

FOOD FROM THE HEART

newsletter



volume 1.2

www.foodfromtheheart.us • 805-898-3981

FOOD FROM THE HEART is a volunteer-driven program that meets every Wednesday to prepare delicious and nutritious meals for members of our community in crisis. The food is important but what is equally important is the message it brings that others really care and have true empathy for the challenging situations which our clients are facing.

In the next few newsletters, we will be profiling some of our dedicated volunteers so you may get to know a few of the angels who are cooking for you. *We'll begin with our Executive Chef and Director, Robin Monroe...*



Robin started professionally cooking when she was 13 at the Court House Creamery in San Rafael. They thought she was 18 because she was so competent. She worked as a short order and prep cook, preparing breakfasts, lunches and pies. Every day she cooked a full turkey and a ham for sandwiches.

She came to Santa Barbara about 10 years ago when her mom, Shirley, was having a hip replacement. She says she didn't mean to stay - it was just so darn nice. Since moving here, she's worked at Zuckers, Stella Marie's, The Bay Cafe, and done a lot of private home cooking and catering.

Robin has a unique passion... she cooks for historical recreations of feasts - up to a hundred dishes that are served over the course of six to seven hours. Guests and chefs come in period costumes from the 1450's. She serves wild boar and venison, using techniques of the time and cooks with cloves, cinnamon and honey because there was no sugar. She also cannot use potatoes, tomatoes, corn, or beans (except Fava beans), because those were all New World foods which were not yet known. There are usually 100-300 people who dine at these events. She just joined a Guild - The Shire, whose members are known as The Archers of Ravenwood. They are the largest historical, educational arching group in the west.

Robin showed up one day to volunteer at Project Food Chain in 1998, carrying a basket of fresh herbs and her own sharpened knives, simply because she read an article about it in the News Press. In 1999 Robin became the Executive Chef, and in 2002 she incorporated it as a non-profit organization and changed the name to Food From The Heart.

Your Donation means so much to us and keeps us cooking, allowing us to continue to provide these meals to our clients in need.

Here's how you can help:

1) **SEND MONEY!**

We are a non-profit organization, so your donation can be tax-deductible. Please make your check payable to: **FOOD FROM THE HEART**
316 East Valerio St.

Santa Barbara, CA 93101.

You can also visit our web site at www.foodfromtheheart.us and make a donation or an ongoing pledge using your credit card.

2) **DONATE FOOD** that we can

use in the preparation of our meals, for example: canned food (large gallons), avocados or fruit from your trees, sacks of rice or grain, boxes of pasta, fresh or frozen chicken, fish or meat, olive oil, vinegars, cheese, beans, etc.

3) **INVITE A FRIEND TO VOLUNTEER** - we

meet every Wednesday morning from 8 A.M. to approximately 1 P.M. Anyone can come for any part of it; our kitchen is in the First Presbyterian Church, 21 East Constance, behind the children's preschool.

We also always need drivers to deliver the food every week. Drivers come pick the food up at 12:30 pm and make a few deliveries to happy clients.