



## *Meet the Grower*

# *Healthy Hoosier Oil Converse, IN*

Healthy Hoosier Oil LLC is based at Boyer Farms in Converse, Indiana. We are a 6th generation family farm. Some of the land we currently farm was homesteaded by our ancestors in 1843. Being good stewards of the land, and sustainability is extremely important to us. The oil crops are grown, harvested, processed, bottled, and delivered to our customers with pride by our family.

Healthy Hoosier Oils are extremely versatile. They can be used to sauté, grill, season, and bake. A healthier alternative to other oils. Our oils are premium virgin oils. They will do everything an extra virgin olive oil will do and more. Besides they are grown, pressed, bottled all right here in Central Indiana.

Our Sunflower & Canola Blend is unique in that you can deep fry with it. Makes food taste lighter and less greasy. Can be used for home and/or commercially. Zero trans fats. Our oils can be used as a carrier oil for essential oils, and to make homemade soaps and cosmetics. Our oils are cold pressed and CHEMICAL FREE!! Nothing added.

Our Healthy Hoosier Virgin Sunflower Oil is naturally cold pressed. Cold pressed oils retain all of their flavor, aroma, and nutritional value. However, that's not the only plus! Healthy Hoosier Oil proudly grows the NuSun mid-oleic variety sunflower. Mid oleic oils contain a healthy balance of monounsaturated and polyunsaturated fats. This balance of unsaturated fats make mid oleic oil the healthiest of oils. And, due to its great taste and nutritional value, renowned cooks throughout the world prefer cold pressed sunflower oil. It's excellent for salad dressings, marinades, sauces, sautés, baking, and frying.

