



***Woods Hole Cooks Something Up for the Twenty-First Century:  
A Community Celebrates Delicious Food and Good Times***

**RECIPE SUBMISSION GUIDELINES**

**Please include:**

- 1) Recipe title**
- 2) Name of person submitting recipe** (*how you would like your name to appear*)
- 3) Contact information** (*email, phone number*)

***We invite you to include a narrative about what this recipe means to you and yours. Please limit your narrative to a few sentences.***

**Indicate any that apply:**

- V – Vegan
- Veg. – Vegetarian
- GF – Gluten-Free
- DF – Dairy Free
- Other:

**Servings:** how many does this recipe serve?

**Ingredients:**

- List in order used
- Abbreviate using the chart below
- Include all amounts and container sizes

**Use standard abbreviations:**

|                 |                |
|-----------------|----------------|
| c. – cup        | pkg. - package |
| pt. – pint      | oz. - ounce    |
| tsp. – teaspoon | gal. - gallon  |
| T. – tablespoon | qt. - quart    |
| lb. – pound     | lg. - large    |
| doz. – dozen    | med. - medium  |
| env. – envelope | sm. – small    |

**Directions:**

- Write directions in paragraph form, not in steps
- Include temperature, cooking, chilling, baking, and freezing times

***If you have adapted this recipe from a cookbook, authors, or other source, please include that information.***

***Please submit recipes to [whhmcookbook@gmail.com](mailto:whhmcookbook@gmail.com).***