed of selling your dried products, now is the time. Sojourners needs more dried products.

Step forward, make your dreams a reality.

Quappelle Growers Dried Products

Dried Lean Beef Roast

Dried in a sealed bag

1/4 lbs

Product Code QG5100DA

STORABLE STAPLES

(potatoes, rice, drybeans, squash)

Prairieview Farms

Cleaned Dry Black Beans bulk

5 lbs bag

Product Code PV5000DA

Prairieview Farms

Cleaned Dry Pinto Beans bulk

5 lbs bag

Product Code PV5001DA

Prairieview Farms

Cleaned Red Spring Wheat berries

5 lbs bag

Product Code PV5100DA

Carlyle Crops

Cleaned Dry green lentils bulk

5 lbs bag

Product Code CC5002DA

Grain Millers

Quick Oats Oatmeal

25 lbs bag

Product Code GM5003DA

True North Wild Rice

Gluten Free

25 lbs bag

Product Code TN100DA

Supplies of potatoes are limited this spring as we reach the end of the season.

But there is allot of beans and wheat berries.

We have more producers coming on stream for this fall for a variety of products.

But if you ever wanted to be a potato or beet or turnip producer let us know. Very profitable, high intensity business.

Soup Mixes

Prairieview Winters Day Soup Mix

No meat, bean based soup
Spices, beans, everything you need
just add water and boil
enough for 3 servings

Product Code PV3011DA

Prairieview Chicken Soup Mix

Add chicken and water to this base to make a feel
good soup
Spices, vegetables, everything that you need to cook
enough for 3 servings

Product Code PV3021DA

Prairieview Hamburger Soup Mix

Add hamburger and water to this base for a filling
hearty soup
Spices, vegetables, beans, everything you need to
cook enough for 3 servings

Product Code PV3022DA

Prairieview Creamy Potato Soup Mix

Thick and creamy, exactly what you need to go with
your favorite meal
Spices, dried potatoes, thickener, just add milk and
simmer

enough for 3 servings

Product Code PV3031DA

Prairieview Farms is a small grower and processor of farm grown products. This producer is an artisan producer creating delectable products for cooks and homemakers to use in their tasty and nutritious meals. Prairieview uses naturally grown prairie farm products that they grow and purchase from other growers to make packages that are perfect for your kitchen and table. Watch for more flavors and mixes to be added. All product codes start with PV.

Sojourners Supply Chain and the Prairie Development Association are committed to building the parallel economy. As you can see through this catalog, there is allot of building yet to do. There is allot of work before us and as such we are developing individual supply chains that work together to supply the end products you see in these pages.

One of the big components of a economy that most people do not think about is Vinegar. Vinegar is used in a multitude of products beyond just the vinegar you use in the kitchen. It is used in canning, health products, cleaning products, antifreeze, flame retardant, as well as baking. This is a very rewarding product to make and very needed. Whether Apple Cider Vinegar or White Vinegar, there are many options.

The world's vinegar supply is mainly held by multinationals, we need you to take it back. We are currently working with a couple producers to help get started, but there is a bigger market and need for more producers. If you have a garage or heated building with access to pure water, we can help you get set up. We can offer training, and development support and a very ready market.

SWEETENERS

Northvalley Honey

Raw Creamed honey
Unpasteurized & All Natural
Glass Pint Jar

Product Code NVC1PDA

Northvalley Honey

Raw Creamed honey
Unpasteurized & All Natural
Glass Quart Jar

Product Code NVC1QDA

Northvalley Honey

Raw Creamed honey
Unpasteurized & All Natural
4L Pail

Product Code NVC4LDA

Northvalley Honey

Raw Honey
Unpasteurized & All Natural
Glass Pint Jar

Product Code NVL1PDA

Northvalley Honey

Raw Honey
Unpasteurized & All Natural
Glass Quart Jar

Product Code NVL1QDA

Northvalley Honey

Raw Honey
Unpasteurized & All Natural
4L Pail

Product Code NVL4LDA

Commercial Volumes are Available Contact us for 20L

Family operated, along with our children, North Valley Farms is striving to secure an alternative, high quality pure sweetener source for the freedom community.

We hope you try our honey and Taste the difference, its in the details.

Our honey descends from a fearless variety of right wing bees which tirelessly search out ever changing floral sources throughout our local prairie landscape. Floral sources include canola, alfalfa, berry, sweet clover and wildflowers.

You will be pollen in love with our 100% raw, unpasteurized and natural honey. Our honey is extracted and creamed on a full suite of commercial equipment in the Honey house. Next, it is coarse filtered straight from the hive, therefore, preserving the small bits of pollen and wax in the honey which is claimed to help combat local allergies!

Wax and pollen are filled with vitamins, minerals, enzymes and antioxidants, all of which we do our best to preserve!

We bee-lieve this is the the smoothest, healthiest and most delicious creamed honey your tongue has ever tasted!

Coming soon is our line of Honeybee based hygiene products and Genesis 1:27 scents! All product codes start with NV.

Sojourners Supply Chain

**Parallel
Safe
Wholesome**

Northvalley Honey

Creamed Cinnamon Honey

Glass Pint Jar

Product Code NVCC1PDA

Northvalley Honey

Creamed Cinnamon Honey

Glass Quart Jar

Product Code NVCC1QDA

Northvalley Honey

Creamed Cinnamon Honey

4L Pail

Product Code NVCC4LDA



Sweeteners is a huge product segment that is only starting to be touched.

We are currently developing suppliers for additional Honey, and a variety of other sweeteners. These products are needed for household use and for commercial use in parallel food processing there is a large market.

If you are interested in becoming a supplier of one of these products please contact us. We need more.

Maple Syrup
Tree Syrups
Fruit Syrups
Honey
Glucose
Apple Sauce
Stevia
Cane Sugar
Molasses

Oval Lake Honey

Unpasteurized Honey
Available year around
Variety of Package Sizes
500 g tub
Product Code **OL050DA**
1000g tub
Product Code **OL100DA**
3 kilo pail
Product Code **OL300DA**
7 kilo pail
Product Code **OL700DA**

Edgewood Sweeteners

Stevia Sweetener 25g package
Product Code **ES900HS**

Oval Lake Honey is a medium sized honey operation that produces unpasteurized honey. Oval Lake has strategic placement of hives to be on lands and yards with no adjacent sprayed/chemical farmland. Hives are placed in pastures that are rotationally grazed with an abundance of florals and wildflowers during the growing season, as well as small fruit orchards that are non-chemically managed.

FISH & SEAFOOD (frozen and canned)

SUPPLEMENT BARS

The Fix Bites Protein Bites

Peanut Butter and Jelly Protein Bite 32 gram
Product Code **SD132DA**

Truffle Fix Protein Bite 32 gram
Product Code **SD232DA**

Chocolate Seed Protein Bite 40 gram
Product Code **SD332DA**

The Fix Bites Energy Bites

Lemon Fix Energy Bite 32 gram pkg
Product Code **SD432DA**

Coffee Fix Energy Bite 35 gram
Product Code **SD532DA**

Cookie Dough Fix Energy Bite 32 gram
Product Code **SD632DA**



BAKING

Hope Forever Apple Standard Pie

Available year around this homemade pie is sure to please.

Frozen in a 9 inch pie pan,

Just thaw and bake for 40 minutes

Product Code **HF100AA**

Hope Forever Apple Specialty Pie

Very Intricate Geometric Crust, Wow your guests

Frozen in a 9 inch pan,

Just thaw and bake for 40 minutes

Product Code **HF110AA**

Hope Forever Apple Specialty Pie

With a Map of Canada on top crust

Frozen in a 9 inch pan

Just thaw and bake for 40 minutes

Product Code **HF120AA**

Hope Forever Apple Specialty Pie

With a Scene of the Cross perfect for Church socials and Holidays

Frozen in a 9 inch pan

Just thaw and bake for 40 minutes

Product Code **HF130AA**

Hope Forever Saskatoon Standard Pie

Available as Berries are available

Very delicious, thick filling

Frozen in a 9 inch pan

Just Thaw and bake for 40 minutes

Product Code **HF200AA**

Hope Forever Saskatoon Specialty Pie

Available as Berries are available

Priority to specialty pie orders over standard pie orders

Awesome intricate Geometric design on crust

The dark filling and crust design will make you want to look and not eat until you smell it.

Frozen in a 9 inch pie tin

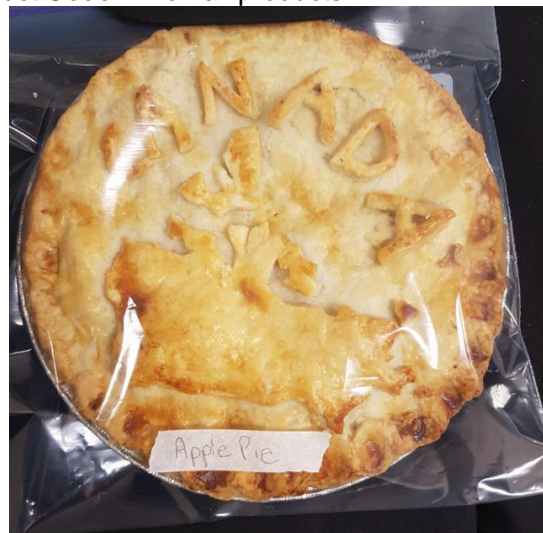
Just thaw and cook for 40 minutes

Product Code **HF210AA**



Hope Forever Bakery is a small home based farm yard bakery whose specialty is in season pies. These exquisite masterpieces are sure to excite your taste buds and your eyes. They have been featured in many freedom event auctions and are a crowd pleaser. The fruit fillings are made from scratch using real fruit just like grandma used to do. Apple Pie filling is usually available year around, Saskatoon pie filling has limited supply, Rhubarb Strawberry is also limited supply, Peach is limited supply, cherry pie filling is limited supply. Crusts are made by hand from scratch as well. Watch each season's catalog as the pie selection will change.

Product Code HF on all products.



Sojourners Supply Chain

**Parallel
Safe
Wholesome**

Hope Forever Cherry Specialty Pie

Limited supply

Tart, pie cherries are used to make one of the most cherished pies.

