

Middlesex Street Community Cookbook

Middlesex Green

What is 'Middlesex Green'?

'Middlesex Green' is a project especially for you - the residents of Middlesex Street Estate. It has even been created by you - even the name was a resident's idea, and we hope it won't stop there! We have taken on board lots of your suggestions for activities from you and your neighbours, and have put together a range of activities that relate to living more healthy, environmentally friendly and sustainable lives, saving money, being even better connected with your neighbours, and exploring unique places that are right on your doorstep.

To find out more, keep an eye on our newsletters posted in the lifts, or visit your Residents' Association website <http://e-voice.org.uk/msera/>. You can also get in touch with us - Birte & Rea - directly by phone on 020 7332 1428 or email sustainability@cityoflondon.gov.uk

So, why a community cookbook?

The community cookbook is a great way for you to get involved in the Middlesex Green project. It will be a cookbook made by you, for you. You'll get a better idea of what people on your estate like to cook, and be able to give them a go yourself. It's also going to include some great tips about where you can buy local food and how to think about reducing food waste, as well nutritional information.

What do you need to do?

All you need to do is tell us a recipe that you and/or your family really like. We'd really like to know why you like it, because we think your neighbours would like to know why it's your favourite recipe. It doesn't have to be complicated and you don't have to be an amazing cook. Maybe it's a favourite you make up every week, maybe it's something your grandmother used to make, or maybe it's the perfect recipe for people to change-up ingredients and customise for their own dietary needs.

The next pages will help you write up your recipes - but don't feel like you can't give us more than one! Just fill it in (or give us a photocopy of a recipe) and drop it into the Estate Office by 30th September 2010. Sorry to be bossy about the date, but we want to get your beautiful cookbook to you as soon as possible.



Provided by the City of London in
cooperation with the Transport and
Sustainability Forum

Middlesex Street Community Cookbook: The Recipes

Middlesex
Green

My name:

My telephone number:

My email address:

This is my recipe for

I have chosen this recipe/I like this recipe because

If this is a recipe from a published recipe book, write the details here:

Title:

Author:

Year of Publication:

What is needed to make my recipe:

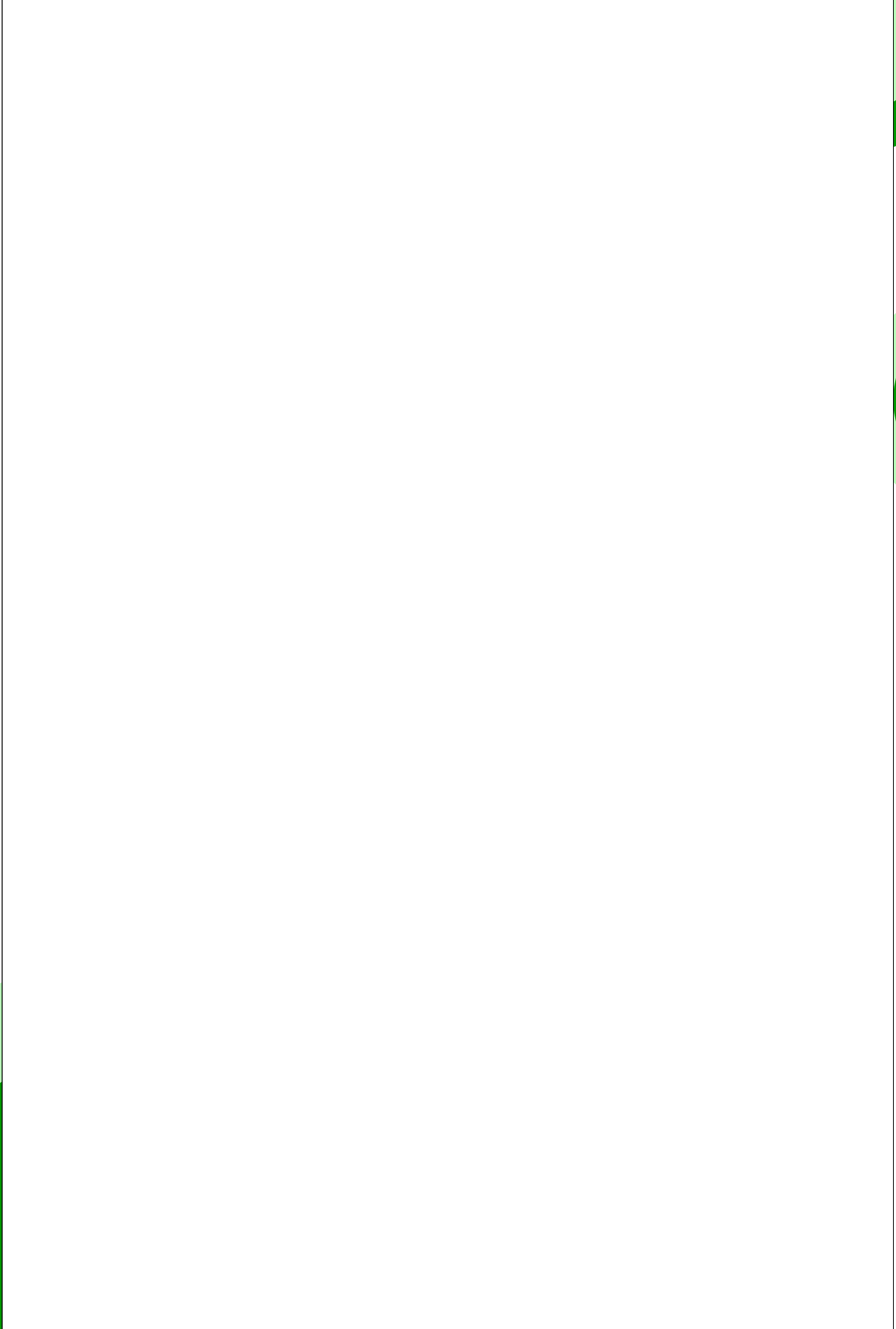
Ingredient

Quantity

This is where I buy the extra-special ingredients:

(We're especially interested if it's somewhere that specialises or is a local market)

How to make my recipe:

A large, empty rectangular box with a thin black border, intended for writing the recipe instructions. The box is positioned in the center of the page, with decorative green circles partially visible around its edges.