

# Sasha A. Martin

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## Biography

Sasha Martin is an award-winning author and poet who writes about food justice and family structures, and is especially interested in how poverty and mental illness amplify inequities. Her debut, *LIFE FROM SCRATCH: A MEMOIR OF FOOD, FAMILY, AND FORGIVENESS*, chronicles her lifelong struggle to find inner-peace after a childhood in foster care, including the years she spent cooking a meal from every country in the world as a new mother. Published by National Geographic and translated into multiple languages, *LIFE FROM SCRATCH* was a GoodReads Choice Awards Finalist and dubbed Best New Book and Book Club Pick in *People Magazine*, *O, The Oprah Magazine*, *Good Housekeeping*, and *Women's Day*, among others.

Her fellowships, residencies, and awards include Research Fellow at the Oklahoma Center for the Humanities at the University of Tulsa, M.F.K. Fisher Scholar at the Culinary Institute of America, Writing Resident at the Osage Forest of Peace, and Quarter-Finalist at the *Nimrod Literary Awards: The Pablo Neruda Prize for Poetry*. The Thomas Gilcrease Institute of American History and Art regularly commissions her environmental poetry, which includes poetic responses to Dorothea Lange's Dust Bowl photography and Thomas Moran's masterwork painting *Shoshone Falls*.

She teaches workshops, classes and symposia across the country, including in association with the National Endowment for the Arts, Northeastern University, University of Tulsa, Philbrook Museum, Nimrod Writing Conference, Gilcrease Museum, and more. She volunteers with Poetic Justice, serves on the awards committee for the Anne V. Zarrow Award for Young Readers' Literature, and serves on Gilcrease's inaugural Community Advisory Council, where she brings her experience growing up in poverty and in foster care to help the museum be reflective of, engage with and respond to our region's diverse communities.

She holds a B.A. in English and French Studies from Wesleyan University (CT) and attended the Culinary Institute of America (NY), where she was an MFK Fisher scholar and the editor of the journal *La Papillote*. Her work and writing has appeared on NPR, as well as in *Food & Wine*, *People Magazine*, Christopher Kimball's *Milk Street Kitchen*, *O, The Oprah Magazine*, *Boston Globe*, *AFAR Magazine*, and *Food52* among others.

Originally from Massachusetts, Sasha spent six years in France and Luxembourg before making her home in Tulsa, Oklahoma. She is at work on an environmental novel under the guidance of mentor and editor Genevieve Gagne-Hawes at Writer's House. Sasha's novel explores how rewilding a planet can help implement biodiversity and restore balance to struggling ecosystems.

## Education

- 2004 CULINARY INSTITUTE OF AMERICA (*Hyde Park, New York*)  
M.F.K. Fisher Scholar. Culinary arts training & food writing.
- 2002 WESLEYAN UNIVERSITY (*Middletown, Connecticut*)  
B.A. English and French Studies, with honors | Honors Thesis: *The History of Artisan Bread in France*.

## Publications

- LIFE FROM SCRATCH: A MEMOIR OF FOOD, FAMILY AND FORGIVENESS, National Geographic, 2015.
- "How Blogger Sasha Martin traveled from Afghanistan to Zimbabwe from her Oklahoma Kitchen," *Food & Wine Magazine*, 2015.
- "Seven things I've learned so far," *Writer's Digest*, 2015.
- "Vienna takes the cake," *AFAR Magazine*, 2012.
- Food columnist, *Oklahoma Magazine*, 2011-2012.
- CINEMA ARTHURIANA: TWENTY ESSAYS, McFarland, 2002 (Contributor under maiden name 'Alexandra Foppiano').

## Awards and Prizes

- Quarter-Finalist, *Nimrod Literary Awards: The Pablo Neruda Prize for Poetry*.
- Research Fellow, Oklahoma Center for the Humanities, University of Tulsa.
- Osage Forest of Peace Writing Resident.
- LIFE FROM SCRATCH named a GoodReads "2015 Choice Awards Finalist" and dubbed "Best New Book" and "Book Club Pick" in *People Magazine*, *O, The Oprah Magazine*, *Good Housekeeping*, *Women's Day*, and on Amazon.com.
- MFK Fisher Scholar, The Culinary Institute of America.

## Featured Lectures & Symposia

- *Native American Cuisine: Traditions and Contemporary Contexts*, Food Sovereignty Symposium, Gilcrease Museum with Oklahoma Center for the Humanities. Panel Moderator.
- *The Language of Survival: Exploring Trauma in Fiction and Memoir*, University of Tulsa with the National Endowment for the Arts, Nimrod International Journal & Northeastern State University. Workshop Instructor.
- *The Journey to Published Author: Practical Steps to Accomplishing Big Goals*, Magic City Books, with the International Association of Business Communicators. Workshop Instructor.

- *Bite-Size Memoir*. University of Tulsa, Nimrod International Conference for Readers & Writers. Featured Memoirist and Workshop Instructor.
- *The Secret Gift of Empathy*, The Tulsa Library's 40<sup>th</sup> Annual Creative Writing Award Ceremony. Keynote.
- *The Language of Food*. University of Tulsa, 2-day Food Writing Symposium. Workshop Instructor.
- *Memoir: The End is Just the Beginning*, Writing Well Workshop, Oxley Nature Center. Workshop Instructor.
- *Turning Your Anguish into Your Answer*, Life-Purpose Retreat, KC. Workshop Instructor.

### Featured Food Systems & Equity-based Food Writing Projects

- Cooking demonstrations, including Northeastern University's Xhibition Kitchen.
- *The Global Table Experience*: Served food from 177 countries during Philbrook Museum's "Second Saturday." Made possible by the time and talent of 17 local chefs & cooking schools. Benefitting the *Community Food Bank of Eastern Oklahoma*.
- *Global Table Adventure*: Cooked a meal from each of the world's 195 countries, a peace initiative recorded on [GlobalTableAdventure.com](http://GlobalTableAdventure.com).
- *Afar Magazine* awards historic Sachertorte adaptation "Best Recipe of the Year"
- FOOD52 awards Salvadoran Quesadilla recipe "Best Gluten Free Baked Good"

### Youth Specific Teaching Experience

- 2022 Creative Writing instructor at Buck's Rock Camp in New Milford, Connecticut.
- 2019-22 The Art of Playwriting, 1 week writing intensive in Tulsa, Oklahoma.

### Volunteer Work

*Volunteer work over the years includes area elementary schools, Poetic Justice, Global Gardens, Laura Dester Shelter, and Foster Care Alumni of America.*

### References

Available on request.