Awesome intricate geometric design to the crust

Very eye appealing, very tasty

Frozen in a 9 inch pie tin

Just that and bake for 40 minutes

Product Code **HF310AA**

Hope Forever Strawberry Rhubarb Standard Pie

Limited supply

The perfect mix of tart and sweet for a real prairie pie

Frozen in a 9 inch pie tin

Just thaw and bake for 40 minutes

Product Code **HF400AA**

Hope Forever Peach Standard Pie

Limited Supply

One of the world's favorite pies.

Frozen in a 9 inch pie tin

Just thaw and bake for 40 minutes

Product Code **HF500AA**

Hope Forever Carrot Cake

9x13, with cream cheese icing

Fresh made, must be delivered quickly

Product Code **HF600RA**

Hope Forever Chocolate Cake

9X13, with sweet white icing

Fresh Made, must be delivered quickly

Product Code **HF601RA**



Bakery Products is a growth segment for the Sojourners Supply Chain. If you enjoy baking, and are good at it, there is allot more products and volume available for you to develop a business.

Homemade products using pure and natural ingredients are sought after.

Bread
Rolls/Buns
Sticky buns
Cakes
Doughnuts
Pastries
Muffins
Pies

Is this for you?

FRESH FRUIT & BERRIES

Interior Farms Granny Smith Apples

Perfect for making pies, and good storage apples

20 lbs box

#1 Grade Product Code **IF001BA**

#2 Grade Product Code **IF002BA**

Interior Farms Gala Apples

Good for eating, juicing, apple sauce

20 lbs box

#1 Grade Product Code **IF003BA**

#2 Grade Product Code **IF004BA**

Interior Farms Macintosh Apples

The old staple, these are for eating and juicing and a favorite for cider.

20 lbs box

#1 Grade Product Code **IF005BA**

#2 Grade Product Code **IF006BA**

Interior Farms Bartlett Pears

For eating, canning, drying a very good pear.

20 lbs box

#1 Grade Product Code **IF007BA**

Interior Farms Strawberries

Seasonal, high quality field grown berries

Packaged in 1 pint flats

#1 Grade Product Code **IF008BA**

Interior Farms Blueberries

Seasonal field grown

5 lbs box

#1 Grade Product Code **IF009BA**

Interior Farms Cherries

Seasonal Bing Cherry

20 lbs box

#1 Grade Product Code **IF010BA**

Interior Farms Grapes

Seasonal Okanagan Concord Type

20 lbs box

#1 Grade Product Code **IF011BA**

Interior Farms Plums

Seasonal

20 lbs box

#1 Grade Product Code **IF012BA**

We are searching for someone to make canned juices and dried juice concentrates.

Interior Farms is a family based orchard and fruit operation located in Canada's fruit growing region. The family is multi generational, having been founded many years ago by the parents. Now with 3 generations involved the orchard has branched out into various highly intensive farming operations as well as processing.

The farm is not organic but uses many organic type protocols. They do not use chemical pesticides, instead choosing to use natural products and mechanical processes to deal with such things as aphids etc. If you visit the farm you may see big fans blowing worms off the trees instead of helicopters spraying the crops. The farm uses a combination of commercial and natural fertilizers to feed the crops. They utilize a drip system to provide the liquid fertilizer mixture to the trees.

To help supply their markets Interior Fruit works with several neighbors who produce the same way and this allows a broader array of fruit and berries to be provided. You will be impressed by the high quality fruit and very good pricing. Fruit is seasonal but Interior Farms has built a large storage warehouse to help stretch product over the year for us but there will be some products that do not last the entire year.

You will notice that there is both #1 grade and #2 grade. #1 is a very pretty product, high quality, ready for any fruit boutique. #2 grade is allot fo times what you get at the store. There are some blemishes, the shape may not be perfect all the time, but you are probably used to this product. There is no guarrantee with #2 grade that everything will be perfect. #2 apples are for apple sauce and juice typically, but you will probably eat them too.

Product Code start with an IF

Interior Farms Peaches

Freestone, Fresh eating or canning
20 lbs Box
#1 Product Code **IF013BA**

Interior Farms Nectarines

Great for eating or canning
20 lbs box
#1 Product Code **IF014BA**

Apple Juice

Made from Interior Farms apples
Mixture of varieties to make a unique fresh flavor
3 L jug/bottle
Product Code **VF001BA**

CANNED FRUIT

CANNED JAM, JELLIES

PASTA

HERBS & SPICES

Urbana Products

Homegrown Garlic Powder
75 gram pouch
Product Code **UP100DA**

Urbana Products

Black Garlic
75 gram pouch
Product Code **UP110DA**
150 gram pouch
Product Code **UP111DA**

CONDIMENTS

Urbana Products

Sweet Pepper Garlic Jelly
110 mL Jar
Product Code **UP210DA**
260 mL Jar
Product Code **UP211DA**

Keep your eyes open for some real treats coming your way on this page. We are looking for people who want to can jams and jellies and fruit.

People who make pasta.

We have more meat suppliers coming through the approval process.

There are many herbs and spice to garnish and add flavor.

The sky is the limit as we fill out this section and look for what makes your taste buds dance.

please talk to Sojourners. Apple sauce is a good snack, a condiment with meals, and it is a sweetener. But many people are not aware that Apple Sauce can be used in cooking to replace vegetable oil. A healthy, tasty and nutritious alternative. Maybe this can be your parallel business.

Urbana Products is a family ran operation that produces garlic and other herbs and processes some of them into other products. You will love their Garlic Jellies and Garlic products.

The garlic is grown in a no-tilled, chemical free, hand weeded management where the soil health is always being improved.

PREPARED FOODS

SUPPLEMENTS

Uncommon Collodial Silver

Tinted Plastic Bottled Collodial Silver 10 ppm Silver

Product Code **US0711HA** 711 mL Bottle

Product Code **US1000HA** 1 litre bottle

Uncommon Supplements is a small home based supplement and aromatherapy business. The core of the business is the 10 ppm collodial silver product. 10 ppm is all that you will ever need and doesn't have harmful side effects like the stronger supplements do. Collodial silver is a good antibiotic for many ailments but the governments new restrictions keep us from being able to describe this. Uncommon Supplements cannot tell you how good it is as an antibacterial wound care and skin health product or that they feel it works well for pink eye, ear infections, or as an anti-inflammatory. So they have had to stop talking about those things and we cannot tell you either. They also cannot tell you about how their clients would use it in a nebulizer for sinusitis or for the flu or pneumonia. They cannot say anything about all of that, so you will just have to find out what it does for you by trying it. It is good water that has been subjected to electrolysis which gives it a 10 ppm collodial silver level. The product is bottled in tinted plastic bottles so that the silver does not start to plate or bond to glass or discolor from sunlight.



Enact the Charter of Health Freedom

IT'S A NATURAL ACT. HELP MAKE IT LAW.

TAKE ACTION
LETTERS TO MPS & BUREAUCRATS

Send a clear & consistent message that we are not going to stop until our right to access natural products is protected.

www.nhppa.org

DAIRY PRODUCTS

If you want to get dairy products made how you want, produced by your own cow, that is not subject to vaccines and genetic manipulation which gets into your food, without the work or smell or time commitment then you want to be part of the PDA's Freedom Dairy Special Project.

Freedom Dairies are dairies that are typically smaller, ran by families, that are not subject to the milk board. This is because they don't own the cows or the equipment. You do. You own a share or a percentage of everything needed to produce your own dairy products. Then you are able to direct its use and produce the dairy products you want delivered to your home.

Dairy Cattle Farmers custom feed, and custom milk your cow, and then the milk is processed under your direction in a food grade processing facility. You direct the amount and type of products you have made.

The cows are fed a balanced ration of healthy farm raised ingredients. They do not receive antibiotics, steroids, or mRNA vaccines. The cows are healthy and happy, cared for by people who love the animals.

The Freedom Dairy system ensures that your milk can be identified and the paperwork is completed to ensure everyone is protected as much as possible.



In Canada, production and pricing of dairy products is governed by a socialist marketing board. The Marketing board regulates who is allowed to produce, how much they can produce, restricts imports, and then sets a price that ensures they are very successful. Normal farmers cannot enter this system and you pay higher at the grocery store.

It is highly illegal to produce dairy products without a license, and quota. Fines are huge, jail time is likely, and complete devastation is probable. Milk must go through elite global processors before going to the grocery store. However, it is legal for cow owners to produce milk and process it themselves.

Prairie Development Association is establishing a Freedom Dairy Program to help you become a cow owner and direct your own processor to produce the milk, cheese, cream, butter, sour cream, ice cream, and yogurt that you want. At a price that is less costly and more healthy than milk obtained from the grocery store.

Please check out the page on the Freedom Dairy Special Project and get involved today.

BAKING INGREDIENTS

Prairieview Whole Wheat Flour

high protein suitable for bread

No fillers added

5 lbs bag

Product Code **PV1005DA**

Prairieview Whole Rye Flour

no fillers added

5 lbs bag

Product Code **PV1105DA**

Prairieview Biscuit Kit

Flour, leavening, etc.

Everything you need to make a batch of 20 biscuits

Just add water, mix, knead, form, and bake

Product Code **PV2001DA**

Prairieview Pancake Mix

Flour, dried eggs, everything you need to make a dozen pancakes

Just add water mix, pour on griddle, and cook

Add berries, chocolate chips, etc as your taste buds desire

Product Code **PV2002DA**

Prairieview is just one of the flour millers that are needed to make baking ingredients for the Supply Chain. We need more production to meet the needs of the Sojourners.

We are currently working with a couple people on oat groating for oat meal.

Oilseed processing for specialty cooking oils is a needed part of the supply chain.

Think of the possibilities!!!!

HOUSEHOLD CLEANERS

HOUSEHOLD ITEMS

(utensils, appliances, fixtures, tools)

HOUSEHOLD PAPER

Have you ever thought of making paper? Wood pulp refined and ground into fiber that is mixed with Wheat Flour and binders to make a product we all need. We are looking for a prairie producer.

