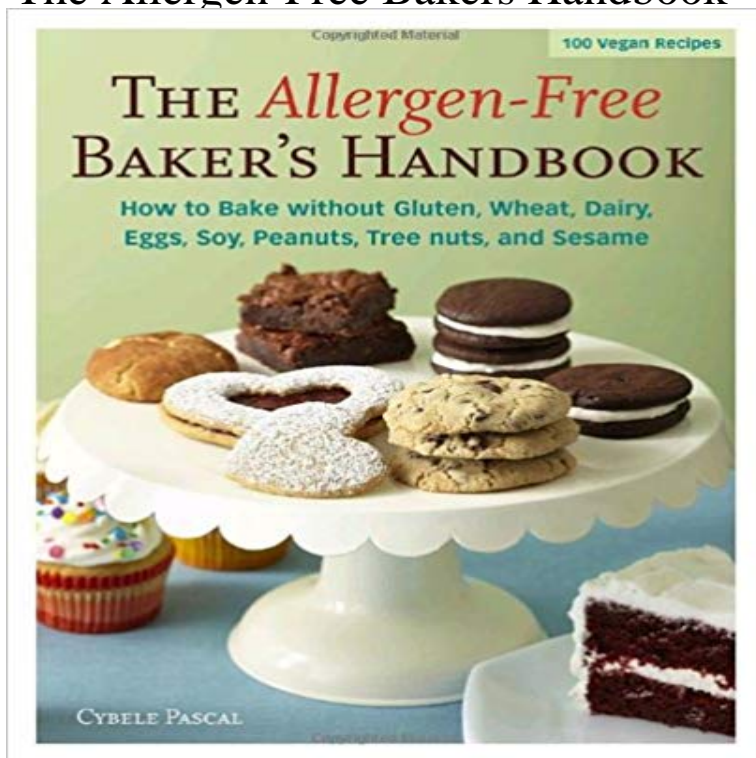


## The Allergen-Free Bakers Handbook



Free to Eat Sweets! The number of people with food allergies is skyrocketing, leaving puzzled cooks and anxious parents eager to find recipes for normal foods that are both safe and delicious. The Allergen-Free Bakers Handbook features 100 tried-and-true recipes that are completely free of all ingredients responsible for 90 percent of food allergies, sparing bakers the all-too-common frustration of having to make unsatisfactory substitutions or rework recipes entirely. To make things even easier, energized and empathetic mom Cybele Pascal demystifies alternative foodstuffs and offers an insiders advice about choosing safe products and sources for buying them. As the head baker for a food-allergic family, food writer Pascal shares her most in-demand treats and how to make them work without allergenic ingredients. Her collection includes a delightfully familiar array of sweets and savory goodies that are no longer off-limits, from Glazed Vanilla Scones, Cinnamon Rolls, and Lemon-Lime Squares to Chocolate Fudge Brownies, Red Velvet Cake, and every kids favorite: Pizza. In addition to being a lifeline for people with food allergies, sensitivities, and intolerances, these entirely vegan recipes are perfect for anyone looking to avoid artificial and refined ingredients, and those interested in baking with healthful new gluten-free flours such as quinoa, sorghum, and amaranth. Best of all, Pascal has fine-tuned each recipe to please the palates of the most exacting critics: her young sons. Lennon and Monte like these tasty treats even better than their traditional counterparts, and you will too!

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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**Allergen-Free Bakers Handbook** Buy The Allergen-Free Bakers Handbook: How to Bake without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, or Sesame by Cybele Pascal (ISBN: **The Allergen-Free Bakers Handbook: How to - Barnes & Noble The Allergen-Free Bakers Handbook: How to Bake - Walmart** However, finding gluten-free bread has been quite a challenge over the Free From gluten and all top 8 allergens . The Allergen-Free Bakers Handbook. **The Allergen-Free Bakers Handbook: 100 Vegan Recipes - Cybele** Author(s):Cybele Pascal. The Allergen-Free Bakers Handbook - Book NEW. Features 100 allergen-free recipes, as well as color photos and explanations of : **Customer Reviews: Allergen-Free Bakers Handbook** The Allergen-Free Bakers Handbook features 100 tried-and-true recipes that are completely free of all ingredients responsible for 90 percent of food allergies, **The Allergen-free Bakers Handbook: 100 Vegan Recipes, Book by** A collection of 75 completely allergen-free recipes ready in 30 minutes or less, perfect for food allergic kids and busy The Allergen-free Bakers Handbook. **Chocolate Rice Crispy Treats and The Allergen-Free Bakers** Sep 24, 2012 Cybele Pascal shares her Chocolate Rice Crispy Treats from The Allergen-Free Bakers Handbook, for Build Your Food Allergy Cookbook **none** Oct 6, 2010 The Allergen-Free Bakers Handbook features 100 tried-and-true recipes that are completely free of all ingredients responsible for 90 percent of **Books Cybele Pascal** Dec 22, 2009 Buy the Paperback Book The Allergen-free Bakers Handbook by Cybele Pascal at , Canadas largest bookstore. + Get Free Shipping **The Allergen-Free Bakers Handbook by Cybele Pascal (Review)** The Paperback of the The Allergen-Free Bakers Handbook: How to Bake Without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, and Sesame by Cybele. **Allergen-Free Bakers Handbook by Cybele**

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