

Thank you for participating in the creation of The Cowgirl Almanac, a treasure trove of hard-earned wisdom, remedies and ranch recipes! The Almanac will feature three categories: Recipes, Ranch Remedies and Ranch Wisdom/Folklore - each unique to ranch life.

- Ranch
 Remedy
 Wisdom
 Recipe

Please use this form to send us your submissions. To avoid errors in the production process, please type or clearly print your recipe and double-check for completeness and accuracy. Thank you!

PLEASE USE APPROPRIATE ABBREVIATIONS

- teaspoon tsp.
- tablespoon tbsp.
- cup c.
- quart qt.
- ounce oz.
- pint pt.
- gallon gal.
- inch in.
- pound lb.
- fahrenheit F

CONTACT INFO

Your Name: _____

Phone: _____

Email: _____

NAME OF RECIPE: _____

INGREDIENTS (be sure to indicate quantity or amount)

- | | |
|--|---|
| 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____ | 10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____ |
|--|---|

METHOD (be sure to indicate container size, oven temperature, and cooking time. Please be concise)

If you need more space you can include an extra page

RANCH INFORMATION EXAMPLE

Ranch Name: Devil's Head Ranch
 Established: 1902 Owners: Doug & Jill Richards
 Nearest Town: Cochrane

Brand Graphic:



RANCH HISTORY (140 words maximum)

RANCH INFORMATION:

Ranch Name: _____
 Established: _____
 Owners: _____
 Nearest Town: _____

Brand Graphic:



RANCH REMEDIES

RANCH REMEDY EXAMPLE

If magpies are going after a fresh brand on livestock, coat the brand with pine tar.

REMEDY:

RANCH WISDOM/FOLKLORE

RANCH WISDOM/FOLKLORE EXAMPLE

Words to hard-earned wisdom from your ancestors, neighbours or yourselves! (They don't all have to be serious...)

WISDOM/FOLKLORE

If you are unable to complete the online form,
 please send your submission to:

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 Cooking Lake, AB T8E 1J1

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