



By **MISSY BLACK**

Ever feel like telling someone to 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, the divine Ms. 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 decide who to choose from based on their growing efforts.”

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 sprung from an over-abundance of berries—and hey, you can only have so much jam on hand. “You can use it as 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. “Mint gives it a unique flavor.” Another one of her non-traditional recipes is a mixed-bean medley, a great starter for soups or for homestyle baked beans.

Want to know more? Head to [www.canningdiva.com](http://www.canningdiva.com) or look her up on Facebook for a healthy portion of food and fun.



*Missy Black is a freelance writer living in the Grand Rapids area. She’s written restaurant reviews, horoscopes, and enjoys another title as shoe copywriter. She is tempted by frothy chai tea, food so spicy it makes her sweat, and sprinkles on ice cream.*