



Press Kit

NEW BOOK RELEASE!





Canning Full Circle

From Garden to Jar to Table

New Book Release

Canning Full Circle: From Garden to Jar to Table

Known as The Canning Diva® to her fans, food preservation expert Diane Devereaux is breaking the mold of traditional canning cookbooks with the release of her latest book, *Canning Full Circle: From Garden to Jar to Table*.

The Definitive Resource for Canners

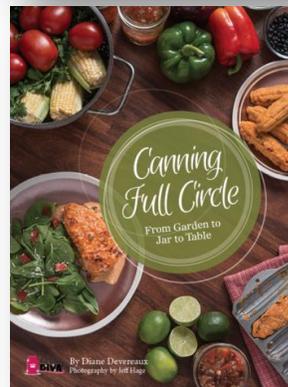
With over 100 fully illustrated recipes, this revolutionary cookbook is the first comprehensive guide to canning. A road map for all skill levels, *Canning Full Circle* takes readers through the complete process of preserving fresh produce to the meals you can create.

The relatable and resourceful Diane Devereaux inspires and educates with her approachable advice, helpful tips and home-tested recipes.

Learn the essentials of a well-stock pantry all year 'round and how to easily incorporate home-canned goods into everyday life – not just during canning season.

Releasing May 1, 2016

Canning Full Circle by Diane Devereaux is available in select bookstores and online at canningdiva.com. Pre-ordered copies are signed by the author.





About the Author

Diane Devereaux, The Canning Diva®

Upcoming indie author Diane Devereaux is The Canning Diva®, a nationally syndicated food preservation expert, radio host, television presenter, culinary instructor and mother of two. For over five years, Devereaux has been sharing her lifetime passion of canning and translating it to the lives of busy families across America.



Her latest book, *Canning Full Circle*, is the first cookbook of its kind to bridge the generational gap of traditional canning methods to today's time-starved, over-extended families. Devereaux demonstrates just how easy, fun and rewarding home canning can be and answers the long-awaited question of what to do with canned goods after they're sealed and shelved for later use.

(continued)



About the Author (cont'd)

Devereaux started home canning at the young age of 13 and was soon growing and maintaining her own garden. The experience quickly taught her the many benefits of natural pest control, crop rotation and healthy soil factors, heirloom seed production and collection, healthy meal creation, and of course, preserving her garden's beautiful bounty.

She later received her Bachelors in International Business from Davenport University and plunged into a career in disaster management, where she applied her skills in food preservation, survival and sustainability to those in crisis. Her background in home canning combined with her tenure in disaster management led her to create The Canning Diva®, where she blended her passion for gardening and preserving with her knowledge of preparedness and self-reliance.

The Canning Diva® has made several TV appearances on WZZM Channel 13 Healthy You, WOODTV8 Eight West, WZZM Take Five & Company and FOX17 News to demonstrating home canning techniques and signature recipes. She's also host of The Survival Mom Radio Network.



Diane's Philosophy

With fast food, microwaved meals and other preservative-laden "convenience foods" becoming the norm for society, the natural practice of canning is becoming a lost art. Now as food culture centers back to the importance of clean eating and healthy living, Diane Devereaux champions the practice of growing your own food, preserving your harvest and knowing exactly what goes into the food on your dinner table.

(continued)



Diane's Philosophy (cont'd)

An avid supporter of non-GMO seeds, Diane advocates the growth of crops without chemicals, pesticides and genetic manipulation. She is a firm believer in consumers having the right to know the contents of what they ingest and is a proud supporter of honest and forthright labeling of all foods. It is because of this belief she chooses to home can throughout the year to ensure a healthy lifestyle for herself and her family.

Diane has made it her goal to teach these time-honored traditions throughout West Michigan at various culinary schools and commercial kitchens, and it's the driving force of her new book, *Canning Full Circle: From Garden to Jar to Table*.

Why Canning?

Fruits and vegetables begin to lose their nutrient level as soon as they are picked. By canning fresh produce right after harvest, you preserve the highest level of nutrients and the full flavor nature intended.

By stocking your pantry with seasonal finds preserved at the peak of their freshness, canning allows you to broaden the spectrum of fruits and vegetables you consume throughout the year.

Home canning also helps reduce food costs and wasteful spoilage. And, possibly the best reason of all, it creates memorable experiences for families to share together.





