

## **About the author**

Rose Wilde grew up in Ecuador in a large Hispanic family, and has spent time living in places such as Tibet, Greece and Spain. She has worked professionally in and traveled to Israel, Morocco, Lebanon, Italy, the United Kingdom, Portugal and Mexico. Rose is a former human rights lawyer turned writer, chef, master food preserver, master gardener, and owner of red bread. Her work has appeared in the Los Angeles Times, Washington Post, Wall Street Journal, edibleLA Magazine, Cherry Bombe and many other publications. She has been a regular on the Food Network, Cooking Channel, Tastemade, and NPR.

She lives in Los Angeles, California, with two dogs, and nine chickens. For more inspiration find her on Instagram @trosewilde and @redbread.

**Courtesy of Rose Wilde**