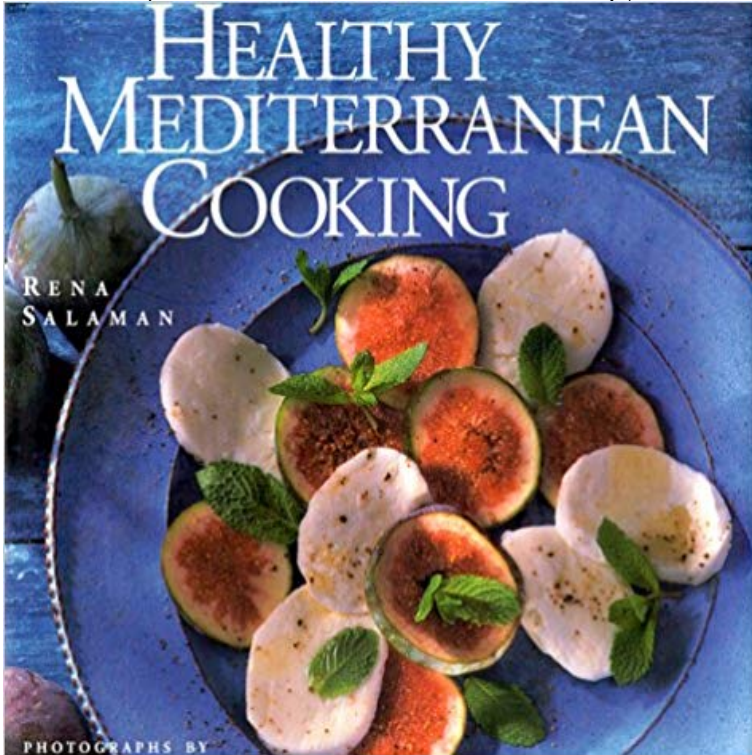


## Healthy Mediterranean Cooking



Brings together healthy, easy-to-prepare recipes from the Mediterranean, including examples of the cuisine of France, Italy, Greece, North Africa, and the Middle East, and includes nutritional information for each dish.

### Hansen Family Farm

#### Japanese Black Trifele

We are happy to provide quality fresh fruits, vegetables, Grass-fed and Finished Beef, Naturally & Humanely raised Pork, Pastured Chickens, and Cage Free Eggs to Clackamas County sustainably on our small acreage.

We strive to provide vegetables that grow well in our climate ensuring the best tasting local food available. We prefer to grow old-fashioned and rare varieties of vegetables believing that they are the best to offer but do also grow a very select, few varieties of hybrids, but they are counted on one hand! Much of what we grow, we save the seed of every year and re-offer it to members of the Seed Savers Exchange.

We thank all of you, the “locavores”, food enthusiasts, market goers, and home chefs for making our goal of fresh, local, fruits and veggies sustainably a reality.

Latest News....

Phil and Christie Hansen

2015 is off to a great start! We are looking forward to what this year has to offer!

All our efforts are gearing up to get the growing season started...from ordering/starting/transplanting seeds, planning rotation crops for the fields, cleaning the greenhouses and field equipment, and clearing the fields! There is not a dull day here on the farm!

Planning for garden start varieties is in full swing also. This year we will be offering many of our favorite heirlooms, open-pollinated, and hybrid varieties that we have grown for the past 10+ years as well as many new-to-us varieties. We are diligent to not purchase, offer or grow GMO seeds or food.

Our mix of garden starts includes many different varieties of tomatoes, cucumbers, peppers, ground cherries, pumpkins, melons, flowers and other great things for your garden! Most, if not all, varieties are tried and true for our Pacific Northwest valley climate. Check out the Garden Start page for a printable list of varieties available. Or go directly to a specific list at our Tomato, Pepper, and Other garden start pages.

We grew over 100 heirloom/open-pollinated Pepper varieties and 125+ varieties of heirloom/open-pollinated Tomatoes in 2014! Not counting the numerous other garden necessities like heirloom flowers, cucumbers, summer and winter squash, herbs, and melons amongst other rare and hard to find vegetables! In 2015 we will continue with the tradition

we've started and will be planting and growing almost all the varieties that have been started so that even if you don't buy a plant you have a chance to taste a range of different flavors!

[\[PDF\] Melungeons: The Last Lost Tribe in America](#)

[\[PDF\] The Golden Spurs of Kortrijk: How the Knights of France Fell to the Foot Soldiers of Flanders in 1302](#)

[\[PDF\] Ketogenic Diet guide & 10 day meal plan: 20 -25 grams carbohydrates daily intake \(Ketogenic Comfort Food Recipes for Diabetes Book 4\)](#)

[\[PDF\] Walt Disney Productions Presents the Love Bug. \(Disneys Wonderful World of Reading : 45\)](#)

[\[PDF\] The Promised Land: The Great Black Migration and How It Changed America](#)

[\[PDF\] Three Across the Northern Plains: The Fletcher Revenge](#)

[\[PDF\] Zheng He's Maritime Voyages \(1405-1433\) and China's Relations with the Indian Ocean World: A Multilingual Bibliography](#)