TEXTILES

Carlyle and Carlyle Textiles

Washed Wool Batting ready for quilts

12" X 24" X 1.5" loft

Sold by the pound

Product Code **CC100DB**

Washed and Fluffed Wool

Bagged, sold by pound

Product Code **HR900DB**

Washed Raw Wool

Bagged, sold by pound

Product Code **HR901DB**

Raw wool, not cleaned

Bagged Sold by pound

approximate 4-8 lbs bags

Product Code **HR902DB**

These textiles and wool products are just the start. You can take these and make quilts, coats, and insulation.

You can take this and spin into yarn and make fabric and clothing.

We would like people with linen and canvas to bring products to us as well.

CLOTHING

NCI Hoodies / Bunny Hug

Wear a piece of history

S M L XL

Product Code **NCI00DB**

FOOTWEAR

If you would like to get into the shoe and boot business, contact us. We have a desire to get someone to make custom footwear for the Free people. We have equipment, training, and supply chains ready for you.

Contact Sojourners and the PDA to discuss.



GARDEN SEEDS & PLANTS

Bedding out Plants. Please preorder for delivery around middle of May so that you can set them straight out.

Hidden Valley Farm

Beefsteak Tomatoes Set of 4 Plants
Product Code **HV100HM**

Hidden Valley Farm

Bell pepper set of 4 Plants
Product Code **HV200HM**

Hidden Valley Farm

Hungarian Peppers set of 4 Plants
Product Code **HV300HM**

Hidden Valley Farm Jalapeno

Peppers set of 4 Plants
Product Code **HV400HM**

Edgewood Heirloom Seeds

Beet Seeds 7g package
Product Code **ES100HS**

Edgewood Heirloom Seeds

Beet Seeds 25g package
Product Code **ES120HS**

Edgewood Heirloom Seeds

Beet Seeds 125g package
Product Code **ES130HS**

Edgewood Heirloom Seeds

Pickling Cucumber Seeds
100 seed per package
Product Code **ES200HS**

Edgewood Heirloom Seeds

Pickling Cucumber Seeds
200 seeds per package
Product Code **ES210HS**

Edgewood Heirloom Seeds

Beefsteak Tomato Seeds
50 seeds per package
Product Code **ES300HS**

Edgewood Heirloom Seeds

Beefsteak Tomato Seeds
100 seeds per package
Product Code **ES310HS**

Sojourners Supply Chain

**Parallel
Safe
Wholesome**

Edgewood Heirloom Seeds

Beans Green or Yellow

Seeds 10g package

Product Code **ES400HS**

Edgewood Heirloom Seeds

Beans Green or Yellow

Seeds 125g package

Product Code **ES410HS**

Edgewood Heirloom Seeds

Beans Green or Yellow

Seeds 250g package

Product Code **ES420HS**

Edgewood Heirloom Seeds

Pumpkin 10 seeds per

package

Product Code **ES500HS**

Edgewood Heirloom Seeds

Cleaned Organic HRS Wheat

5 lb. package

Product Code **ES600HS**

Edgewood Heirloom Seeds

Cleaned Organic HRS Wheat

25 lb. package

Product Code **ES610HS**

Edgewood Heirloom Seeds

Cleaned Organic Rye

5 lb. package

Product Code **ES700HS**

Edgewood Heirloom Seeds

Cleaned Organic Rye

25 lb. package

Product Code **ES710HS**

GARDENING SUPPLIES

Outdoor

Indoor

Garden Wall Indoor Hydroponic Grow Tubes

Horizontal Tower Garden

6' Front Tube, 12 grow points,

Product Code **GW600DB**

Sojourners Supply Chain

**Parallel
Safe
Wholesome**

Garden Wall Indoor Hydroponic Grow Tubes

Horizontal Tower Garden
6' middle tube, 12 grow points,
Product Code **GW610DB**

Garden Wall Indoor Hydroponic Grow Tubes

Horizontal Tower Garden
6' back tube, 12 grow points,
Product Code **GW620DB**

Garden Wall Indoor Hydroponic Grow Tubes

Horizontal Tower Garden
6' 2nd Front Tube, 12 grow points,
Product Code **GW630DB**

Garden Wall Indoor Hydroponic Grow Tubes

Horizontal Tower Garden
6' 2nd back Tube, 12 grow points,
Product Code **GW640DB**

Garden Wall Indoor Grow Tube Stand

Horizontal Tower
Garden Stand to Hold
up to 6 Tubes With LED
Grow Lights Product
Code **GW650DB**
Without LED Grow
Lights Product Code
GW655DB

Garden Wall Indoor Hydroponic Base Tank

Needed for Every
system Comes with
pump and hose. Product
Code **GW400DB**

Garden Wall Indoor Hydroponic Grow Bed

Expansion system to give 4 square feet of grow
bed Needed if you have Aquaponics Option
Allows you to grow perennials like citrus, or
cabbage and ginger. Or have your own indoor
herb garden. Comes with growing medium and
UV light
Product Code **GW450DB**

Garden Wall Indoor Aquaponics Addition

To be used with GW850DB 8' grow stand and 4
tubes Utilize fish tank to fertilize grow tubes and
produce a fish product, Includes filtration system,
fish tank, Product Code **GW900DB**

One of the challenges for Sojourners Supply Chain is the shipping of fresh vegetables that have a short shelf life. We have suppliers of some of these products that are located where we can get supplies for each truck quickly. But those that are located in distant locales are difficult to pick up and go to the warehouse and then wait for the outbound shipment. For that reason we have been looking for tower gardens and indoor garden systems that you can meet many of your needs at home.

This has proven to be very difficult to find. We have talked to many and they do not want to sell outside their own product oriented network or multilevel network, or they are not like minded and won't support Sojourners. If you are a vendor in this product line, we would love to talk to you.

In our search we came across the Garden Wall. It takes the Tower garden concept and turns it on its head... or should we say side. This is very innovative and uses hydroponic grow tubes that can be sat along a wall, and it combines LED Grow lights, and aquaponics as options.

The Aquaponics option is unique as this allows you to not need fertilizer and produce fish as well.

This system is not just a few plants, but one wall system will give room for enough lettuce to keep a family supplied, plus things like cabbage, peppers, tomatoes, ginger, dwarf citrus, and other large rooted plants. YEAR AROUND.

You can start with 1 tube and 12 plants and grow up to 6 tubes and 72 plants plus add on an extra 4 square feet of perennial grow space and a dozen trout or tilapia. And eventually get away from fertilizer!

This could give your family 5 heads of lettuce, or spinach, or kale and other greens per week year around plus another 42 plants like tomatoes, strawberries, etc.

Then using the grow bed start your own herb garden or grow citrus or year around peppers, cabbages, ginger, and other large rooted plants.

And if you want to get away from fertilizer, add the aquaponics kit and produce a few fish each year along with keeping your plants healthy with no added fertilizer. Just buy Homestead Fish Food and you will be in business.

COMMUNICATION

Faraday Bags offered by LSI

Not all faraday bags work, this product line is tested for our members.

MD Phone Shield

Holds 2+ phones and more

Product Code **LS100DB**

MD Phone Sleeve

Waterproof, Holds 1+ large phones

Product Code **LS101DB**

MD Keyfob Shield

Holds key fob and credit cards

Product Code **LS102DB**

Freedom Tech

Google Pixel 7 128 GB

A good deal with all the stuff needed for daily phone use.

Product Code **FTX7ADB**

Freedom Tech

Google Pixel 8 Pro 128 GB

Pro is slightly larger than the non Pro but has a Top Notch Camera. Has longer software support then the 7.

Product Code **FTX8PDB**

Freedom Tech

Live Video Support to teach you how to use the phone
Will require you to have an internet connection and computer

30 minutes of live Tech support by video conference

Product Code **FTV30XS**

Freedom Tech Degoogle Cell Phone

Android style smart phones that are like new

Stripped of Google trackers,

No identifiers other than what the service provider needs

Will not work with Bank apps or Canpass

Preloaded with the following apps

Fdroid, Alternative to Google Play, Signal, Brave, Protonmail, Proton VPN, Goto Meeting, Calendar, Notepad, Calculator, Mysword, Email, Vandium, Voice Recorder,

All you have to do is load your sim card, and transfer your data.

Comes with directions, video recorded support

Comes with screen protector and charging cable

Protective case is not included. SD card slot is not available on Google phones.

Comes loaded and tested, purchaser has 1 year limited warranty, as well as an Otterbox defender phone case

Delivery is 3-4 weeks

If you want a different phone or more storage reach out, there are many ways we can help you with custom solutions.

METAL

BUILDING SUPPLIES

If you have a saw mill, there is a need for rough lumber and building lumber for projects across our network.

AUTOMOTIVE PARTS

There are automotive parts suppliers who want to support the freedom and parallel community. If you need parts and you want to support them, let Sojourners know what you need and we will get it from our partners.

SHOP TOOLS

Longview Ventures

12" Bowie Knife with black marble handle
Hand made, one of a kind, limited supply Beautiful
Product Code **LV1045DM**

SOLAR PRODUCTS

Solar products and other electrical are available. We will be adding to this segment in the days to come. If you have products you would like to add, please reach out.

Want to be part of the Parallel Economy but do not know what you can produce?

There is a need for someone or someone's to specialize in packaging.

Putting bulk products like salt, grains, liquids, and other commodities into smaller packages. Purchase in bulk and make up packed goods to be distributed through the Sojourners Supply Chain network. Bags, bottles, etc.

ANIMAL FEEDS

2:1 Cattle Mineral
25 kg bag
Product Code PVI210DM

1:1 Cattle Mineral
25 kg bag
Product Code PVII10DM

0:8 Cattle Mineral
25 kg bag
Product Code PVI080DM

Bagged Loose Salt
25 kg bag
Product Code PV9000DM

Dairy Macro Premix
25 kg bag
Product Code PV2001DM

Dairy Micro Premix
25 kg bag
Product Code PV2002DM

Ground Barley
Bulk bag
Product Code PV8010DM

Whole Oats
Bulk bag
Product Code PV8030DM

Ground Peas
Bulk Bag
Product Code PV8040DM

Ground Feed / Scratch
14% protein Wheat, Barley, Peas
20 lbs pail Product Code PV8030DM
Bulk Bag Product Code PV8031DM

Chicken Mineral Premix
25 kg bag
Product Code PV3001DM

limited by the deficiencies in the soils and the weather which limits the green growth outside. While most producers try to correct this by compost and natural fertilizers and storing up feeds that they produce, there are some times when producers cannot meet the needs in every area. This is where the Prairieview Feeds products will help. Prairieview Feeds has feeds mixtures formulated for the Western Canadian environment, soils, and water. It contains specialized chelated minerals and safe feed ingredients using western Canadian grown wheat, barley, oats, and peas. While most of the feeds not organic, the feed ingredients are safe for animals and do not contain harmful residues. These feeds allow homesteaders and parallel food producers to have a feed for their animals that will make safe food.

