



Meet the Grower

Desserts by Helen Louisville, KY

In the late 1970's, Helen Friedman started Desserts by Helen from her home kitchen with a hand mixer and a book full of her favorite recipes.

Having been an avid home baker, a friend approached her about doing some desserts for a new restaurant that they were opening up. Helen was happy to oblige, and Desserts by Helen was born.

Soon, Helen was doing the desserts for Louisville's finest restaurants and hotels from a commercial kitchen in her basement. Zoning forced Desserts by Helen out of the basement, and into a small shop in Prospect.

Word quickly spread about her small pastry shop. As business grew, an additional retail store was added in the historic Douglas Loop area in the Highlands.

Today, Desserts by Helen services retail customers from the St Matthews location on Frankfort Avenue and wholesale customers from our central Bakery. While a lot has changed since Helen started out in her house, what hasn't is the quality. We take great pride in our handmade desserts, and know that you will taste the difference!

