

# Sharing Our Stories, Speaking Our Truth

## *poetry and prose at Café Crêperie*

# Guest Author Bio Sheet

## Barbara Heagy



## About the Author

Barbara Heagy is a retired teacher, dancer, and grandmother. Retirement gave her more time to travel the world and begin life as an amateur photographer and published author. As a self-declared foodie, she declares cooking is a passion. Her latest book *For the Love of Food: Family Edition* is a memoir/cookbook based on her family history and love of food, cooking, and good eating.

## About the Book

*For the Love of Food: Family Edition* is a collection of stories and recipes praising food as a language of love through five generations of the author's family. This memoir/cookbook is a testament to the life-giving power of food as it moves from field to table with gratitude, bonding, and celebration.

It's a book for readers who love to cook, and cooks who love to read. Reminisce about your own mealtime memories and be inspired. Get into the kitchen and start cooking!



Guest Author at Café Crêperie on Thursday, April 23, 2026