

Taste of Home Comfort Food Diet Cookbook: Diabetic Edition



Based on the success of the Comfort Food Diet Cookbook, Taste of Home is pleased to bring you this brand-new diabetic edition featuring a mouthwatering collection of 100 hearty comfort foods all prepared with a light spin so nothing is on the forbidden foods list. It doesn't matter who in your household is on a special diet, because these dishes are sure to satisfy your entire family! That's right! You can indulge in all your favorites: bubbly casseroles, cheesy pizzas, steamy soups, fun finger foods and snacks, classic sides, oven-fresh breads, even luscious desserts while keeping dietary goals in check. Each recipe comes complete with Nutrition Facts and Diabetic Exchanges as well as simple instructions and a full-color photo. Best of all, every dish has been tested by the Taste of Home Test Kitchen and approved by a registered dietitian as suitable for diabetics, so no matter what you choose to make, you can trust it will turn out perfect. A healthy diet for diabetics and non-diabetics alike is all about balance and making smart choices. So if you're looking for a deliciously easy way to prepare and enjoy classic, home-style fare that doesn't skimp on flavor or fulfillment, turn to the Comfort Food Diet Cookbook: Diabetic Edition to satisfy your deepest comfort food craving!

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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