

Recipe Submittal Guidelines for SEE's Local Harvest Cookbook

Recipes due by August 28, 2009

This cookbook is a celebration of local produce and local farms and farmers. If you have a favorite source (farm or farm market) for particular ingredients (such as sweet corn, blueberries, or honey), please mention that in item 4.

Email your recipe(s) to seelambertville@gmail.com as a Word document or mail a typed or printed version to:

SEE Local Cookbook, 83 Douglas St, Lambertville, NJ 08530

Include your name, email address, and phone number so we can contact you.

Format for Recipe

1. Title of recipe (or we can name it for you)
2. Number of servings this recipe makes
3. Your name (as you would like to be listed in the book)
4. A few sentences about your recipe to be included in the cookbook. For example: This is a family favorite I learned from my grandmother. This dish travels well and makes a great contribution to a potluck dinner. Even better the next day!
5. Be sure to note any favorite pairing, such as: Serve with a tangy chutney. Nice with a minced veggie risotto.
6. List of ingredients (in the order in which they are added) with amount and any needed prep noted. For example:

½ C chopped onion

1T minced garlic

Please use abbreviations of C for cup, T for tablespoon, t for teaspoon, etc.

7. Directions for assembling the ingredients and cooking time and temperature.
8. Anything else you think is important to add!