

# The New Vegan: Great Recipes, No-Nonsense Advice & Simple Tips



Going vegan can be a daunting prospect. Many familiar foods and products are out of bounds, and it can be hard to know how to enjoy a healthy, tasty diet. In her new book, top vegan author Aine Carlin guides you through the process of adopting a vegan lifestyle, with tips on what to tell people about your new diet, what you can eat at a restaurant, dealing with cravings and her take on vegan-friendly fashion (in 2015, she was named Most Stylish Vegan by PETA). There are more than 90 tempting recipes carefully tailored to people giving up meat, fish and dairy for the first time, including Jerk-marinated Cauliflower Steaks for a main course and Macadamia and Blueberry Cream Pie for dessert, and there are also delicious selections of raw and gluten-free dishes. Learn how to make your own plant milk, nut cream and even vegan-friendly beauty products. Aine's practical advice, non-judgemental approach and tempting recipes are the perfect tools as you begin your vegan journey.

## 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!

[\[PDF\] U.S. policy toward Iraq : hearing before the Committee on International Relations, House of Representatives, One Hundred Fourth Congress, second session, March 28, 1996](#)

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[\[PDF\] Southwest Indian turkeys: Prehistory and comparative osteology](#)

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