Minerals blends are meant to be used on pasture free choice with salt for range cows.
Premixes are meant to be used in homemade feed mixes where you supply your own oats, barley, wheat, and peas.
Whole and ground grains are meant to be a source of energy and protein for your animals either on its own or with a premix,
Follow label directions.

Those producers who need additional help with fine tuning rations can get help from the Prairieview nutritionist. Ask your local Sojourners Coordinator for help and they will contact you.



In the parallel economy the production of meats is

Sojourners Supply Chain

**Parallel
Safe
Wholesome**

CHICKS

Serendipity Homestead Baby Chicks

These colorful variety of chicks is straight run and is selected to give you eggs, meat, and enjoyment. They are good foragers, hardy, and precocious. Brown Egg Layers.

Priced per chick

Product Code SF100 HM

Serendipity Elite Meat Birds

This special cross bred meat bird combines an old world heavy breasted meat bird known for its tasty meat, and a modern highly productive meat bird to give the best cross for the parallel economy. It is hardy enough to range outdoors, but efficient to produce good for you. You will love the high quality meat this chicken produces.

It will grow similar to the outdoor crossbred commercial meat birds., less meat than a Cornish hybrid, better legs and foraging, better quality and tasting meat.

Straight Run. Priced per Chick

Product Code SF200HM

Serendipity Elite Egg Layer

If you want a beautiful white egg laying chicken then look no further than this special cross bred. Using a Leghorn base which is known for its efficient production, mix special cross is added in to make more hardy, and improve egg size and efficiency. Straight run. Priced per chick.

Product Code SF300HM

FireFox Farm

Barnyard Mix Fertilized Hatching Eggs

If you want to hatch your own chicks then FireFox has a mix of well producing fertilized eggs with a Welsummer Rooster. Priced per egg

Product Code FFF100HM

Serendipity Farms is a full service chicken producer that is dedicated to the parallel and freedom movement. Serendipity Farms has been producing eggs and meat chickens for some time but a couple years ago they saw the writing on the wall when the hatcheries starting cutting off homesteaders from getting the profitable and productive Cornish cross meat birds. They realized that the chicken industry is held by very few hands and this puts the people at risk of their foods being restricted or manipulated by the powerful elite. It was at this time that Serendipity Farms went out and got some special breeder birds for special meat and egg laying. We decided if they won't let us have good genetics it was time to try build our own birds.

Canada's egg and chicken meat industries are a marketing board driven industry, with quota holders being exclusively allowed to produce the eggs and meat you buy from the store. This socialist system is government directed, with bird numbers, location, and health protocols being directed by the same people who brought you Covid 19. They decide when birds have caught Avian flu using PCR testing and then they kill all the birds. They decide who gets to raise chickens. They decide what the price will be. They decide what vaccines chickens get.

This year we all were informed that chickens are imminently going to be vaccinated with mRNA vaccine that is already developed. In the course of finding out if the commercial chicks that would be available receiving the mRNA vaccine, it was discovered that the main hatcheries across the Prairies had been bought up by a single entity that is not favorable to the freedom community. The time has come for the Prairie Development Association to find producers who would like to sell baby chicks and we are one. Developing chick lines is a slow process. But we have three lines available this year.



FISH PRODUCTION

Trout & Tilapia Fingerlings soon to be offered

Trout Fish Food

Dried, 10 lbs pail

Product Code **PV6001DM**

Tillapia Fish Food

Dried, 10 lbs pail

Product Code **PV6011DM**

PET SUPPLY

Quappelle Growers

Liver Dog Snacks

Raw Dried Jerky Snacks

Product Code QG600IDA

Quappelle Growers

Pet Food

Raw Dried Jerky Dog Food

Product Code QG620IDA

Quappelle Growers

Pet Food

Raw Dried Jerky Cat Food

Product Code QG630IDA

Appleton Products

Elk Antler Dog Chew

Dog's love it

Product Code API00DA

EQUIPMENT

MACHINERY PARTS

FARM SEEDS

FERTILIZERS

If you have any items that would work in these categories, please contact Sojourners Supply Chain

MISCELLANEOUS

Longview Ventures

Plastic Ropes
6' Lead Line Rope
Product Code **LV1041DM**

Longview Ventures

Sheep Halter
Product Code **LV1042DM**

Longview Ventures

30' Heavy Duty 1" rope with hook and loop
Product Code **LV1044DM**

Longview Ventures

Sisal Rope
1/2" rope 35' long
Product Code **LV1043DM**

Longview Ventures is a family farm that spends their winter days in the shop completing projects. They have a variety of things that may be of interest to you. Product Codes begin with a LV.



BOOKS

Freedom and Culture

We Will NOT be Silenced

Paperback by Erwin Lutzer

A MUST READ For Freedom Fighters

Product Code **LS109DB**

If you know of a book that made a difference in your life, or if you have a book you would like to order, please get us the name, ISBN number, and the publisher and we can track it down.

Hitler's Cross

Paperback by Erwin Lutzer

Product Code **LS103DB**

The Church in Babylon

Paperback by Erwin Lutzer

Product Code **LS104DB**

The Cross in the Shadow of the Crescent

Paperback by Erwin Lutzer

Product Code **LS105DB**

When a Nation Forgets God

Paperback by Erwin Lutzer

Another MUST Read

Product Code **LS106DB**

Pandemics, Plagues, and Natural Disasters

Paperback by Erwin Lutzer

Product Code **LS107DB**

No Reason to Hide

Paperback by Erwin Lutzer

Product Code **LS108DB**

The Cost of Discipleship

Paperback by Dietrich Bonhoeffer

Every leader should read this book.

Product Code **LS110DB**

Faith and Bibles

Going Higher with God in **Prayer**

Paperback by A.w. Tozer

Product Code **LS111DB**

Three in one The Knowledge of the Holy, The pursuit of God, and God's Pursuit of man

Hard cover by A.w. Tozer

Product Code **LS112DB**

The Radical Cross

Paperback by A.W. Tozer

Product Code **LS113DB**

The Pursuit of God

Paperback by A.W. Tozer

Product Code **LS114DB**

My Utmost for His Highest

Paperback by Oswald Chambers

Product Code **LS115DB**

Key Word King James version

Genuine Leather Black, Key word coded to Strong's dictionaries with Definitions for every word of the bible.
Red letter Edition and footnotes.

Product Code **LS120DB**

Sojourners Supply Chain

**Parallel
Safe
Wholesome**

Key Word New King James version

Genuine Leather Black, Key word coded to Strong's dictionaries with Definitions for every word of the bible.
Red letter Edition and footnotes.

Product Code **LS121DB**

Key Word NASB version

Genuine Leather Black, Key word coded to Strong's dictionaries with Definitions for every word of the bible.
Red letter Edition and footnotes.

Product Code **LS122DB**

NASB 1995 Super Giant Print Reference Bible

Teal Leather soft. Red letter edition. 16.5 print size.

Product Code **LS123DB**

NASB 1995 Thin line Bible

Red letter edition. Teal leather soft.

Product Code **LS124DB**

NASB 1995 Thin line Bible Large print

Brown leather soft. Red letter edition. 10.5 print size.

Product Code **LS125DB**

NASB 1995 Thompson Chain Reference Bible

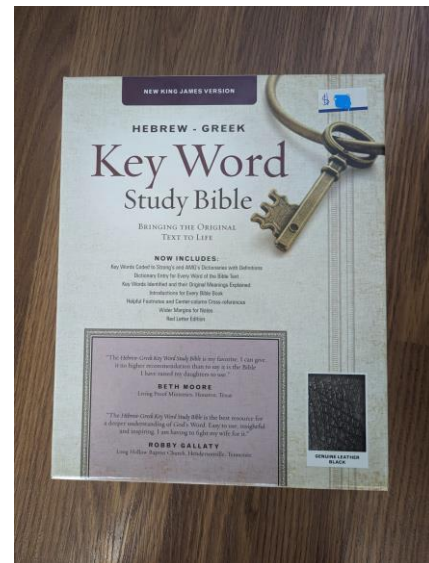
Brown leather soft. Red letter edition. Maps at the back.

Product Code **LS126DB**

NASB 1995 Single column Reference Bible

Brown leather soft. Maps and Dictionary concordance.

Product Code **LS127DB**



Sojourners Supply Chain

**Parallel
Safe
Wholesome**

NASB Study Bible

Black bonded leather. Red letter edition. Study notes and center-column reference system.

Product Code **LS128DB**

NASB 1995 Adventure bible for kids

Blue Leather soft.

Product Code **LS129DB**

KJV and AMP Parallel Bible

Red letter edition. Black Bonded leather.

Very good bible to give easy to understand along with poetic format. Highly Recommended.

Product Code **LS130DB**

LSB Large Print Bible

Brown leather. Red letter edition. Single column layout.

Product Code **LS131DB**

Geneva Bible

1560 edition – Black Leather Cover

The bible of the Pilgrims, understand why the British Crown hated the Pilgrims and why they moved to Holland and then North America to escape, develop, and then return. The basis of freedom is within these pages.

