

DIANE DEVEREAUX, THE CANNING DIVA®



Diane Devereaux, The Canning Diva®, is an internationally recognized food preservation expert, author, television presenter, instructor, and mother of two. Since 2012, Diane has been sharing her lifelong passion for canning and food preservation, translating over 30 years of experience into practical solutions for the busy lives of families across the globe.

Diane earned her bachelor's degree in international business from Davenport University and later plunged into a career in disaster management. Her deep-rooted

experience in home canning, combined with her background in preparedness, led her to create The Canning Diva® a brand. Diane proudly supports honest and transparent food labeling. This belief fuels her year-round dedication to gardening and preserving food at home. Her mission is to keep the time-honored traditions of food preservation and heritage skills alive and thriving, teaching these invaluable skills through everything she creates, writes, and shares.

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AUTHOR TITLES

- IPPY Award Winning *Canning Full Circle: From Garden to Jar to Table* (5,000 copies sold) – May 2017 published
- *The Complete Guide to Pressure Canning: Everything You Need to Know to Can Meats, Vegetables, Meals in a Jar and More* (280,000+ copies sold) – April 2018 published
- *Beginner's Guide to Canning: 90 Easy Recipes to Can, Savor and Gift* (42,000+ copies sold) – May 2020 published
- *Revised & Expanded 2nd Edition of Canning Full Circle* (7,500+ copies sold) – Aug 2023 published
- *The Canning Diva Presents Meals in a Jar: The Ultimate Guide to Pressure Canning Ready-Made Meals* (25,000+ copies sold) – Aug 2024 published



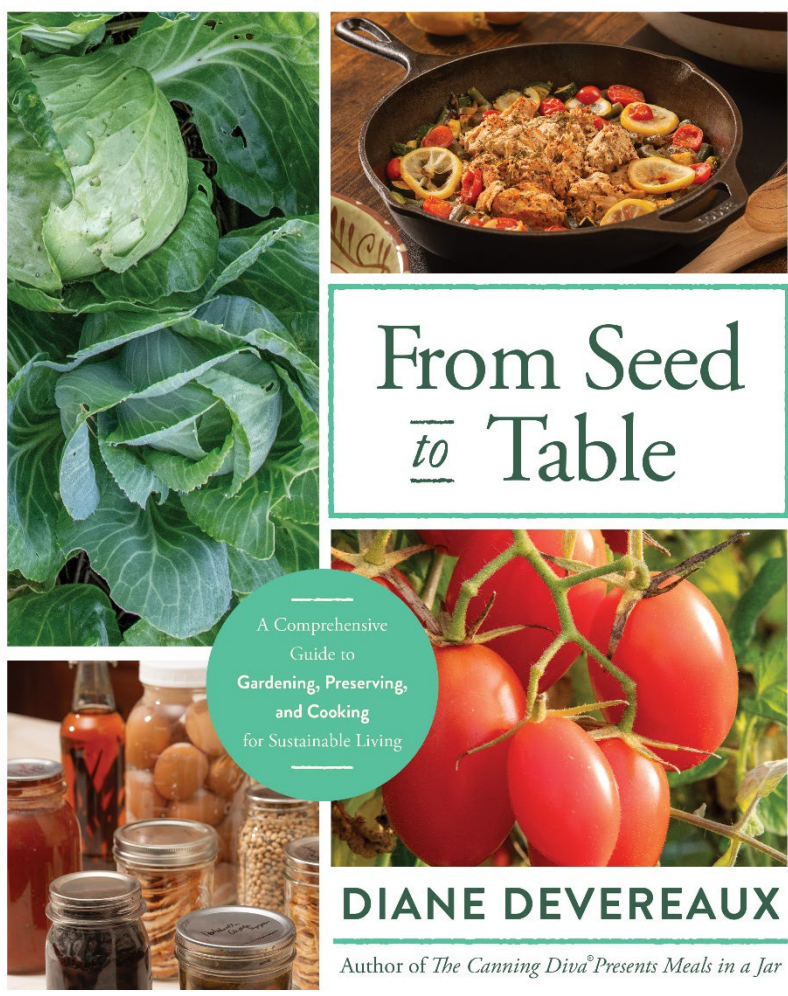
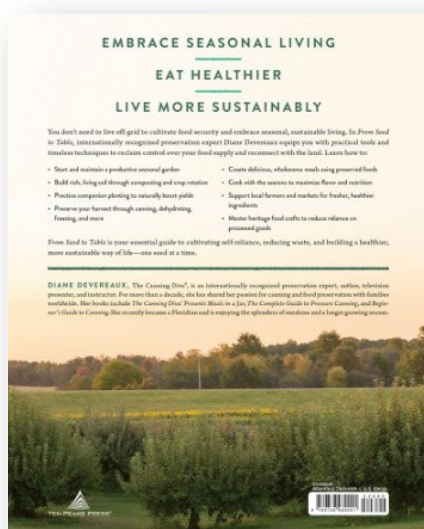
FROM SEED TO TABLE: A COMPREHENSIVE GUIDE TO GARDENING, PRESERVING, AND COOKING FOR SUSTAINABLE LIVING,