Television Appearances

Diane Devereaux regularly appears as the food preservation expert for the following television networks:

- WZZM Channel 13, an ABC news affiliate
 - Healthy You Segment
 - Morning Show
 - Take 5 Show
- FOX 17 Morning Show, a FOX news affiliate
- WOOD TV 8, eightWest Show, a NBC news affiliate





Radio Show Broadcasts

- Canning with The Diva!
- The Survival Mom Radio Network
- Prepper Broadcasting
- Radio for Divas



Podcast Interviews

- John Gavin - Canning Season
- Kid Chef Eliana
- Melissa K. Norris - Return to Simple



Name	Description	Released	Price	
1 Canning 101 Basics - Part 1	The Canning Diva® bre... i	4/11/2014	Free	
2 Canning 101 Basics - Part 2	In this sequel episode, ... i	4/11/2014	Free	
3 Preserving Foods Using Fe...	Fermentation is one of... i	4/11/2014	Free	
4 Healthy Meal Creation	There is nothing better... i	4/11/2014	Free	View in iTunes >
5 Home Canning Pumpkin, S...	Fall is the season for p... i	4/11/2014	Free	View in iTunes >
6 Pressure Canning Basics	The Canning Diva® bre... i	4/11/2014	Free	View in iTunes >
7 The Art of Pickling	Yes it is true, you can ... i	4/11/2014	Free	View in iTunes >
8 Winter Fruit Canning	Many regions look forw... i	4/11/2014	Free	View in iTunes >
9 Home Canning Tomatoes	When most people thin... i	4/8/2014	Free	View in iTunes >

9 Items

Customer Reviews

Excellent show ★★★★★
by Dn2582

Wonderful information can't wait till next week

Helpful canning tips ★★★★★
by Let's go duke let's go

I've canned before but am not a seasoned canner. This show gives helpful advice to anyone weather you're a seasoned canner or just beginning. I'll post a review of your show on Mrpodcasts show today. Tune in. 10-11-14



Canning Full Circle

From Garden to Jar to Table

Featured In ...

- Woman's Lifestyle
- Rapidian
- Revue
- Rapid Growth Media G-Sync
- MLive.com
- West Michigan Business
- Natural Awakenings
- Diets in Review

Published Articles

- A Healthier Michigan (Blue Cross Blue Shield)
- Awesome Mitten
- The Green Result
- West Michigan Health



By MISSY BLACK

Ever had the feeling someone is just "can it"? Say that to Diane Devereaux, and she won't take offense. In fact, she'll take it literally. Devereaux is the Canning Diva. Canning, since she was thirteen, is the diva. Devereaux believes that "food is art and canning is my way of preserving that art." From stretching food supplies to controlling where food is coming from (itinerary: garden to jar), Devereaux believes canning is one of the solutions to eating healthier and retaining more nutrient value and flavor. A take on the farm-to-table philosophy canning gives the power back to the people because you know what you're eating was prepared by you.

"I love being in the kitchen," says Devereaux. "If you don't have a large garden, you can rely on local farmers—you

As for the diva moniker, "Diva to me is a positive thing," she says. "It's a larger-than-life personality—that's me!"

Think canning is relegated to just peaches and pickles? Think again. The Canning Diva has a strawberry salsa recipe sprang from an over-abundance of berries—and hey, you can only have so much jam on hand. "You can use it in a salsa, or over a brick of cream cheese as an appetizer served with crackers, or as a marinade over pork that makes a delicious pork loin," Devereaux says. "Mitt gives it a unique flare." Another one of her non-traditional recipes is a mixed-bean medley, a great starter for soup or the homestyle baked beans.

Want to learn more? Head to www.canningdiva.com or look



PHOTO BY GUDANNA LARSON

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Flavor



The Art of Preservation

By Kelly LeCay
Photo by SF Peterson

Canning is an age-old tradition of preserving fruits, vegetables and meats for year-round enjoyment. Although canning has its roots in the art of preservation, it's also a way of making it your own.

When the Canning Diva, Diane Devereaux, who started canning with her mother as a 13-year-old, "I was the kid who had the jars in the kitchen during the property of the holidays and then the holidays and then the property," says Diane. "It's been a passion since I was a teenager. When I had my own family and my own home, the first thing I did was open a garden and start canning. I love making things from scratch, preserving them and then eating with it. It's so comforting."