Product Code **LS132DB**

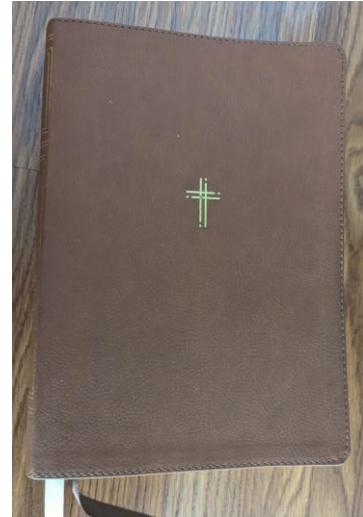
Patriot Bible – Geneva version

Hardcover, The bible of revolutions with George Washington and the US Founders' thoughts. Every freedom patriot should have a copy.

Very rare and difficult to obtain, while supplies last

1599 edition

Product Code **LS133DB**



Sojourners Supply Chain

**Parallel
Safe
Wholesome**

Homestead and Preparation

The Homestead Sourdough Cookbook

Paperback by Georgia Varozza

Product Code **LS116DB**

The Homestead Canning Cookbook

Paperback by Georgia Varozza

Product Code **LS117DB**

The Homestead to Table Cookbook

Paperback by Georgia Varozza

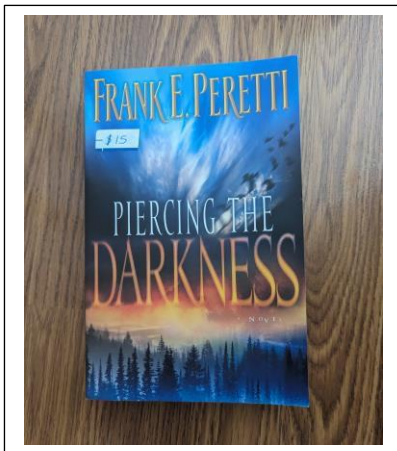
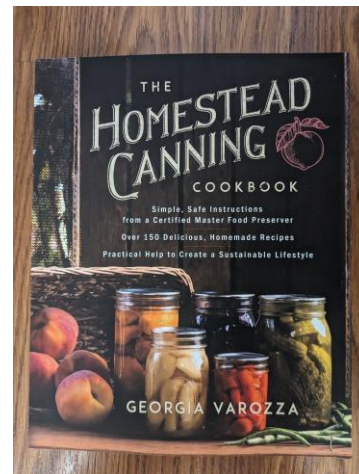
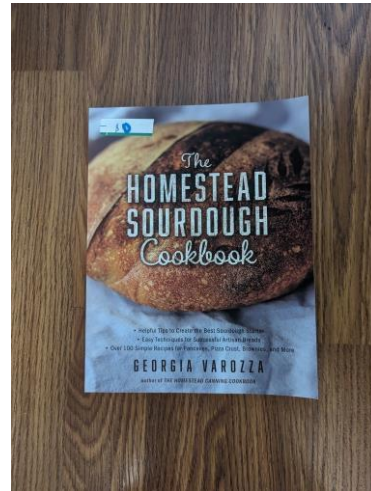
Product Code **LS118DB**

Novels and Entertainment

Piercing the Darkness

Paperback Novel by Frank Peretti

Product Code **LS119DB**



COMMUNITY AND SERVICE

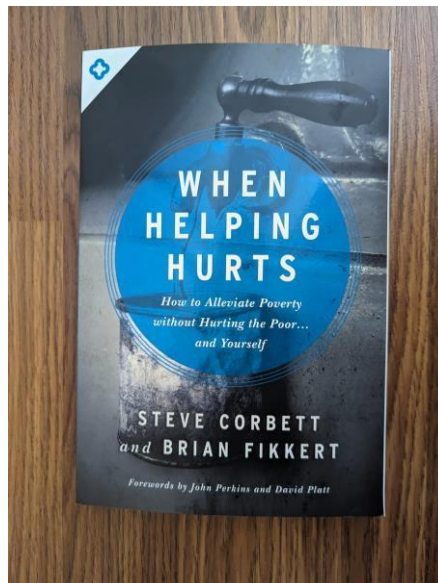
When Helping Hurts

By Steve Corbett and Brian Fikkert

Product Code **LS140DB**

USED BOOKS

Those wishing to sell some old used books can sell them to Sojourners Supply Chain. Stay tuned for new editions.



FOOD AND HEALTH ARTICLES

Liposomal Carnosine Is Essential for Detoxing Linoleic Acid

Analysis by Dr. Joseph Mercola

Carnosine is a dipeptide found in meat. It's not found in any plant foods. Dipeptide means it's made up of two amino acids, in this case beta-alanine and histidine. The highest concentrations of carnosine are found in your muscles, brain, central nervous system¹ and gastrointestinal tract,² which gives you an indication of its potential importance.

Unfortunately, it's also one of the top **10 most common nutrient deficiencies**, especially among vegans. If you're a vegetarian or vegan, you will have lower levels of carnosine in your muscles. This is one reason why many strict vegans who do not properly compensate for this tend to have trouble building muscle.

Carnosine also binds to advanced lipoxidation endproducts (ALEs) that form from oxidized seed oils in your diet, making it a crucial aid in the detoxification of linoleic acid (LA).

Carnosine's Physiological Roles

Carnosine has several physiological roles and benefits. For example, it:³

Provides athletic benefits — Approximately 99% of carnosine is found in muscle tissue where it facilitates lactic acid detoxification, improves muscle contraction and muscle relaxation and enhances endurance
Alleviates diabetic nephropathy by protecting podocyte and mesangial cells ⁴
Modulates energy metabolism in macrophages and microglia by restoring and/or enhancing the basal conditions
Has antioxidant properties and scavenges reactive oxygen species (ROS) and aldehydes created by peroxidation of fatty acid cell membranes during oxidative stress ⁵
Regulates the activity of stem cells
Modulates glucose metabolism
Enhances the degradation and/or scavenging of nitric oxide (NO)
Promotes wound healing
Opposes glycation ⁶
Slows down the aging process by prolonging the life of cells and preserving cellular homeostasis ⁷
Regulates osmotic pressure
Modulates glutamate production and transport
Modulates brain metabolism
Chelates heavy metals ⁸
Acts as a pH buffer ⁹
Acts as a neurotransmitter
Protects olfactory receptor neurons in the elderly

Beef, Liposomal Carnosine and Precursors Are the Best Sources

Interestingly, a June 2023 paper¹⁰ in the medical journal *Pharmaceuticals* reviewed the science behind carnosine with the aim of developing new delivery systems for carnosine-based drugs. As noted in this paper:

“Because of its well-demonstrated multimodal pharmacodynamic profile, which includes anti-aggregant, antioxidant, and anti-inflammatory activities, as well as its ability to modulate the energy metabolism status in immune cells, this dipeptide has been investigated in numerous experimental models of diseases, including Alzheimer’s disease, and at a clinical level.

The main limit for the therapeutic use of carnosine is related to its rapid hydrolysis ... [This is the] reason why the development of new strategies, including the chemical modification of carnosine or its vehiculation into innovative drug delivery systems (DDS), aiming at increasing its bioavailability and/or at facilitating the site-specific transport to different tissues, is of utmost importance.”

Delivery systems currently in use or in development include intraperitoneal injections, intranasal sprays and oral administration of various nanoformulations. But while the drug industry is keen on figuring out how to profit from carnosine by making it into a drug, you certainly don't need a drug to get these benefits.

Simply eating organic grass fed beef is one of the most efficient ways to raise your carnosine level.¹¹ This is one of many reasons why cultured beef is not a viable substitute for real beef. Not only does fake beef lack carnosine but also B vitamins, retinol, long-chain omega-3 fatty acids, taurine, creatine and bioavailable forms of iron and zinc.¹²

Most carnosine supplements aren't very effective either because the carnosine is rapidly broken down into its constituent amino acids by certain enzymes. Your body then reformulates those amino acids back to carnosine in your muscles.

An exception to this is liposomal carnosine, which appears to work quite well. Another alternative is to supplement with beta-alanine, which is the rate limiting amino acid in the formation of carnosine. According to a 2021 paper,¹³ daily intake of beta-alanine can raise the carnosine content of skeletal muscle by as much as 80%.

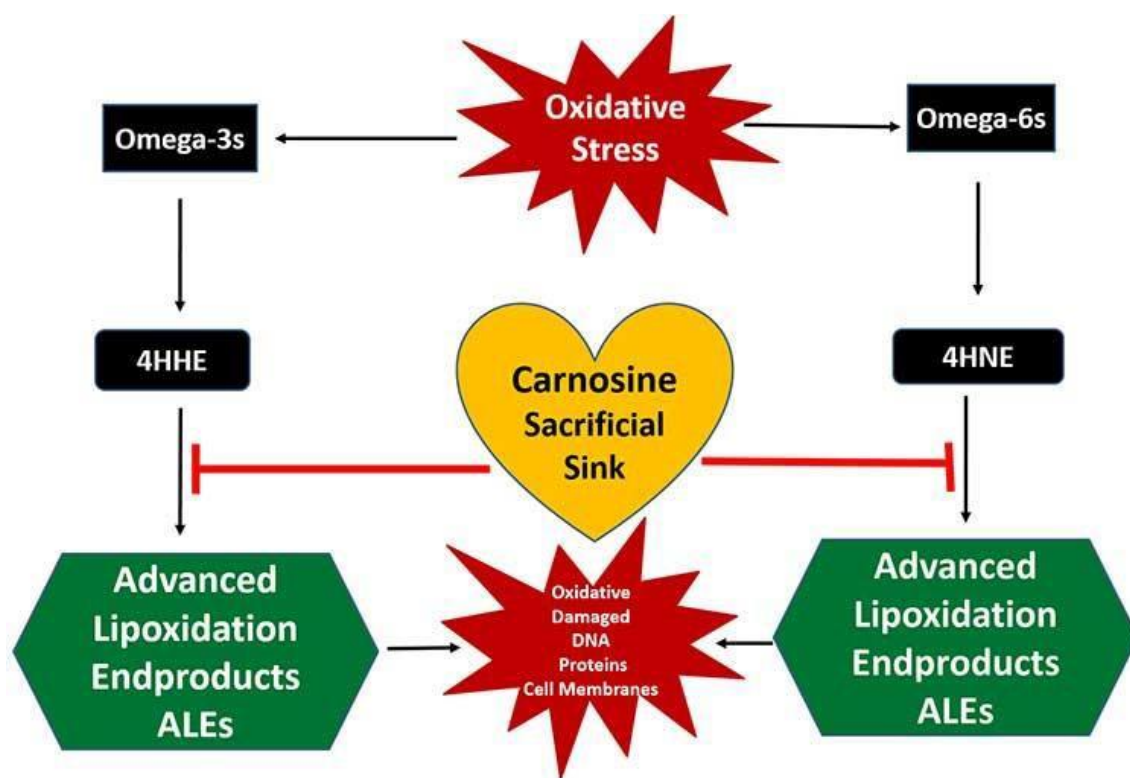
Carnosine Protects Against LA-Induced Oxidative Stress

One benefit not expounded upon in the Pharmaceuticals paper is carnosine's ability to reduce LA-induced oxidative stress. While your body will slowly eliminate stored LA over time, provided you reduce your intake, carnosine can help reduce the oxidative damage caused by LA while your body is cleaning itself out. I take liposomal carnosine every day before meals to help detoxify LA.

