We, the members of the Wendell Berry Honor House, are excited to begin compiling the 6th volume of our *Recipes for Social Change Cookbook*. Dedicated to sustainable, local cooking within the context of St. Olaf College, our annual cookbook features recipes from a wide variety of St. Olaf community members (students, alumni, faculty, and staff).

Wendell Berry, the namesake of our house, has written about the power of building strong communities through food. In honor of his ideas, we have decided to focus this year’s cookbook on TRADITIONS.

We want the recipes for your grandma’s delicious cookies, your uncle’s mouth-watering chili, and your neighbor’s famous rhubarb pie. And we want you to share your memories and traditions that accompany them!

In order to stay true to our mission, we prefer recipes featuring natural, unprocessed, and locally-sourced ingredients. However, “sustainable” can be defined in many different ways, and we don’t want to exclude any recipes you would like to share (especially if they have meaningful memories attached to them). We’re not limiting the “local” range to Minnesota either, as we know many members of the St. Olaf community live and draw their family traditions from other places.

Attached is our template for recipe submissions. Please submit up to three recipes, and closely follow the guidelines listed on the template. Adhering to the template will help us during the editing process. *Don’t forget to consider including a short description of why the recipe is important to you and has strengthened your community of family and/or friends!*

**Deadline for recipe submissions: February 28th, 2013.**

Look for an upcoming email about our essay and art competition—we will include the winning entries in our cookbook!

Please email recipes and any questions to andersrd@stolaf.edu.