MARCH, 2026

Embrace Seasonal Living, Eat Healthier, and Live More Sustainably

You don't need to live off grid to cultivate food security and embrace seasonal, sustainable living. In *From Seed to Table*, Diane Devereaux equips you with practical tools and timeless techniques to reclaim control over your food supply and reconnect with the land. Learn how to:

- Start and maintain a productive seasonal garden
- Preserve your harvest through canning, dehydrating, freezing, and more
- Master heritage food crafts to reduce reliance on processed goods
- Create delicious, wholesome meals using preserved foods
- Support local farmers and markets for fresher, healthier ingredients
- Build rich, living soil through composting and crop rotation
- Practice companion planting to naturally boost yields



- Cook with the seasons to maximize flavor and nutrition

From Seed to Table is your essential guide to cultivating self-reliance, reducing waste, and building a healthier, more sustainable way of life, one seed at a time.

PRODUCT DETAILS:

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Canning meat at home not only provides clean, chemical-free proteins but creates flavor that far surpasses their store-bought counterparts. And at huge cost savings because we can use a variety of

less expensive cuts to produce a delicious result. These are the simple, foundational crafts that support my cooking and preserving, giving me tools to create nourishing, delicious meals.

BUTTER MAKING: A SIMPLE, TIME-HONORED CRAFT

While many of us may not have access to a traditional butter churn, modern appliances like a food processor or a KitchenAid mixer make it easy to create fresh, homemade butter in our own kitchen. The process is simple and rewarding, allowing us to control the quality of ingredients and create a versatile kitchen staple.

Whether you're using raw cream from a local farmer or heavy cream from a store, the steps remain straightforward and approachable. With just a little time, you can have fresh butter, ready to enhance your cooking or to be stored for long-term use.



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3. Continue whipping until the cream separates into yellow butterfat (solid) and buttermilk (liquid). This is your cue the butter is ready. The process can take anywhere from 3 to 8 minutes, depending on your appliance. Once this separation happens, stop processing to prevent overworking the butter, which can negatively affect its texture.
4. Avoid pulsing. Turn on the appliance and begin whisking the cream. As it whips, it will first turn into whipped cream.
5. If desired, mix in a pinch of salt or other flavorings like garlic, fresh herbs, or honey to create flavored butter.
6. Shape the butter into a log or press it into a silicone butter mold. Wrap tightly in wax paper or plastic wrap. You may then refrigerate the butter you intend to use and freeze your individual portions for long-term storage.
7. The creamy butter and liquid buttermilk until the water runs clear. This step helps prevent spoilage, so take your time and do not rush this process.

Dinner Recipes

Savory Lemon Herb Chicken with Home-Canned Chicken, Dehydrated Lemon Slices, and Freeze-Dried Zucchini

A bright and comforting dish that pairs tender, home-canned chicken with vegetables and fragrant herbs. This one-pan meal is quick, flavorful, and perfect for busy evenings. Serve this hot over rice, quinoa, or couscous with a fresh side salad for a complete meal.

INGREDIENTS

2 T. oil
1 medium onion, sliced
2 cloves garlic, minced
1 cup frozen green beans
1 cup dried (frozen-dried) zucchini
1 quart home-canned chicken (bones with broth)
1 T. dried thyme

DIRECTIONS

- Heat the oil in a large skillet over medium heat. Add the onion and sauté for 3 to 4 minutes, until softened. Stir in the garlic and cook for an additional minute.
- Add the green beans and zucchini to the skillet. Sauté for 2 to 3 minutes, stirring occasionally, allowing the vegetables to start softening.
- Push the vegetables to the side of the skillet, exposing the center of the pan. Add the chicken with its broth to the center. Sprinkle the thyme, parsley, paprika, salt, and pepper evenly over the chicken and vegetables.
- Arrange the lemon slices and cherry tomatoes on top of the chicken and vegetables and bring to a gentle simmer. Cover with a lid and cook on low heat for 7 to 10 minutes, allowing the lemon slices to rehydrate and the vegetables to become tender.
- Remove the lid, stir gently to combine all ingredients, and adjust seasoning if needed. Stir in the fresh lemon juice for a final burst of citrus flavor. Serve warm, garnish with additional parsley and drizzle a tablespoon or two of broth from the skillet on each serving.

