

A Black woman and a young girl are shown in a kitchen, smiling and looking at each other while cooking. The woman is on the left, wearing a light green button-down shirt and a large, round, patterned earring. She is holding a wooden spoon and stirring something in a glass bowl. The girl is on the right, wearing a light green ribbed sweater and a small hoop earring. She is looking up at the woman with a smile. The background is a warm, out-of-focus kitchen setting.

# Stories from our Tables: **A Black Community Recipe Book**

## Submission Form

**Deadline: September 20, 2026**





# Call for Submissions: Recipes and Stories from Black Community Members

## Food holds meaning.

It carries migration, celebration, survival, and love. It's the Sunday pot that fed everybody, the dish that only tastes "right" when Auntie makes it, the seasoning you measure with your spirit, the recipe that travelled across oceans in a suitcase and landed in a Pickering kitchen. It's how we keep our people close even when we're far from where we started. Pickering Public Library is curating **Stories from our Tables: A Black Community Recipe Book**, highlighting recipes and stories rooted in Black culinary traditions across the diaspora as a celebration of food, memory, and community.

Our recipe book will feature selected recipes from Black community members across the Durham Region, along with brief profiles on the contributors and memories associated with their dishes. Selected submissions will be compiled into a cookbook that will be added to the Library's collection and featured in related, upcoming programs so **future readers can learn, remember, and taste the stories we carry.**

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**Please note:** Those who choose to submit to this opportunity must self-identify as Black (Caribbean, African, Black Canadian, African American, Afro-Indigenous peoples, and beyond). Recipes will be chosen by Library staff based on length, accessibility, and their harmony with the entire project. All those who submit will retain the rights to their recipe and written content, regardless of selection for the recipe book.

Please submit this form to any Library staff.

### Contact Information:

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Name of Dish: \_\_\_\_\_

Place / Culture of Dish's Origin: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Ingredients and Amounts:

List the ingredients as well as the required amounts:

**Directions:**

Clearly state the directions, including any necessary **times** and **temperatures**:

### Story:

Food carries meaning. Share how your dish is **culturally important to you** and/or a **memory** of your dish:

### Biography:

Tell us a little **about yourself** (i.e. why is food important to you, what does “Stories from our Tables” mean to you, how does food connect you to your roots):

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### Photos:

We’d love to include your personal photos of this dish and/or photos of you preparing this dish! If you are interested, please do one of the following to submit photos:

1. Attach printed copies of your photos to this submission and submit the entire package to Library staff at any Library location.
2. Email your photos (JPGs or PNGs) to [adults@pickeringlibrary.ca](mailto:adults@pickeringlibrary.ca) and be sure to include:
  - a. Your name as it appears on this submission form
  - b. The name of your dish

Thank you!