



The cookbook for people who want wholesome, nutritious food,  
from the Kitchens of Keepers at Home Readers

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# *Dedication*

To all mothers who make the sometimes difficult food choices and lifestyle sacrifices for the sake of their own or another's health.



# Acknowledgments


Thank you to all *Keepers at Home* mothers who spent hours in their kitchens perfecting these recipes. You belong to a dedicated group of mothers determined to provide your families with the best. You prove yourself willing to do without the short-term pleasure of compliments that often come with food that, while it pleases our taste buds, ruins our health. You are willing to sacrifice that short-term pleasure of compliments for the long-term benefit of feeding your family food that sustains life. You're willing, even if the boys cautiously take only a small helping the first time around and your husband asks what you used to make it or suggests that you work on it a little before serving it to company. Thank you for serving a dinner that our taste buds and conscience both enjoy.

*"The heart of her husband doth safely trust in her, so that he shall have no need of spoil. She will do him good and not evil all the days of her life." Proverbs 31:11 & 12*

*Marvin & Miriam Wengerd  
Keepers at Home*



# Introduction



My interest in healthy eating began when I met Marvin. At the time, he had arthritis, which was triggered off by a knee injury that occurred when he was seventeen years old. For ten years, daily, debilitating pain was his close companion. During this time we got married and our two oldest children were born. I tried to make healthy foods and learn all I could about what causes sickness and what I could do to help Marvin get better. When I began baking 100% whole wheat bread, I didn't know of a single other person who had any interest in it. I used a recipe out of a cookbook given to me by Eloise Wright, a friend whom I had done housecleaning for. She was a wonderful cook, originating from Louisiana. I still remember sitting in her large old-fashioned farmhouse kitchen, feasting on a delicious chicken and rice dish she made. She gave me the *Ten Talents* cookbook when I was still single. I put this information in the back burner of my mind and after we married began using it. My No-Crumble Whole Wheat Bread recipe is on page 56. I made this bread by hand for eight years, then Marvin bought me a Bosch mixer. Now I use a recipe that came along with the mixer, making a few changes to suit my personal tastes better. This recipe is on page 57, called Perfect Whole Wheat Bread.

In 1991 I started reading about fasting for your health. I became convinced that Marvin needs to go on an extended fast and tried to persuade him to do so. He agreed it was a good idea, but it looked like a mountain to him as it necessitated going away from the family for a few weeks. So he was reluctant to commit himself

to doing it. I kept trying to persuade him until one day God spoke to my heart and said, “It is not your business to make Marvin go on a fast, you are not his conscience. Stop nagging him!” So I went to Marvin and told him what God said to me. I told him I won’t bring up fasting again, but will only talk about it if he initiates the discussion. Not long after this, possibly two weeks later, he informed me that he has made up his mind to go!

An amazing chain of events then took place. A very unique job opportunity came his way, so he quit his job and planned to go to Dr. Scott’s Natural Health Institute in Strongsville, Ohio, to do an extended fast, knowing that upon his return his new job would be waiting. It turned out that my parents left on a trip to Europe during the time he was at the clinic. They asked me to stay at their place, caring for my youngest sister while they were gone. The timing of the whole deal came off perfectly! Marvin and I traveled to Strongsville on September 3, 1991, and he stayed, then I came home and went overnight to my parents, who left the next day. It was a blessing for me to be there because it kept me busy and sidetracked from my loneliness. He was gone nearly two weeks and came home the day before my parents arrived. Talk about God’s timing! This fasting experience was life changing. Marvin hasn’t known a day of arthritis pain since then. To God be the glory, great things He hath done!

After Marvin was healed we became very zealous to maintain this precious gift of health which God so graciously granted us. We hope those of you who have never suffered daily pain are not critical of our zeal to maintain our family’s health. We are very grateful to have learned what a great difference healthy food choices can make, and it is our desire to pass on the things God has taught us so others too may partake of the benefits.