**Healthy Quick & Easy Mediterranean Recipes - EatingWell** The building blocks of the Mediterranean diet are foods that are low in saturated fat, rich in healthy oils, and packed with fresh fruits and vegetables (plus **Mediterranean Diet Recipes That Make Healthy Eating Easy** **Greatist** Learn how to incorporate more Mediterranean-diet-inspired meals into your routine with these healthy recipes from Food Network. **7-Day Mediterranean Meal Plan: 1,200 Calories - EatingWell** Discover eating well - with healthy recipes, healthy eating, healthy cooking, Eating a Mediterranean diet can help your heart stay healthy and reduce your risk **Healthy Mediterranean Recipes : Food Network** **Food Network** Mediterranean Shrimp Orzo Soup The Mediterranean Dish. A hearty and healthy orzo soup with vegetables and shrimp. Fresh parsley, dill and oregano give it **Mediterranean Diet Recipes - Your taste buds dont have to suffer for your hearts sake: Studies show that a Mediterranean-style diet, with its emphasis on monounsaturated fats (found in olive** **Superfast Mediterranean Recipes - Cooking Light** Get as heart-healthy as Greece, Italy, and the rest of the Mediterranean with these fantastic regional recipes. **Heart-Healthy Mediterranean Recipes Readers Digest** These delicious Mediterranean diet recipes will give you lots of ideas. Smooth it over whole-wheat bread or crackers for a healthy lunch. **Healthy Sephardic Mediterranean Recipes - Tori Avey** With just 20 minutes preparation and no cooking time you'll be able to whip up this colourful avocado and bread salad in no time 20 mins **Easy Healthy Mediterranean Diet Recipes : Food Network** **Global Flavors** These low-calorie, Mediterranean-style recipes bring out the fresh flavors of Italy and Greece and feature bright red tomatoes, zesty **Healthy Mediterranean Entrees Under 300 Calories MyRecipes** Find healthy, delicious Mediterranean salad recipes, from the food and nutrition experts at EatingWell. **Quick Mediterranean Recipes - Sunset** When you hear the word diet, you think about all the things you have to give up. But the Mediterranean diet includes all our favorite things: **Mediterranean Diet Recipes - Toss a garlicky, Middle Eastern-inspired yogurt sauce with pasta, shrimp, asparagus, peas and red bell pepper for a fresh, satisfying summer meal. Serve with: Slices of cucumber and tomato tossed with lemon juice and olive oil. The Mediterranean Dish** **Mediterranean Recipes & Lifestyle** 21 Mediterranean-Inspired Recipes We Love Recipe. From tomatoes to olive oil to salty cheese, the Mediterranean diet is where its at. Facebook Twitter . What Healthy People Really Eat For Breakfast . **Healthy Mediterranean Cooking: Rena Salaman, Gus Filgate** These top-rated recipes showcase healthy whole foods, simple preparations, and wonderful fresh **Recipes That Have America Loving The Mediterranean Diet. Healthy Mediterranean Meals Food Network Shows, Cooking and 24 Mediterranean Diet Recipes - Dr. Axe** The health benefits of the Mediterranean diet are undeniable. Here are 24 healthy Mediterranean diet recipes to get all that great nutrition in the tastiest forms. **22 Mediterranean diet recipes to improve your health Fox News** I explained to her that most of the time, I eat Mediterranean and Sephardic-style cooking. Its a healthy way to live, and it allows me to indulge every so often on **400-Calorie Mediterranean Meals Prevention** Weve heard for years about the wonders of the Mediterranean diet. and vegetables, its considered an all-around healthy way of eating. **21 Healthy Mediterranean Recipes - Healthline** Nutritionists recommend the Mediterranean diet over almost all others for its benefits to heart health and weight loss. Here are some Mediterranean recipes to **Healthy Mediterranean BBC Good Food** A healthy Mediterranean-style tray bake with sweet potato, peppers, Emma Booth won our Home Cooking Month competition with this sumptuous and creamy **24 Colorful Mediterranean Recipes to Feel Good About Kitchn** 20 ridiculously healthy recipes that taste amazing Mediterranean meals starring the diets other ingredient staples, like fish, barley, eggplant, **Healthy Mediterranean Recipes - EatingWell** Get recipes, menus, videos, ideas and tips about following the healthy Mediterranean diet from the experts at Food Network. **Mediterranean BBC Good Food** Take a trip to the Mediterranean with these healthy Mediterranean Diet pasta recipes. **Mediterranean**

**recipes - Taste** Recipes Quick and Healthy. Superfast Mediterranean Recipes to Italy, to Greece, to Turkey, to the Middle East, these recipes are tasty and **Healthy Mediterranean Pasta Recipes - EatingWell** Top resource for Mediterranean Diet recipes. Subscribe for weekly A healthy, satisfying, BIG hummus dip, embellished Mediterranean-style! Loaded with fresh But what is it that makes a Mediterranean diet quite so good for us? Victoria Taylor, Senior Try out our favourite Mediterranean recipes today. Do you have a **17+ best ideas about Mediterranean Recipes on Pinterest Easy** Watch Healthy Mediterranean Meals from Food Network. **Why are Mediterranean diets so healthy? BBC Good Food** Find recipes that fit the Mediterranean diet, using lots of olive oil, fresh fruit and veggies, beans, and fish.