

Les recettes de Maeva au coco (Les recettes de Maeva Shelton t. 4) (French Edition)



Le coco est a la base de l'alimentation dans les iles du Pacifique et a accompagne l'assiette polynesienne a travers les siecles. Il en est ainsi dans tous les pays de la Polynesie etendue. Le coco, present sous forme de pain, se joint au cafe du matin. Il egaie nos desserts ou gouters de bonbons que viennent colorer les fruits tels que la grenade, le fruit de la passion ou le kiwi. Les glaces et les smoothies au lait de coco agrementes de goyave, de corossol ou de fruit de la passion rafraichissent les journees torrides de nos etes tropicaux. Le coco rend nos curries onctueux, agrementent de finesse nos filets de poissons et de legerete nos vinaigrettes. Melange parcimonieusement a une boisson, le coco depose des etoiles dans le regard des femmes. Mais surtout et encore, le coco soffre a notre sante et donne a notre peau eclat et douceur incomparables.

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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