*Miriam Wengerd*

*June 24, 2009*



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# About *Keepers at Home* Magazine



Started in 1993, *Keepers at Home* had a mission to encourage mothers in their God-given calling of being mothers and homemakers. Our banner verses were and still are Titus 2:4-5. Speaking to women, Paul encourages, “That they may teach the young women to be sober, to love their husbands, to love their children, to be discreet, chaste, **keepers at home**, good, obedient to their own husbands, that the Word of God be not blasphemed. Four times a year we seek to bless and encourage close to 16,000 readers across the world with homemaking articles, recipes, gardening topics, homemade creations and spiritual nourishment, all written by our readers and editors.

We live “down the hill” from Walnut Creek, Ohio, a little town famous for its Amish Kitchen Cooking and other tourist amenities. We invite you to stop at our house if your travels bring you by!

## *Marvin & Miriam Wengerd family*

*Amy (Josh), Leah, Rosetta, Emily, David, Lisa, Heidi,  
Carrie & Jonathan*

## *Ben Jr. & Mary K. Troyer family*

*Jolene (Conrad), Jessica (Charles), Bethany (Daniel),  
Vonda, Ben Lindan, Justin & Josiah (in heaven)*





# *Beverages*

## WHO DOESN'T ENJOY COOLING OFF WITH A TALL GLASS

of iced garden tea on a sticky July day? We all enjoy something good to drink.

Unfortunately there are not many healthy options in grocery stores. All those many different kinds of pop would be better off down your drain rather than down your throat!

So what can we moms do to make sure we have satisfying thirst-quenchers on hand that everyone will enjoy?

Our family cans around 100 quarts grape juice concentrate each year. This lasts until about the beginning of summer. We have friends who have an orchard, so each fall we enjoy drinking fresh apple cider from them. Last year we often drank five gallons a week, totaling at least fifty gallons.

In the summertime I make lots of iced mint tea. Then we often make smoothies too. These we enjoy with sandwiches for summer suppers.

Stock your freezer with strawberries, blueberries, black raspberries, peaches and frozen bananas, have maple syrup or agave nectar on hand for a sweetener, add a liquid such as rice milk or raw milk, and you have a winner for an energizing cooler that can even replace ice cream (another sugar-laden “avoidee”) in summer. So, moms, don't reach for the pop cans, reach for healthy drink choices instead!



## Grape Juice Concentrate

MRS. MIRIAM WENGERD, SUGARCREEK, OH

You will need a steamer juicer for this recipe:

Wash grapes and pick off stems. Fill water reservoir. Fill steel basket inset with grapes. Turn on high and let boil for 45 minutes. Meanwhile prepare cans and lids. After 45 minutes drain juice into jars with attached hose. Put on lid and screw on band tightly. Set on towel on countertop they will seal as they cool. Continue cooking and draining off juice until grapes look rather colorless. Dump into steel strainer and set into large bowl, letting it drain overnight. Next morning there'll be some nice juice in the bottom yet. Use right away or set in jar in fridge to use later.

To use, open jar, empty into pitcher, refill jar with water and dump into pitcher. Add ice cubes. Add sweetener if you wish. I use a lot of 2 quart jars when canning this grape juice. It is the best grape juice I've ever tasted! We get our grapes by the box from a local farm market.

## Strawberry Daiquiri

MARY BETH HEISEY, PUEBLO WEST, CO

3 cups frozen strawberries

1 tsp. vanilla

2 cups apple juice

honey or stevia to taste

1 Tbsp. lemon (or lime) juice

Combine in blender. Blend until smooth. Serve immediately. We enjoy this especially during the summer.

## Banana Smoothie

ELIZABETH STALTER, MILLERSBURG, OH

2 cups milk

¼ tsp. vanilla

2 bananas, peeled  
(opt.)

other ingredients for extra nutrients,

2 Tbsp. honey

Blend in blender. Keep in freezer until ready to serve. Serves 2.

