



**Protect Your  
Family, Health  
and Home  
with Better**

**Schaefer Water  
Centers**

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**WATER**



## What is Reverse Osmosis Filtration?

Pressure is applied to the incoming water supply. H<sub>2</sub>O passing through the membrane is diverted to a holding tank & waits for the homeowner to use. Contaminants and impurities are rejected and sent down the drain.

As of October 1999, The Federal EPA requires all public water systems to supply information on contaminants that have been detected in municipal water supplies. Consider that 86 of the 75,000 synthetic chemicals used in our society are required to be tested for. These reports give a very narrow picture of the real problems of today's water.

We now live in a society where 1,000 new synthetic chemicals are being introduced each year. If 2/3 of the human body is made up primarily of water, then obviously the quality of the water we drink is going to have a major impact on our well being.

Now more than ever, the importance of water filtration is a real concern. Both the medical and scientific communities agree that clean water is one of the most essential and fundamental elements to sustained health. Either we can buy a filtration system to filter out the impurities prior to consumption or we force our bodies to be the filter.

*Visit either one of our Root Diggin' stores to see a Reverse Osmosis system and for more water treatment information.*

## Apple Date Turnovers

**Authored By:** Polly Pitchford, Full Spectrum Health™

For a special dessert, these beautiful turnovers benefit from the real thing: butter.

**Diet Types:** Vegetarian, Sugar Free

**Ingredients:** 1 1/2 cup whole wheat pastry flour 1/4 teaspoon salt 1 1/2 teaspoons baking powder 3/4 cup ricotta cheese 6 cups peeled, diced apples 1 1/2 cups chopped dates 4 tablespoons butter, room temperature 1 1/2 teaspoons minced lemon peel honey and milk

**Serves:** 10

**Cooking Time:** 30 minutes - one hour

**Instructions:**



Preheat oven to 425 degrees. For Crust: Mix flour, salt and baking powder in a bowl or food processor. Cut in the butter until you get a coarse meal texture (if using a processor, pulse blend until texture is reached). Work in cheese with fingers, kneading gently to form a ball. (In processor, pulse blend until a ball is formed). If too dry, add another tablespoon of ricotta. Wrap in plastic wrap and chill 30 minutes before rolling. Lightly flour working surface and roll out half of the dough into a thin (1/8") rectangle. (Store remaining half of dough in fridge for use within 1 week, or shape and freeze for up to 3 months.) Filling: While dough is chilling, simmer all of filling ingredients together in a saucepan until apples are tender but not mushy, about 8-10 minutes. Let cool. Place 1 tablespoon of apple-date filling in center of each square. Fold one corner to the opposite corner, forming a triangle. Seal edges by pressing with the back of a fork.

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**[www.rootdiggination.com](http://www.rootdiggination.com)**