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Establishing Food Security

Brothers and sisters, we urge you to warn those who are lazy. Encourage those who are timid. Take tender care of those who are weak. Be patient with everyone. See that no one pays back evil for evil, but always try to do good to each other and to all people. Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

(1 THESSALONIANS 5:14-18 ESV)

In 2020, the world stood still. People were locked down in their homes, prevented from roaming freely, from shopping, from attending church. Grocery store shelves were bare, and restaurants were closed. Many individuals were caught unaware with limited food in their homes, and necessities were unavailable for purchase.

While some people weathered this calamity with ease, others grappled with the fact that they'd been unprepared for tough times, caught without the nutrition they needed to stay healthy. Worse, in the midst of a global pandemic, we noticed our food supply chain was being dismantled. And most of us weren't prepared for what lay ahead while the world got "back on track," a process still ongoing. Fires have also killed a large portion of American poultry and livestock, making this so-called comeback even harder and more expensive for the everyday person and small business owner.

What Does This Mean for the Security of Our Food?

Most Americans rely on commercial farms for their key sources of protein. According to recent USDA data, average American consumption of poultry each year is 97 pounds per person, and beef consumption is approximately 58 pounds per person per year. Obviously these averages can vary slightly based on dietary trends and so forth, but reliance on these sources of protein is clear.

Consider, then, the effect of something like a commercial barn fire. In a mere 14-month period of April 2021 to June 2022, there were 96 recorded barn fires in the United States alone, leading to the death of millions of farm animals. With demand high and availability scarce, this led to skyrocketing prices. To a nation still in pandemic recovery, the impact to our food resources was substantial.



MEALS IN A JAR: THE ULTIMATE GUIDE TO PRESSURE CANNING READY-MADE MEALS, AUGUST 6, 2024

Canners will discover step-by-step instructions for making flavorful meals from seven of the world's most popular cuisines. They will enjoy international favorites, including Hungarian Mushroom Soup, Korean Bulgogi, and Green Chile Verde with Pork.

Canners will also find chapters dedicated to vegetarian dishes, pressure canning basics, and convenient ingredient substitutions for food allergies and other dietary needs. Suitable for all skill levels, *Meals in a Jar* will help everyone pressure can with confidence, expand their family's palette, and fill their pantries.

From the Mediterranean Sea to the bayous in southern Louisiana, *Meals in a Jar* dives deeper into the science and math of pressure canning low acid foods. The ultimate cookbook with over 100 delicious canning recipes you and your family will love!

Here's what you will find within the pages of *Meals in a Jar*:

- Authentic international cuisines from around the world will broaden the scope of your pressure canning endeavors and heighten the canner's creativity.
- Over 100 pressure canning recipes including seven different cuisines like Mediterranean, Middle Eastern, Asian, Mexican, and more.
- Learn the art and craft of pressure canning low-acid foods, methods of skillfully packing jars, and the essential tools necessary for productive and safe home canning.

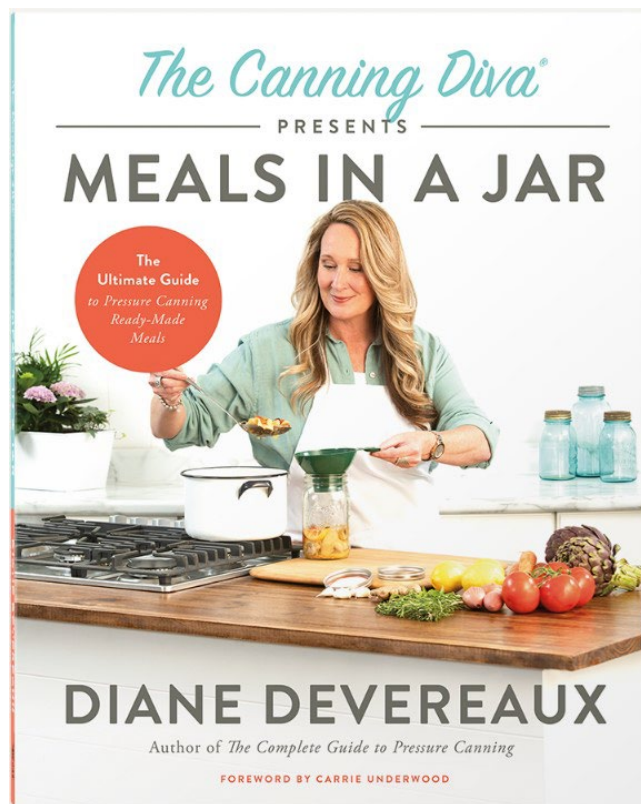
With *Meals in a Jar*, readers of all skill levels will turn the daunting task of making a meal into sheer joy – simply pop the top, heat, and eat!