Carnosine binds to ALEs like a magnet and acts as a sacrificial sink. It's basically a substitute target for these profoundly damaging molecules.

The omega-6 fat LA is highly susceptible to oxidation, and as the fat oxidizes it breaks down into harmful sub-components such as ALEs and oxidized LA metabolites (OXLAMs). These ALEs and OXLAMs are what cause most of the damage.

Carnosine binds to ALEs like a magnet and acts as a sacrificial sink. It's basically a substitute target for these profoundly damaging molecules. In this way, carnosine allows your body to excrete the ALEs from your body before they damage your mitochondria, DNA or proteins. (Another molecule that protects against LA-induced damage is [carbon dioxide](#)). The illustration below shows how carnosine works in this regard.



Carnosine May Be Protective Against a Wide Range of Diseases

A more detailed explanation of how carnosine protects against reactive oxygen species (ROS) and how that helps protect against oxidative stress-related pathologies is given in a 2021 paper in the journal Antioxidants:¹⁴

“A study that examined the effect of carnosine on oxidative stress in human kidney tubular epithelial (HK-2) cells indicated that carnosine decreased NADPH oxidase (NOX) 4 expression and increased total superoxide dismutase (T-SOD) activity, thus reducing the production of intracellular ROS, relieving the oxidative stress of cells, and ultimately inhibiting the mitochondrial pathway of apoptosis.

Ability of carnosine to protect against pathologies characterized by oxidative stress has been shown in a number of conditions ... Carnosine changes the reactivity of superoxide anion by forming a charge-transfer complex with the superoxide radical and also by reducing the efficiency of hydroxyl radicals, creating a compound less reactive than the hydroxyl radical.

One of the mechanisms to protect organisms from oxidative stress is the chelation of transition metals, preventing them from participating in deleterious processes involving ROS ... Interestingly, when comparing metals involved in free radical generation, carnosine was found to have a greater antioxidant activity coupled with copper than iron ...

At physiological concentrations, carnosine directly reacts with superoxide anion similar to ascorbic acid. In physiological conditions, carnosine was found to reduce oxidative damage and to improve antioxidant activity of different antioxidative enzymes ...

Experiments on aged rats showed that therapy with 250 mg/kg/carnosine per day significantly decreased oxidative stress and increased activity of antioxidative enzymes ... In similar model of aged rats, carnosine increased liver vitamin E, which further demonstrates its importance in defending the organism from free radicals.

Rising data indicate that carnosine acts as a scavenger of reactive and cytotoxic carbonyl species including 4-hydroxynonenal (HNE). HNE is an aldehyde generated endogenously by lipid peroxidation of unsaturated fatty acids that act as ‘toxic second messengers,’ extending the harmful potential of free radicals.

HNE is considered an important biomarker of oxidative stress and accumulating data indicate that it may modulate signaling pathways of cell proliferation, apoptosis, and inflammation.”

Grass Fed versus Grass Fattened?

Note the difference. Grass Fed is a term used by many meat marketers to allow them to enter the grass-fat market but reduce the amount of grazing utilized. Grass Fed means that, the animal has been exposed to pasture prior to slaughter. However, Grass Fattening is a science, the eating experience and meat quality requires animals to reach a certain maturity and have access to certain sugars in the grass at the right time to achieve proper fattening. We differentiate this. If you buy Grass Fattened beef you will have the highest level eating experience with all the health benefits claimed by researchers. Grass Fed is a marketing term that has no science behind it. Know the

How Carnosine Protects Against Alzheimer's

As noted in the Pharmaceuticals paper,¹⁵ one of the pathologies that carnosine is protective against is Alzheimer's disease. In my [November 2021 interview with Tucker Goodrich](#), he explained the role of HNE, specifically, in Alzheimer's, and why it's so important to get rid of it.

"In heart failure, Alzheimer's, and AMD [age-related macular degeneration], one of the things they see is an inability of the cell to produce enough energy. The mitochondria are getting damaged. HNE does that damage. It damages 24% of the proteins in the cell, primarily around energy production.

One of the ways your cells produce energy is they basically ferment glucose into pyruvate outside of the mitochondria. This is a perfectly normal part of metabolism and they produce something called pyruvate. A molecule called pyruvate dehydrogenase takes pyruvate into the mitochondria and converts it to acetyl-CoA so the mitochondria can burn it very efficiently for fuel.

Well, one of the things HNE does is it breaks pyruvate dehydrogenase, and they see this in Alzheimer's where their cells are no longer able to produce enough energy. This is why your cells are dying in Alzheimer's.

The beta amyloid plaques in Alzheimer's disease are induced by HNE. There's a great model that came out of Harvard a couple of years ago showing that.

Even the critical, the most important part of the mitochondria, complex 5, — ADP synthase — which is what takes all the energy coming from your mitochondria and turns it into ATP, which is what fuels the rest of your body — is damaged by HNE. This is a huge issue. There's no more fundamental problem in aging and health than protein damage."

Carnosine is the most effective scavenger of HNE, so optimizing your level can go a long way toward protecting against the HNE-induced damage that promotes Alzheimer's.

Sojourners Supply Chain has several vendors who offer a selection of high-quality beef.

While Grassfed Beef is typically the type that Dr. Mercola recommends, the difference between grass-fed and properly grain fed beef is not great. Grass Fed and **properly** grain fed are very similar. **Grass Fattened is superior**, and **improperly** grain fattened is inferior. Most commercial feedlots have accepted the big pharma developed, banker directed, globalist style production system where all animals come into the feedlot and are given antibiotics that kill rumen bugs, then are on a diet with as much grain as possible, which acidifies the digestive tract and changes the fat type deposited. This is the source of most of the problems we hear about grain fed beef.

Healthful Beef as described by Sojourners is beef in which the animals are not vaccinated with mRNA, are not given antibiotics, and remain healthy the entire life of the animal. Feed rations are required to be high in forage, and even if some are not grass fattened, the grain levels are low enough to allow the rumen to convert the starch to energy that is beneficial to the animal. Never sick, no antibiotics or hormones, no mRNA, no high starch — that's Healthful Beef!

Grain Fed Healthful Beef – Grass Fed Healthful Beef – Grass Fattened Healthful Beef

Carnosine — A Promising Therapeutic for Obesity-Related Conditions

Elevated HNE has also been found in obese and diabetic patients,¹⁶ so there's reason to suspect carnosine can be important in the treatment of these conditions as well. Another disease where elevated HNE plays a role is atherosclerosis. As noted in the 2021 Antioxidants paper:¹⁷

“... emerging studies have indicated that these reactive aldehydes are more than simply markers of oxidative stress.

Rather, it is suggested that these reactive species may play a significant pathogenic role in obesity-associated disorders such as insulin resistance and a carnosine analog alleviates the production or enhances the removal of reactive carbonyl species, providing promising new therapeutic compounds for cardiovascular and metabolic diseases related to obesity.”

Take Control of Your Health by Lowering Your LA Intake

As detailed in several previous articles, the evidence strongly suggests excessive **LA is driving most if not all modern diseases**, including heart disease and cancer. Fortunately, the solution is simple. Just lower your LA intake.

The easiest way to do this is to use an online nutritional calculator such as **Cronometer** to calculate your daily intake. Cronometer will tell you how much omega-6 you're getting from your food down to the 10th of a gram, and you can assume 90% of that is LA. Anything over 10 grams is likely to cause problems. I keep my intake below 5 grams a day.

Since there's no downside to limiting your LA, you'll want to keep it as low as possible, which you do by avoiding high-LA foods. Keep in mind you'll never be able to get to zero, and you wouldn't want to do that either. You do need some LA, but since it's found in most foods, and since you need only small amounts, there's really no way to end up with a deficiency.

^{1, 3, 10, 15} [Pharmaceuticals June 2023; 16\(6\): 778](#)

^{2, 4, 5, 6, 7, 8, 9, 13, 14, 16, 17} [Antioxidants July 2021; 10\(7\): 1037](#)

¹¹ [Science Direct, Carnosine; Nutritional Supplements and Metabolic Syndrome](#)

¹² [Animal Frontiers April 15, 2023](#)

The Buzz about Raw Honey

If you're looking for the best-tasting honey with the most powerful benefits, the answer is local honey. Not mass-marketed, made-on-the-other-side-of-the-world honey that's shipped a long distance to get to your supermarket, but honey made by bees in your region that's packaged and sold locally.

Not everything that resembles honey is actually pure honey. Many mass-market honey products — those referred to as honey blends — include refined sugar or even high fructose corn syrup, which means they're really not honey at all. This has historically been a big problem with imported honey, and large honey packers have been punished for knowingly selling adulterated honey. These products don't have the flavor or the other benefits of pure local honey.

What exactly is Honey?

Honey is flower nectar combined with enzymes that bees naturally secrete. Raw honey is an unprocessed sugar that contains fructose and sucrose at varying percentages dependant upon the nectar source. Honey has a long shelf life and can be consumed after very long periods of time as long as it's kept in a sealed container. Raw honey will crystallize but can easily be re-liquified in warm (not boiling) water. Real honey still contains solids like pollen and propolis which act as a base for crystals to form which will also cause crystallization to occur more quickly. If your honey starts crystallizing quickly, it is a good sign, it means that the honey is truly natural and of great quality.

