



Konya Ivy Lindsey – owner of dessert company SugarPlum Confections and author of *Delicious Desserts to Satisfy Your Sweet Tooth* – has always had an amazing passion for food and entertaining. Born in North Hollywood, California in 1976 to Nathaniel and Martha Hubbard, she was encouraged to learn her way around the kitchen at a very early age. Being raised in a family with deep Southern roots (her father is from Birmingham, Alabama and her mother from Mer Rouge, Louisiana), Konya was exposed to a wide range of homemade cooking and baking techniques. “Most of our family gatherings centered around the dinner table, so I learned early on how to cook and bake, and the strong connection that food has to preserving the love and closeness of family and friends.”

During her teenage years, Konya helped with her sister’s small baking business – and it was there that she was first bit by the entrepreneurial bug. “To make extra money, I used to help my sister prepare cookies and rice cereal treats so that I could sell them at school the next day. That’s how I paid for my prom dress!” she says.

After graduating from high school in 1993, Konya moved to Ohio where she attended Wilberforce University in Wilberforce, Ohio. Her entrepreneurial spirit continued to flourish as she began cooking dinners in her dorm room and selling them to her classmates as a way to earn extra money. Upon graduating in 1997 with a Bachelor’s degree in Marketing and Business Management, Konya moved to Columbus, Ohio where she began her career as a Marketing and Print Production Manager at clothing retailer Abercrombie & Fitch. After working for a couple of years, she decided it was time to further her education. In 1999, Konya moved to Maryland where she enrolled in the Robert H. Smith School of Business at the University of Maryland, College Park. Upon receiving a Master’s degree in Business and Marketing in 2001, Konya began working as a Marketing Manager for Verizon Communications (formerly MCI) in Northern Virginia.

In 2002, Konya and her new husband, Dr. Rahsaan L. Lindsey, moved to Baltimore, Maryland. Although she was excelling in her career at Verizon, Konya couldn’t help but think that there was something more in store for her. “My husband and I love to entertain in our home. I was always cooking meals and baking desserts for our friends to enjoy. That really opened my eyes to how much I truly enjoyed cooking and baking, and the sense of pride and accomplishment I felt in seeing others enjoy food that I prepared with my own hands.”

It was then that Konya began to realize what was to be her life’s calling. In 2007, Konya left her position at Verizon to pursue her passion in the culinary arts and to launch SugarPlum Confections. Her first book, entitled *Delicious Desserts to Satisfy Your Sweet Tooth* – a collection of homemade dessert recipes – aims to help those who view baking as a chore to discover the joys in turning a simple, easy-to-follow recipe into a delicious confection that can be shared and enjoyed with family and friends. “Over the years, I have encountered so many people who find baking to be such an extremely daunting and stressful task. It was because of this that I felt the need to write this cookbook.”

Konya is member of the James Beard Foundation, the International Association of Culinary Professionals and ServSafe® certified in food safety. She currently lives in Pikesville, MD with her husband. For more information, please visit her website at www.sugarplum-confections.com.