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Imprint: Ten Peaks Press





Ham and Kale Soup

Enjoy the savory flavor of ham in this power-packed soup recipe. Using fresh kale and great northern beans, create a satisfying meal in a jar in minutes. When you're ready to eat it, simply heat a jar on the stovetop and top with Parmesan cheese before serving.

PREP TIME: 30 minutes COOK TIME: 0 minutes
PROCESS TIME: 60 or 75 minutes YIELD: 7 quarts or 14 pints

DIRECTIONS

1. Thoroughly rinse the dried beans in a colander. Bring water to a boil and cover them with water. Using your hands, agitate the beans in the water to remove any dirt. Empty the beans into the colander and rinse them again.
2. For each quart jar, add the following ingredients in layers, pressing down each ingredient before adding the next. If canning in pints, halve the amount of each ingredient.

- a. ½ cup beans
- b. 1 cup ham
- c. 1 cup kale
- d. ½ cup carrots
- e. ½ cup onion
- f. ½ cup celery
- g. 1 cup garlic

3. Pour the broth into each jar, leaving 1 inch of headspace. Press and gently top the jar bottom on cutting board to remove any trapped air pockets. Add additional broth if necessary to maintain the 1-inch headspace.

4. Wipe the jar rim with a washcloth dipped in vinegar. Place the lid and ring on each jar and hand-tighten.
5. Process in a pressure canner at 10 PSI according to your elevation and canner type. Process quart jars for 90 minutes and pint jars for 75 minutes.

INGREDIENTS

- 2 cups dried navy or great northern beans
- 2½ lbs. smoked ham steak, diced into ½-inch cubes (7 cups)
- 1 bunch kale, stems removed and chopped (7 cups)
- 4 cups carrots, peeled and cut into ½-inch pieces
- 2 cups onion, diced
- 2 cups celery, diced
- 7 cups minced garlic
- 14 cups chicken or vegetable broth

THE RAW STACKING METHOD 75

You Can Make Entire Meals in a Jar!

FEATURING MORE THAN 100 PRESSURE-CANNING RECIPES FROM SIX DIFFERENT INTERNATIONAL CUISINES

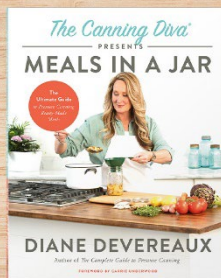


Make Your Own Takeout

KOREAN BULGOGI
RECIPE CATEGORY: ASIAN

ENJOY MORE THAN 100 MEALS FROM A WIDE VARIETY OF CUISINES

MEDITERRANEAN
ASIAN
AMERICAN & EUROPEAN
MEXICAN
MIDDLE EASTERN
VEGETARIAN



Discover Pressure Canning Recipes for More Than 100 Delicious Meals. Just Pop Open a Jar, Heat, and Eat!

Welcome to *Meals in a Jar*, your practical guide to preserving safe, ready-made, shelf-stable meals for long-term storage.

Discover step-by-step instructions for making flavorful meals from seven of the world's most popular cuisines. Enjoy international favorites, including Hungarian Mushroom Soup, Korean Bulgogi, and Green Chile Verde with Pork.

You'll also find chapters dedicated to vegetarian dishes, pressure canning basics, and convenient ingredient substitutions for food allergies and other dietary needs.

Suitable for all skill levels, *Meals in a Jar* will help you pressure can with confidence, expand your family's palette, fill your pantry, and turn

DIANE DEVEREAUX, The Canning Diva®, is television presenter, and instructor. For over a decade food preservation with families across the globe. Her to *Pressure Canning*, and *Beginner's Guide to Canning*, ident of Michigan.



WHAT'S FOR DINNER TONIGHT?

Just Pop Open a Jar, Heat and Eat!

