



P.O. Box 463, Burk's Falls, Ontario P0A 1C0
Phone: 705-571-3308
Email: info@burksfallsdistricthistoricalsociety.com
www.burksfallsdistricthistoricalsociety.com
Like us on Facebook

Heritage Centres
Watt Century Farm House
827 Chetwynd Road
Armour Township

Wiseman's Corner Schoolhouse
112 Midlothian Road
Ryerson Township

The Burk's Falls and District Historical Society is creating a special community cookbook using family recipes, stories, and traditions to document the rich history of our region.

For centuries, residents of Burk's Falls, Armour, Ryerson, and the surrounding area have been cooking up delicious meals for their families. The recipes that fed some of the first residents of our region have lasting legacies, passed down through generations to shape the ways we cook for our loved ones today.

This is why the Burk's Falls and District Historical Society is now working to preserve important culinary and family histories through the creation of a community cookbook. We invite you to contribute a favourite family recipe from years past, alongside a short story or memory about why it matters to you. It doesn't have to be fancy—what recipes you find meaningful, regardless of complexity, are what we care about the most. Your contribution will help preserve not just food, but the stories and traditions that make our community unique.

Selected entries will be included in our printed cookbook, with proceeds supporting the Burk's Falls and District Historical Society's ongoing work to preserve local history. Help us bring history to life, one recipe at a time.

Please complete the following form and return it to one of our drop-off points (see Section 4) or go to our website (burksfallsdistricthistoricalsociety.com) for a digital version, which can be emailed to **bfhistorycookbook@gmail.com**.

Section 1: About You

Full Name: _____

Phone Number: _____

Email: _____

How would you like your name printed in the cookbook? **(Select one.)**

- ☐ Full name
- ☐ First name only
- ☐ Family name (last name)
- ☐ Anonymous

Section 2: Your Recipe

Recipe Title: _____

Time Period: _____

(Give a general estimate or time period from which this recipe came, like the 1880s or 1940s.)

Ingredients:

(Please list clearly. Approximate measurements are fine.)

Section 2: Your Recipe (continued)

Instructions:

(Write the steps in your own words. Don't worry about being perfect!)

Yield / # of Servings: _____

Secret Tip: _____

If you have a photo related to your recipe (ex. a picture of a recipe card, a photo of the dish itself, a photo of the person who made or created the recipe, etc), please submit this to bfhistorycookbook@gmail.com along with your name so we can identify that it is yours.

Section 3: Your Story

Please tell us why this recipe is meaningful to you and/or your family. Your story is very important to the preservation of family histories in our region!

Some examples of what you could include here are:

- **Who gave this recipe to you?**
- **When do you make it (ex. a holiday, a particular time of year)?**
- **What memories does this recipe bring back?**
- **Why is this recipe special to you or your family?**

Any information you are able to provide is helpful!

Section 4: Terms and Submission

Signature: _____

By submitting this entry, you agree that your recipe and/or story may be lightly edited for clarity (ex. measurement conversions, slight copyediting changes). If any major edits are required, the Burk's Falls and District Historical Society will ensure that you are given final approval before inclusion in the final draft.

Submission of this form means that you also consent to engaging in follow-up communications with the Burk's Falls and District Historical Society, such as an email or phone call, to ensure the accuracy of the Historical Society's preservation of your family recipe(s).

If you have any questions or concerns relating to the completion of this form, the preservation of your stories and recipes, or how the information you provide to the Historical Society will be used, please feel free to contact us at **bfhistorycookbook@gmail.com**.

Please return your completed form to us through one of the following options:

Email: bfhistorycookbook@gmail.com

Drop Off Locations:

**Burk's Falls, Armour and Ryerson Union Public Library
39 Copeland Street, Burk's Falls, ON, P0A1C0**

**Armour Township Office
56 Ontario Street, Burk's Falls, ON, P0A1C0**

Completed forms can also be collected personally upon request.

Thank you for your contribution to the preservation of our community's food traditions and memories!

