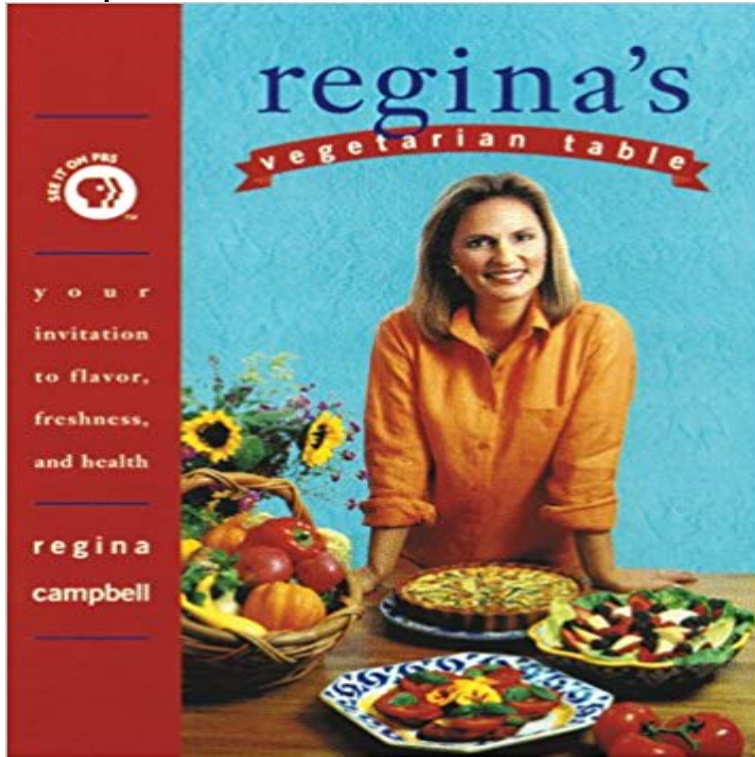


Reginas Vegetarian Table : Over 200 Full-Flavored and Easy-To-Prepare Recipes



Regina Campbell's philosophy of dining is simple: Enjoy! For over eight years she has been developing her recipes with one goal in mind: to make vegetarian cooking a pleasurable and practical reality for everyone to enjoy. So she set out to create recipes that explode the myth that vegetarian cooking is a time-consuming hassle. By combining fresh ingredients with perfectly acceptable frozen and other convenient substitutes, she has perfected a real world vegetarian cuisine that anyone can follow. But here is the real surprise. These recipes are incredibly delicious! Regina is a wizard in the kitchen, and her recipes, while short on hassle, are long on flavor. Discover her magic touch on such dishes as Chilled Lemon-Rice Soup, Portabello Parasols, Cajun Cauliflower and Potatoes, and Thai Garlic Dip. In addition to great recipes, Regina has filled her book with nutritional tables, culinary facts, and fascinating historical anecdotes. About the Author Regina Campbell is a cook, columnist, television producer, writer, and on-air personality who lives in Sacramento with her son, Stuart, and her bichon frise, Genie. Regina became a vegetarian in 1985 and began her culinary media career in 1992, writing Vegetarian in the Kitchen, a weekly column for the Sacramento Bee. Her highly acclaimed cooking demonstrations on public television led to her own PBS television series, Regina's Vegetarian Table. The series is based on recipes from this book. She is currently writing a second volume, Regina's Vegetarian Table II: Great Vegetarian Cuisine of the World.

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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