"Canning became a hobby for Diane when she and her husband started going to allow her to stay at home and raise her children. She also realized that what was the same to her grandmother's generation had become a loss to so many people and so she started. "Diane is an. Canning is my way of preserving art."

There are only a few steps to the process of canning as an art of preservation. But when it comes to the long-term health, "What better way to have where you find some food? If you are growing in general, it's your health, your kitchen and it's going to be beautiful given those jars. It doesn't get much better than this."

Although the majority of the canning process is to a simple recipe, Diane Devereaux, who has been canning since she was 13, says "I don't just go for the all-things, I also like to make sure I have a variety of styles. I have tried new ones, dips and soups. I always had that sense with it, but now, and I wanted to preserve it. I was so excited when I found that could be used for the jar."

Some of Diane's favorite recipes include her Strawberry Sauce, Red Chutney and Vegetables. She's also a proponent of the "Canning Diva" brand. "I created a brand of Apple Chutney that is popular in the jar. There are times when I don't even want to open [it] because it is so beautiful. I have given my canned goods to gifts. And to help. They say don't buy for the other people. But, a good idea is to give your own jars. It's a great idea and you can't get it from the store."

Diane's recommendation for beginner canners is to start with a strawberry jam or a pickling recipe. "You can't get wrong with pickling. You put your vegetables and your canning. You are using vinegar and a little bit of water, so it's not too hot. It's a great idea and you can't get it from the store."



Back Canning Tools
Photo: Back Canning & More
By Kelly LeCay
Photo by SF Peterson

Back Canning Tools
Photo: Back Canning & More
By Kelly LeCay
Photo by SF Peterson

Diane's Best Canning Tomatoes
(Makes about 7 quarts or 14 quarts)

- 10 cups of mixed, dried Roma tomatoes (a 10-lb bag)
- 1 large yellow bell pepper, chopped
- 1 large onion, chopped
- 2 tsp of fresh garlic, minced
- 1 cup fresh basil, chopped (put the basil in the jar or use in a deep-frozen jar)
- 1 tsp sea salt
- 2 tsp oil

Prep: ground black pepper to taste
Canning: 10 to 15 minutes (not including packing process)

In a large stainless steel pot, combine all ingredients, except the tomato juice, and bring to a boil on medium-high heat. While stirring, allow to gently boil for 15 minutes or thoroughly heated through.

Prep: Remove your jar from the heat, remove the lid, and allow to cool for 10 minutes. Add the tomato juice to the pot, and bring to a boil on medium-high heat. While stirring, allow to gently boil for 15 minutes or thoroughly heated through. Add the tomato juice to the pot, and bring to a boil on medium-high heat. While stirring, allow to gently boil for 15 minutes or thoroughly heated through.

After processing time has passed, remove all the jars. Allow the pressure to come to zero and then remove the lid. Allow the jars to cool for 10 minutes. Remove the lid and allow jars to sit for 10 minutes. Remove the lid and allow jars to sit for 10 minutes. Remove the lid and allow jars to sit for 10 minutes.

Prep: Remove the lid from the jar. While waiting the pressure comes to zero, lift the lid up and remove it. Use the lid to seal the jar. Use the lid to seal the jar. Use the lid to seal the jar. Use the lid to seal the jar.

These recipes are available in a book or in the West Michigan area, including Canning 101 for Beginners. You can find her blog, additional recipes and a whole lot of information at www.canningdiva.com.



ABOUT THE AUTHOR
Kelly LeCay is a West Michigan author, entrepreneur and producer of Canning 101 for Beginners. She also writes about a variety of topics for local and national publications.



Canning Full Circle

From Garden to Jar to Table

Get or Give a Copy



Each pre-ordered copy of Canning Full Circle cookbook will be Autographed

VALID NOW UNTIL APRIL 30, 2017
GO TO WWW.CANNINGDIVA.COM
ORDERS WILL SHIP MAY 1, 2017

Available in select bookstores and online at canningdiva.com.

Book Details

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Review Copies Available

Contact diane@canningdiva.com to request a copy.



canningdiva.com

**For presentation inquiries,
appearance requests or
media interviews, contact
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