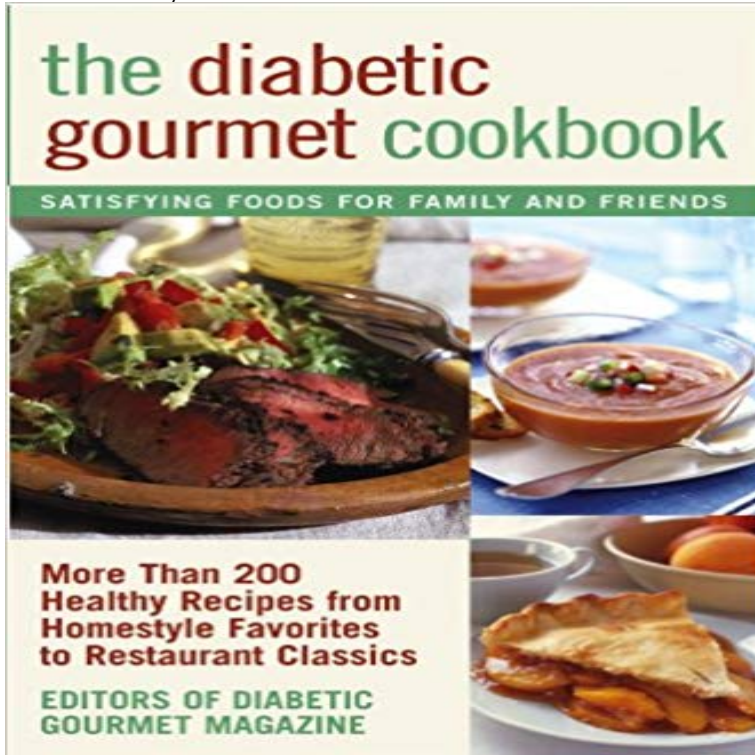


## The Diabetic Gourmet Cookbook: More Than 200 Healthy Recipes from Homestyle Favorites to Restaurant Classics



Scrumptious, healthy, crowd-pleasing recipes for people with diabetes and their loved ones. The editors of Diabetic Gourmet Magazine understand that although people with diabetes must carefully monitor their eating habits, they still crave their favorite sweets and savory dishes. Now, with this all-new collection of healthy recipes that are perfect for everyday meals as well as for entertaining, you can enjoy making tasty dishes for yourself, your friends, and your family that are as good for you as they are delicious. The Diabetic Gourmet Cookbook features more than 200 original gourmet recipes complete with detailed nutritional information and diabetic exchanges for easy meal planning. By featuring healthy versions of traditional favorites—from pot roast to macaroni and cheese to banana cream pie—this mouthwatering collection shows how you can safely and effectively eat well if you have diabetes or special dietary needs and still enjoy wonderful food. You'll find easy-to-prepare recipes for appetizers, soups, salads, breads, desserts, sauces, and more along with a host of healthy cooking techniques—which makes The Diabetic Gourmet Cookbook essential for every health-conscious cook's kitchen.

Pecan Winter Waffles \* Huevos Rancheros \* Blueberry Blintzes Topped with Lime Crema \* Cranberry Apple Muffins \* Baked Onion Rings \* Brazilian Smoked Black Bean Soup \* French Onion Soup \* Refreshing Spring Tabbouleh \* Spicy Thai Chicken \* Crisp Cornmeal-Coated Catfish \* Greek Gyros with Tzatziki Sauce \* Chicken Francese \* Creamy Coleslaw \* Ginger-Lime Sugar Snap Peas \* Cranberry-Orange Biscotti \* Key Lime Cheesecake Squares \* Georgia Peach Pie \* Baklava \* And many more tasty recipes!

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!

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