



### About The Author

David Abbott was born in Fife, Scotland, in 1960. He has enjoyed a diverse work life including Glider Maintenance, Electronics, Software Engineering, Commercial Insurance Advisor and Business Consultant. He is now retired.

He has dabbled in several hobbies in his later years, most significantly gardening, golfing and cooking.

He was married to Wendy for over 30 years and has a son, Michael.

Wendy passed away unexpectedly in 2020 and David assumed responsibility for looking after the shopping and cooking for Wendy's mum, Marion.

Many of the ingredients for Marion's Meals come from his own garden and poly tunnel. He also provides shrubs and flowers for the local community gardens.

He has experience in amateur cooking - responsible for catering small family groups; for many hundreds of people at Scout jamborees; for large weddings and for routine service at a local golf club. He prepares and donates hundreds of meals per year to others.

He now wants to pass on the philosophy of Marion's Meals.