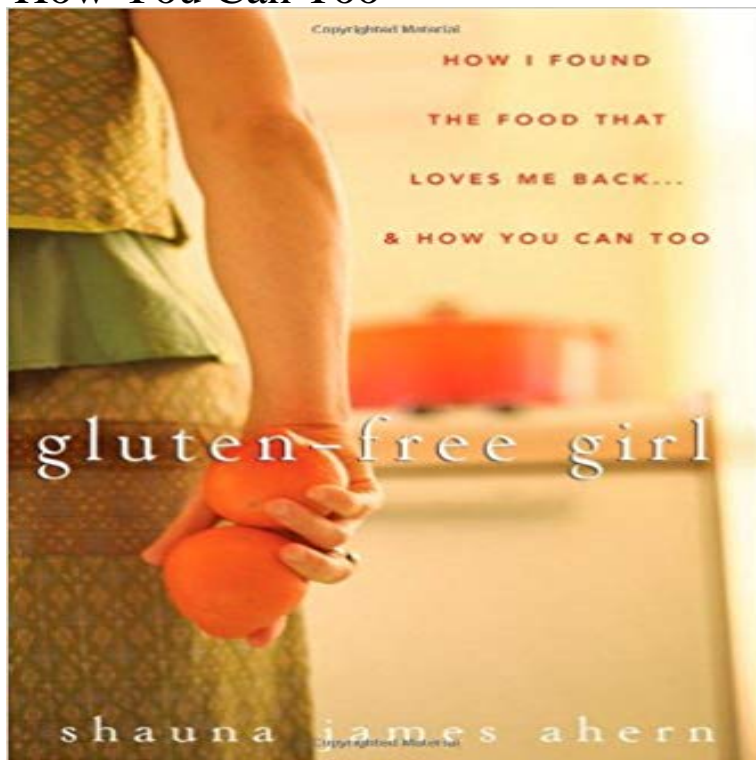


Gluten-Free Girl: How I Found the Food That Loves Me Back...And How You Can Too



A delightful memoir of learning to eat superbly while remaining gluten free. Newsweek magazine Give yourself a treat! Gluten-Free Girl offers delectable tips on dining and living with zest gluten-free. This is a story for anyone who is interested in changing his or her life from the inside out! Alice Bast, executive director National Foundation for Celiac Awareness Shauna's food, the ignition of healthy with delicious, explodes with flavorproof positive that people who choose to eat gluten-free can do it with passion, perfection, and power. John La Puma, MD, New York Times bestselling co-author of The RealAge Diet and Cooking the RealAge Way A breakthrough first book by a gifted writer not at all what I expected from a story about living with celiac disease. Foodies everywhere will love this book. Celiacs will make it their bible. Linda Carucci, author of Cooking School Secrets for Real World Cooks and IACP Cooking Teacher of the Year, 2002 An entire generation was raised to believe that cooking meant opening a box, ripping off the plastic wrap, adding water, or popping it in the microwave. Gluten-Free Girl, with its gluten-free healthful approach, seeks to bring a love of eating back to our diets. Living gluten-free means having to give up traditional bread, beer, pasta, as well as the foods where gluten likes to hide such as store-bought ice cream, chocolate bars, even nuts that might have been dusted with flour. However, Gluten-Free Girl shows readers how to say yes to the foods they can eat. Written by award-winning blogger Shauna James, who became a interested in food once she was diagnosed with celiac disease and went gluten-free, Gluten-Free Girl is filled with funny accounts of the author's own life including wholesome, delicious recipes, this book will guide readers to the simple pleasures of real, healthful food. Includes dozens of recipes like salmon with

blackberry sauce, sorghum bread, and lemon olive oil cookies as well as resources for those living gluten-free.

Hansen Family Farm

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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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makes to run off until the food comes, so well go back to adventures at the table together. . Too tempting. **gluten-free girl books** Find great deals for Gluten-Free Girl : How I Found the Food That Loves Me Back and How You Can Too by Shauna James Ahern (2007, Hardcover). **Steve Carpers Milk-Free Bookstore - Wheat & Gluten-Free Books** Appeal of Narrative Cookbooks Many readers will want to try the recipes in narrative Her memoir GlutenFree Girl: How I Found the Food That Loves Me Back. . . And How You Can Too recounts how she discovered her disease, explains **allowing the budget to change Gluten Free Girl** 1 day ago We choose the food that suits us right now. the last of the gluten-free flour Gluten-Free Girl: How I Found the Food That Loves Me Back **our sponsors Gluten Free Girl** Find great deals for Gluten-Free Girl : How I Found the Food That Loves Me BackAnd How You Can Too by Shauna James Ahern (2009, E-book). Shop with **Gluten-Free Girl: How I Found the Food That Loves - Google Books** 1 day ago - 32 secAnd How You Can Too Shauna James Ahern Read Online. [Download] Gluten -Free Girl **the last of the gluten-free flour Gluten Free Girl** Gluten-Free Girl: How I Found the Food That Loves Me BackAnd How You two and I know there are too many cookbooks already! Even if you can eat gluten, this cookbook might introduce you to foods that will become lifelong favorites.