Honey bees don't travel far from home to gather pollen. They generally make honey using pollen from flowers that grow within a mile or so of their hive but will travel further if necessary. The flowers that the pollen comes from will ultimately impact what the honey tastes like. As a result, the flavor profile of honey is directly impacted by the flora that grows immediately surrounding the hive so if you're looking for the best tasting honey flavor, there's no substitute for local honey. But doesn't all honey taste the same? Absolutely not. All honey is sweet, but it doesn't all taste the same.

Processing also impacts what honey tastes like. Honey is absolutely not all equal!

Local honey doesn't undergo industrial processing for mass distribution, so its taste isn't altered as much en route from the hive to consumers. Raw honey (which is never pasteurized or finely filtered) has a richer and more complex flavor than processed versions. The flavor of honey can be diminished or even destroyed when it's heated for commercial processing. Local, minimally processed honey retains all of its incredible natural taste.

As mentioned, raw honey comes directly from the honeycomb and does not undergo a pasteurization process. This is the best kind of honey to use when your goal is to enjoy maximum health benefits.

Pasteurization diminishes the antioxidant properties of honey and causes it to lose enzymes and other beneficial substances, leading to a reduction in its health benefits. Raw honey also has both pollen and bee propolis both of which may have positive health effects. These substances aren't likely to be present in heavily processed honey or honey-like blends. The more processed honey is, the less of a positive impact it is likely to have on health, whether consumed or applied to the skin.

Honey is one of nature's purest foods and is far more than just a natural sweetener. It's a functional food which means it's a natural food with health benefits.

Raw honey contains 22 amino acid, 27 minerals and 5,000 enzymes. Minerals include iron, zinc, potassium, calcium, phosphorous, magnesium and selenium. Vitamins found include vitamin B6, thiamine, riboflavin, pantothenic acid and niacin.

One tablespoon of honey contains 64 calories, yet it has a healthy glycemic load around 10 for one tablespoon, which is a little less than a banana. Raw honey does not cause a sugar spike and elevated insulin release like white sugar.

Local honey may help relieve allergy symptoms in some people. If you regularly consume honey that contains one or more of the very things that cause you to sniffle and sneeze, it just might help relieve associated symptoms over the long term. That's why it's so important to use only local honey if you're hoping for relief from seasonal allergies triggered by pollen. Honey from outside of where you live isn't likely to contain pollen from whatever plants trigger your allergy symptoms.

How can you incorporate Honey into your daily living?

1. Improve digestion — Animal studies indicate that honey can help gut health. Ingest one to 2 tablespoons to counteract indigestion since it doesn't ferment in the stomach.
2. Relieve nausea — Mix honey with ginger and lemon juice to help counteract nausea.
3. Acne remedy — Studies show that honey can be used as a face cleanser to fight off acne, and it's gentle on all skin types. Take half a teaspoon, warm it between your hands and spread it on your face gently. Leave it on for 10 minutes, and then rinse with warm water and pat dry.
4. Exfoliator — Use it on dry winter skin by adding two cups of honey to a bath, soak for 15 minutes, then add one cup of baking soda for the final 15 minutes.
5. Improve diabetes — Studies indicate that consumption of raw honey can reduce your risk of developing diabetes and help aide medication used to treat diabetes.
6. Lower cholesterol — Studies show that honey can help reduce cholesterol and therefore decrease your risk for coronary artery disease.
7. Improve circulation — Raw honey makes your brain function optimally by strengthening the heart and improving blood circulation.
8. Antioxidant support — Studies reveal that consumption of raw honey increases plaque-fighting antioxidants.
9. Restore sleep — One study showed that milk and honey may promote restorative sleep. Add a tablespoon to warm milk to help increase melatonin and help you sleep.
10. Prebiotic support — An animal study demonstrated that raw honey is full of natural prebiotics that promote the growth of good bacteria in the intestine.
11. Improve allergies — If sourced locally, studies reveal that raw honey can help reduce seasonal allergies. Add one to 2 tablespoons to your diet daily.
12. Help weight loss efforts — As indicated in one study, substituting raw honey for white sugar can help in weight management.
13. Moisturize — A spoonful of raw honey mixed with olive oil and a squeeze of lemon can be used as a hydrating lotion.
14. Hair mask — A raw honey hair mask can help boost shine by hydrating your hair, according to studies. Simply mix 1 teaspoon of raw honey with 5 cups of warm water, apply the mixture to your hair and let it sit, then rinse thoroughly, allow your hair to air dry and style as usual.
15. Eczema relief — Use honey as a topical mixture along with equal parts cinnamon to relieve mild eczema.
16. Reduce inflammation — Raw honey has anti-inflammatory agents that can treat respiratory conditions, such as asthma.
17. Heal wounds — Raw honey used topically can help quicken healing time for mild burns, wounds, rashes and abrasions.
18. UTI remedy — Honey can help improve urinary tract infections due to its antibacterial properties.
19. Shampoo — Raw honey can cleanse and restore the health of your hair and scalp.
20. Relieve sore throat and cough — Using it for sore throat and cough is another common remedy. Studies indicate that this is especially useful for children with a cough. Simply swallow one teaspoon of honey or add it to tea with lemon.

FREE DAIRY PROGRAM

You have read about the benefits of Raw milk but cannot get your hands on any. You have heard about the coming vaccinated milk and do not want that. The Dairy industry is a highly controlled socialist system that has a strangle hold on your health and nutrition. Products like cheese, yogurt, and milk are some of the most nutritious foods available, but do you trust the multinationals and socialist partners who have basic monopolies over your food?

There are three ways to get raw milk products and dairy products outside of the socialist system.

- 1) Go buy a cow and deal with 3-5 gallons per day, twice a day milking, feed, management, and then processing the milk. Your cost will be around \$3000-4000 with all things included. You will need a barn that the cow can live in all winter. You will spend \$2500 per year on feed. You will not make all products, just milk and butter and cream, and some simple cheeses.
- 2) Go in together on a cow with a friend or two. You will divide up the initial cost and divide up the milk. One of you will be tied down to the milking twice a day and you will probably have to pay the other person for his milking time. If 3 of you get together, your upfront cost will be \$1300 each maybe and you will have \$1000 of cost per year. This will give each of you a gallon and a bit per day until the friend figures out he is getting paid \$2 per hour, and you may need to find a new friend.
- 3) The other option is to go into the Free Dairy Share Cow Program. This Sojourner managed and PDA established special project allows you to partner with a farmer who will manage the share cows and partner with other share cow owners on a milk processing plant. You can buy one or more shares in several cows spread over several different farms. Each share gives 2-3 gallons of milk per week and costs 28 toz of silver (\$1000). You pay the farmer for the feed and management of the cow (approximately 2.2 toz of silver or \$87 per month).

The beauty of the share cows system is that you own a share in the cow, it is an identified cow that can be tracked. You direct whether the milk stays raw or is pasteurized. You also own a portion of the processing system and you do not order dairy products, you direct the processing of your milk. Then you hire Sojourners to deliver it to you with your regular order.

Milk products are primarily derived from the cream or milk fat in the milk. Each gallon of milk has approximately 150 grams of milk fat which can be made into butter, and cream. Cream is then mixed with whole milk and makes cream cheese, and ice cream. The skim milk can be made into yogurt and cottage cheese and drank as low fat milk. 1 gallon of milk makes 1 lbs of cheddar cheese, and there are a plethora of different cheeses that can be made. Depending upon the number of shares your family owns and how you direct its processing you can enjoy a nice array of nutritious and tasty products year around.

Fluid milk for drinking is more expensive than store bought milk, but the ice cream, cheese, and yogurt, is typically quite a bit cheaper than store bought. If you just drink milk, you will pay more through a share cow system, but if you purchase cheese, yogurt, and ice cream you will soon find you are paying less overall than the store. Enough less that your initial share price is paid back in a couple years. We encourage families to purchase 2 shares and then in the future if you no longer need the extra share, you can sell one or both of the shares.

If you are interested in getting your own share cow, with milk all over the prairies, contact us to get connected.

PRIVATE USE FUEL SPECIAL PROJECT

One of the main areas of control is the energy system. Henry Kissinger is said to have said, “He who controls the food controls the people; he who controls the energy controls whole continents; He who controls the money controls the world.” And he also said, “Many of us in this room will make allot of money by having the people cull themselves through the use of this vaccine.” Nice guy...

The Prairie Development Association is concerned that the major money men of the world are planning on or already have hurt the population and control the population through health measures, food toxins, control of money, AND control of the energy. You can see the carbon laws and treaties, electric vehicles, Net Zero, and carbon taxes all are motivated to drive people toward non-mobility and toward more control. The money men who control the big anti carbon lobbies also own the major oil and coal companies. BP, Exxon/Esso, Shell, etc. These owners are apparently against petroleum, but really what they are against is freedom, and the use of energy by those other than themselves. Thus the Freedom Community needs to look for alternatives for when you cannot buy fuel without CBDC, when fuel is unavailable in rural areas, and when your monopoly supplied electricity and energy is priced according to your ESG score.

There are classes being offered by LSI to help deal with your home heating and home electricity issues. But the transportation fuels are a little more complicated. Therefore, the PDA is embarking on a special project to help regional community groups put together private fuel refineries to use common waste products to make liquid diesel and gasoline. This will give local people control over their mobility and energy.

If you or your group are interested in developing a small-scale refinery for your community please contact the Prairie Development Association. Or if you want to help fund refineries, talk to the Prairie Freedom Fund.

FREEDOM HATCHERIES

As revealed in the Poultry and Egg section of the catalog, almost all of the baby chickens across the prairies now come from just one hatchery. A hatchery which is now owned by those who is deemed to be firmly on the other side. It is at the hatchery that chickens are vaccinated with Marek’s vaccine, and a new mRNA Marek’s vaccine has been developed which is ready or has been implements. Questioning of the hatchery about this has been met with ignorance and walls of silence. They will not determine or reveal if there is mRNA vaccines in use. Thus we can only assume.

These are the same chicks that you see at your local feed store, co-op, or hardware store that are for sale each spring. All the suppliers/hatcheries of these locally sold chicks have been bought out.

