

About Carole Murko and Heirloom Meals

Carole Murko is a culinary artist who learned how to cook by observing her mother and grandmother since the age of three. Throughout her life, Carole has emulated their passion for entertaining, cooking, and feeding friends and family and translated it into her own special way of honoring the traditions she loved as a child.

Carole hosts a weekly radio show called Heirloom Meals Radio, a storytelling platform she created to share treasured family recipes, stories, and tips...“savoring yesterday’s traditions today”, on NPR affiliate <http://robinhoodradio.com/> [Robinhood Radio __title__], WHDD, 91.5 FM in Sharon CT. She regularly appears as a food expert and demo chef on <http://wnyt.com/index.shtm> [Newschannel 13 __title__], Albany, NY’s NBC affiliate. Carole has developed and hosted a 16-video series featuring diabetes-friendly heirloom recipes for Liberty Medical that is launching on their this November. Please visit the website www.heirloommeals.com or email info@heirloommeals.com for more information.