

**Bibliographic notes for**  
***The Lake District and Cumbria in Recipes and Photographs* by Tess Baxter.**

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Writing about traditional food inevitably means that you are reformulating the ideas of others: if I made something up, it clearly could not be traditional. I also could not write about history from first hand knowledge as I simply wasn't there. Consequently, I have to rely on reinterpreting and rewriting the accumulated knowledge of generations. The writer and the cook share something in that they do not invent completely anew; they recreate, revise, synthesise and reinterpret. This was my job in writing, photographing and cooking for *The Lake District and Cumbria in Recipes and Photographs*.

There was something I felt I needed to do to truly finish the book. The core of the sources I used were community cookbooks, jointly written, a communal sharing of recipes and knowledge. These books never have authors – they are frequently described as being compiled by, or occasionally edited by. Adjacent to each recipe lies the name of the contributor, pressed into the page in black ink. This naming was a recognition of the shared experience of producing the books and the causes they were being sold for. The community cookbook is an important form of women's literature produced at a time when women were not normally allowed a position in the public world. The books in this bibliography that have a list of names after the phrase 'incl. contribs by' are community cookbooks, and the people whose recipes were considered in writing in this book follow.

This is a recognition that no recipe can truly be owned by an individual. After a recipe is written down, it is acted on and reinterpreted into practical actions. A scribbled note may record someone's thoughts where they thought the recipe was too vague, or could be improved. The recipe then may be passed on again, verbally or in written form. We share food within the lives we share with others, and in doing so, we share the past, in the present, to form the future.

I assert copyright on the book to prevent someone from copying my words and layout directly for financial gain. I have researched, collated, cooked and rewritten the recipes, and that is my own work. But I also want to give due credit and recognition to those who went before me. In writing *The Lake District and Cumbria in Recipes and Photographs*, a wide range of literature was consulted. Some information was dropped at the editing stage, so some of these publications may not bear directly on what I wrote, but they still remain relevant to the subject area in general. Some of the links may require accounts in order to access them.<sup>1</sup>

I hope you enjoy the book, and in particular, the recipes. They are there to use, for the flavours, the sharing, and for you to change and adapt.

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1 The brackets at the end of references are publishing details. Abbreviations: n.p., no place; n. pub., no publisher; n.d., no date. Many community books do not explicitly state publication details, so reasonable assumptions have been made. Community cookbooks are frequently described as being compiled rather than edited, and as I regard this as significant, I have respected the terminology employed. While I could have recognised those who contributed recipes by regarding each recipe as if it were a chapter, it seemed more manageable to incorporate them after the author/compiler of collated books with the term 'incl. contrib(s)(.) by'. Some recipes were contributed anonymously, and these have not been recognised in any way (such as with 'anon').

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