The PDA is actively working to recruit 2-4 people across the prairies to establish hatcheries and several more to breed chickens to supply eggs to the hatchery. Serendipity is the first and established before the project started. Future hatcheries and chicken breeders will have access to funding and networked egg supplies and breeding stock. If you want to be involved talk to the PDA or Prairie Freedom Fund.

ARE YOU CONCERNED ABOUT HEALTHCARE?

Prairie Parallel Healthcare Project

One of the most frightening things is to go into a government run healthcare facility.

There are no signed consent forms.

You are totally at the mercy of the doctors and nurses and their philosophies, usually now they do not ask your opinion of treatment options.

They are overworked and under staffed, stress is high, no one likes their job anymore.

They have just proven themselves to agree to any treatment in order to collect a paycheck, even if it is harmful to the patient. They wear and promote masks and “vaccinations” when a multitude of report and evidence says that it is not effective. Their judgment is questionable.

The medical system has now become a promoter of medically assisted suicide – murder.

And then you put your life in their hands?

There has to be a better way – a better system.

AND THERE IS!

A group in Saskatchewan is working on a series of hospitals and clinics that can operate completely outside of the government health system, and offer you the best doctors with government unacceptable views, staff that cares and is excited to be there, and leading edge services. This Parallel health system will be available to members of the Prairie Development Association and serve Alberta, Saskatchewan, and Manitoba residents and those that want to travel to receive the best care. If you are interested in this please contact Living Streams Institute or the Prairie Freedom Fund.

Living Streams Institute is putting together a Steering Committee for this, and need wise, professional, ethical people to step forward. We already have some influential names stepping forward to be part of this.

Prairie Freedom Fund is also actively seeking people who will want to be financially involved in the success of this project. As a private project there is component of funding needed to be donated to help the initial development, and then there is a component of financial investment that would produce a return to the investors.

This is exciting. Its legal. Its time is now. Email to get involved:
livingstreams institute@protonmail.com

Informed Consent – Ethical Values – Life Affirming

PRAIRIE FREEDOM FUND

The Prairie Freedom Fund was envisioned by Living Streams Institute Inc. as a way to fund the parallel economy. The membership of LSI in April of 2023 at the AGM directed the Board of Trustees to establish a parallel economic system. Almost a year of work has gone into this. Many, many man hours of development and brain storming and trials were expended to develop it. Out of this the Prairie Development Association was formed to stimulate the parallel economy and be a driver of change and support and development. The Prairie Development Association will continue to be the main driver of the Parallel Economy on the prairies and between private investment and the private support of the Prairie Freedom Fund will be how it is funded.

Several issues in the financial sector are coming together to control us. The “You will Own Nothing And Be Happy” mantra of the WEF applies to your savings and investments. The Central Bank Digital Currency will control what you buy, where you buy it, how far from home you can spend money, and how long your money will last. All your money and financial transactions will be governed by ESG scores. Interest rates, availability of capital, and even how much money you are allowed to keep will be determined by your ESG score. The people involved in the Prairie Development Association will not accept these control measures.

People whose life long savings and income are in banks and stock markets and pensions will lose them. These will be converted into a bail in of the financial sector. You will lose all you’ve worked for and instead you will be given a Universal Basic Income. Those who have a business or job will be forced into the Central Bank Digital Currency system where the central bank will be able to direct where and how and for what you spend your money and any savings you put together will be erased after a certain date.

The Prairie Freedom Fund is a place for you to invest your extra money through the purchase of a bond at favorable interest rates. Convert your savings, stock portfolio, and other investments to a fund which benefits the Freedom Community. Competitive interest rates are available.

The Prairie Freedom Fund’s main mandate is to fund the parallel economy. It will do this through loans to approved applicants that will use the funds to develop alternative businesses and projects. Those who want to build or expand production to fill the supply needs of Sojourners, or pay off their acreage or home quarter, or purchase equipment to transport or store products, the PFF will be able to help. The PFF has programs to help purchase inventory, fund production supply chains, and build special projects.

Consumers and businesses who are nervous about carrying around large quantities of silver and gold due to the temptation of criminals or the shear weight of the metals also have an option. Working very similar to a normal cheque, the Prairie Freedom Fund offers bonds which are easily transferred in proportional increments. Using a document called a Transfer Warranty (Warrant) the purchaser can give the vendor a Warrant and authorize transfer of silver troy ounces in fractional amounts to the Vendor. It makes transaction easy and safe for both parties. The Vendor can get his/her silver from PFF or place it in his/her own bond to transfer to their own suppliers. Silver and Gold just got easy.

Prairie Freedom Fund - Continued

All funds for both bonds and loans are denominated in silver and gold, interest and principal is paid and received in silver and gold troy ounces. Thus removing the bondholder or loan holder from risk of fiat currency crashes and seizure of accounts by authorities.

Prairie Freedom Fund is one of if not the only fund that transacts its loans and bonds totally in precious metals. As a bondholder your support is backed by silver and gold and the assets tied to the loans. As a debtor, you are able to conduct business in the parallel with no reprisals from your funding partner, and you get support and consultation to help your alternative business thrive.

All bonds are fully at risk similar to mutual funds, or loans. Risk is much less than private loans and probably better than surely losing your money to the banking world. Ensure you are financially stable enough to entertain the risk.

Contact your Prairie Development Association's local Coordinator to find out more and get in touch with the local PFF Agent.

LONG TERM BONDS

Put your silver, and gold to work generating interest for you.

You maintain your investment in precious metals, retaining your appreciation or depreciation in metals conversion value.

Get paid back in precious metals for both principal and interest.

Move your savings and investments to where they help the freedom community.

Denominated in Silver and Gold

FREEDOM LOANS

Loans to Freedom Community Members.

To get and keep you out of the banks.

Payoff bank mortgage on Homestead, Acreage, Farmland, and Business

Develop Alternative Business for Parallel Economy

Inventory Financing for Parallel Economy

Competitive Interest Rates

Denominated in Silver and Gold troy ounces

TRANSFER WARRANTY "Warrant"

Fractional Troy Ounce Silver Transactions

Easy to Use

Easy to Carry

Tied to a Short Term Bond,

Denominated in Silver troy ounces

Help yourself while you help the Parallel Economy.

Better a Year Early Than a Day Late.

SILVER

And Gold

Why do we use silver and gold in transactions?

- 1) It can't be tracked
- 2) It is recognized around the world for its value and quality
- 3) It is divisible. It can be broken down into smaller denominations,
- 4) It does not readily spoil and disappear,
- 5) You can hold your reserve in your hand.

Holding your reserve is important. Fiat currency such as the Canadian dollar is based upon the blood sweat and tears of the Canadian people who have guaranteed its value. It is not based on any hard asset. The Canadian dollar is unredeemable, the words Redeemable are not on the notes anymore. Thus you cannot go to the central bank and receive anything. It is just paper and its value is only based upon the make believe values of the people who trade it. Metals are hard assets. They have value outside the financial markets.

Metals trades and receiving metals for payment are not required to be listed on your income tax because they can be classed as "deferred income". You would only be required to declare them as income and be taxed on it when you sell the metals and convert them to cash. (Talk to your tax professional.)

Nations come and go, but the metals still remain. Take them with you and you will be able to trade in any country based upon their metal value.

How can I get Silver and Gold?

There are many silver and gold brokers. Silver Gold Bull, TD Bank, etc.

We recommend you look at the Precious Metals Investment company Essential Family Elements Ltd. This group was started by Living Streams Institute Inc to help people access and capitalize on the undervalued silver prices and is probably a good way for you to enter the silver and gold and platinum market. It keeps you within the freedom community, but you must be a member of the PDA and LSI.

The Prairie Freedom Fund local Agents are also agents for Essential Family Elements Ltd.

You can contact them via email at: essentialfamilyelements@protonmail.com.

ORDER FORM

SOJOURNERS MEMBERSHIP		CATALOG DATE	
PROTON EMAIL			

NOTE: PRICING, TERMS, AND PRODUCT DESCRIPTIONS WILL BE UPDATED TO THE MOST CURRENT CATALOG, AND IS SUBJECT TO CHANGE AT ANY TIME. DEPOSITS AND FEES ARE EXTRA.

PRODUCT CODE	PRODUCT DESCRIPTION	UNIT PRICE	NUMBER OF UNITS	TOTAL PRICE
TOTAL BEFORE FEES. DEPOSITS, AND BOXES				
I will be returning		Boxes and		Milk bottles

0.25 troy ounce per box drop fee will be added to order for each box used.

0.12 refund will be rebated with each box returned in good condition.

Any delivery surcharges for special areas/services will be added to the invoice.

This is a barter transaction of goods for bullion precious metals and there are no taxes incurred at this time.

Any future taxes assessed on this order by any government agency will be the responsibility of the customer.

Initial appropriately for the payment method you wish to use:

I wish the payment for these goods to be deducted from my Short Term Bond. _____(Initial)

I will pay by Warrant upon delivery. _____(Initial)

I will pay with silver / gold upon delivery. _____(Initial)

All payment upon delivery may need to be dropped off prior to delivery with your local coordinator.

Send Order to your local Coordinator or from a proton email to: sojournerssupply@proton.me

MEMBERSHIP APPLICATION

Which Community Group do you hold membership (Freedom Group)	
Membership Number in Associate Group	
Reference/Sponsor from Associate Group	
Applicant Name	
Address	
City	
Province	
Postal Code	
Telephone Number	
Email Address	
Occupation	
Marital Status	
Spouse's Name	
Spouse's Occupation	
Number of Children	
Children's Occupations	
Is anyone in household a government politician, or work for government in any way? Explain	
Do you work for a federally regulated financial institution?	
List ALL other memberships that you currently hold	
Do you live on a farm or productive acreage?	

I have read the policies and membership agreement for the Prairie Development Association and will abide by its provisions and rules. I understand that I waive the right to a court trial against other members of the Prairie Development Association that involve precious metals transactions. I agree to allow the Prairie Development Association to investigate my background and contact all associates to ensure that I am of suitable character, ethics, and morals to meet the standards of the Association.

Signature _____ Date _____ Print Name