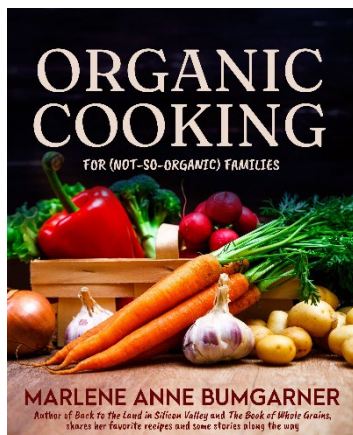




FOR IMMEDIATE RELEASE

September 30, 2026

DISCOVER “ORGANIC COOKING FOR (NOT-SO-ORGANIC) FAMILIES”



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.

Organic Cooking for (not-so-organic) Families by Marlene Anne Bumgarner is available now in hardcover, trade paperback, and digital editions from most online booksellers and distributors.

ABOUT THE AUTHOR

Marlene Anne Bumgarner put herself through college working as a technical writer, then felt the draw of the land. In 1973, she moved to a piece of rural property with her husband and daughter. Her first book, *The Book of Whole Grains*, grew out of a cultural history curriculum she developed for fourth grade. *Organic Cooking for (not-so-organic) Mothers* was inspired by letters written to her by readers of the “Naturally Speaking” newspaper column she wrote for the *San Jose Mercury News*. *Working with School Age Children* was written for the thousands of young people working in before- and after-school programs around the country, and is used as a textbook in many colleges and universities.

ABOUT PAPER ANGEL PRESS

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