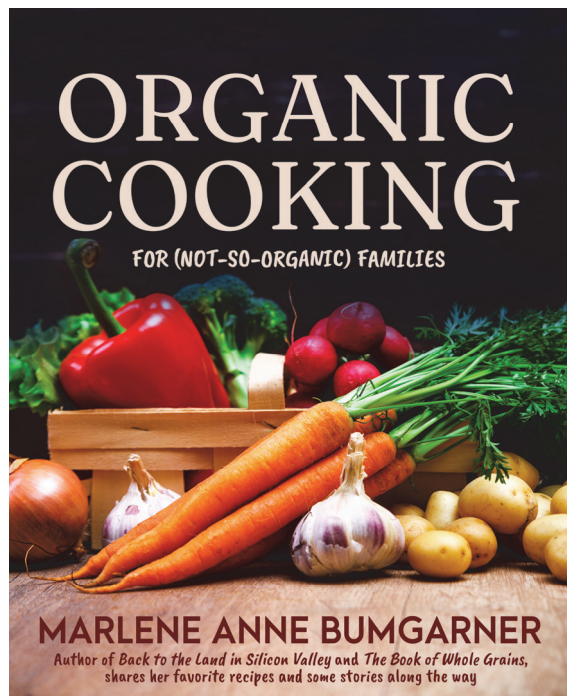


ORGANIC COOKING

FOR (NOT-SO-ORGANIC) FAMILIES

MARLENE ANNE BUMGARNER



Title: *Organic Cooking for (not-so-organic) Families*

Author: Marlene Anne Bumgarner

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Organic Cooking for (not-so-organic) Families is more than just a cookbook. Open its Table of Contents and you will see topics such as how to understand the role played in a healthy diet by fats, fiber, and sugar, along with explanations of terms such as healthy, organic, natural and GMO-free, and how to use packaging labels to make healthier decisions for your family.

Recipes are organized according to the developmental stages of childhood, meal times, and holidays and celebrations. For those parents who like a little challenge, the section titled "Growing in Your Kitchen" addresses making bread, crackers, yogurt, cheese, soy milk, tofu, sausages, butter, and ice cream at home. This book is an excellent resource for families, and you don't need to give up meat or dairy to use it.

The author, Marlene Anne Bumgarner, is a retired college instructor, a successful writer, the mother of four and grandmother of six. Over three decades Marlene homesteaded five acres of rural land, owned and operated a natural food store, taught elementary school, and wrote three books. She has long served as a resource to young parents—as a magazine and newspaper columnist, childbirth instructor, breastfeeding consultant, and adult education teacher. No stranger to time constraints or a hectic, busy life, Marlene lets us in on her secrets for creating healthy, organic meals without spending all day cooking.

With *Organic Cooking for (not-so-organic) Families*, Marlene responds to the pleas of parents everywhere to translate confusing natural food jargon into practical meal preparation methods and ideas. *Organic Cooking for (not so organic) Families* is rich in how-to's and recipes that take the mystery out of healthy eating without relying on expensive or hard-to-find ingredients.

ABOUT THE AUTHOR

After teaching at Gavilan Community College in Gilroy for 30 years, Marlene Anne Bumgarner moved to the California coast when her first grandchild was born. There she volunteers in the Young Writers program in local schools, leads writing workshops, and enjoys walking along the coast with her border collie, Kismet.



The author of *The Book of Whole Grains*, *Organic Cooking for (not-so-organic) Mothers*, and *Working with School Age Children*, Marlene is now writing a historical novel set in 19th century industrial England.

Find out more about Marlene's family life, cooking, and gardening at marlenebumgarner.com.

Website: paperangelpress.com/organic-cooking

Contact: sales@paperangelpress.com