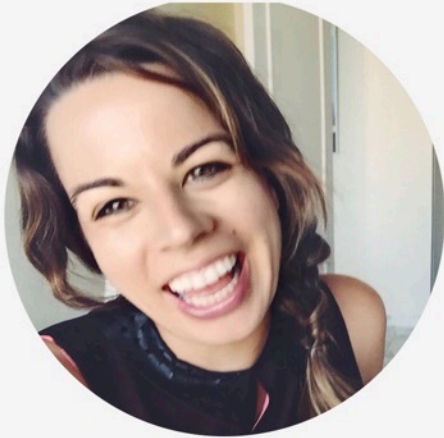


# SAFFRON AND HONEY



## ABOUT ME

I am Ksenia - a cook, writer, and food stylist living in New York. I made a career as a consultant, then graduated from the Institute of Culinary Education in 2011 and worked at the Michelin-starred Breslin Bar and Dining Room.

My family has made their home in France, and I shuttle back and forth. My French could always use some improvement! I write about food and travel, and I love to share my passion for Provence with readers, friends, and followers.

Currently, I am the NYC Editor at VRAI Magazine.



## ABOUT MY BLOG



Saffron & Honey is a food and travel blog focused on bringing a Provencal sensibility & joie de vivre - and all my favorite French things - to everyday cooking, living, and traveling.

I love creating and tasting food in kitchens around the world. Like me, Saffron & Honey is always in transit, searching for color and inspiration in the things of everyday, whether I am at home or on the road. I am also a *No Kid Hungry* blogger - a cause close to my heart.

My audience is mostly female, ages 25 to 45. 86% of them are from the US, with the remaining 13% mainly from the UK and Canada. s&h has a healthy mix of 41% regulars and 59% new visitors. They are avid travellers and adventurous home cooks who like the transportive yet accessible nature of my recipes. The most popular ongoing series on s&h include: Simple Suppers; Updating Provencal Classics; and Travel Postcards.

My motto of #livecolorfully has recently expanded to include the Travel Guides - curated "tearsheet" guides to some of my most cherished destinations.



77,000+

Unique Visitors  
per Month

16,000+

Page Views  
per Month



700+



900+



15,000+



# SAFFRON AND HONEY

## SERVICES & RATES

Some of the services I offer are outlined below:

Recipe Development Commission - \$150 upwards

Recipe Testing - \$100 upwards

Brand Ambassadorship - contact me for partnerships

Giveaways (admin & social media promotion) - \$50

Sponsored Posts - \$100 upwards

Food Photography/Styling - day rate \$350

Reviews - I review a limited number of products on my blog and usually feature them within a round up post or a recipe.

Food Photography & Styling Classes - coming soon!

Ads - contact me directly or through Share-A-Sale

## CONTACT DETAILS

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📧 @saffronandhoney

📘 Facebook.com/saffronandhoney

📷 @ksushas

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