

# Community Cookbook!

Hi Everyone!

We've got a fun community project in the works, and we need YOU to make it awesome! We are going to build a community cookbook of epi-paleo recipes (woo hoo!), and we're hoping you're jonesing to chip in.

We've set up a special forum on the site for you to submit your recipes (by season, of course!). Please follow Dr. Kruse's guidelines for epi-paleo seasonal eating. Pictures of your finished dishes are welcome, but no links, please!

Once we've compiled the submissions, we will have the community vote on their favorite recipe to feature for each season. The winners will receive a free copy of the new cookbook!

[View the Seasonal guidelines](#)

Hurry and submit your favorite epi-paleo recipes! All submissions are due by April 30, 2013. (We'll leave the forum open, however, so you guys can keep submitting to your heart's content until the apocalypse!)