



# **SUBMISSION FORM**

**Name** \_\_\_\_\_

**Email address** \_\_\_\_\_

**Where are you from? (City and state)** \_\_\_\_\_

**Occupation?** \_\_\_\_\_

**How many Phish shows have you been to?** \_\_\_\_\_

**Favorite Phish song** \_\_\_\_\_

**Favorite Phish experience** \_\_\_\_\_  
\_\_\_\_\_

**Name of Recipe** (Your signature dish...be creative! i.e. Smoothie in a Jar, Fungi Apparatus Pie, etc.)

\_\_\_\_\_

**Where did the recipe come from and how did it come about?** (family recipe, your dog told you, 4 am concoction, etc...) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Favorite memory of sharing it with others:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**If the food was a Phish song what would it be?** \_\_\_\_\_

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**If the food was a Phish show which one would it be and why?**

\_\_\_\_\_

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## The Recipe

### Ingredients

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### Directions (include # of servings and, where applicable, cooking/baking temperatures)

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Mail your completed, signed form, along with a photo of yourself with the food to:

**The Healthy Hippie 285 Flynn Ave, Burlington, VT 05401**

Please note: While all recipes are accepted and very much appreciated, limitations to the size of the book may result in our being unable to include every recipe submitted.

*By submitting your recipe, name, story and/or picture, you acknowledge that you retain the rights to the recipe, name, story and/or picture, but allow Pete Mason and Taraleigh Silberberg to print the recipe in Phan Food, as well as use the recipe in websites, emails and advertisements.*

*Signature and date:* \_\_\_\_\_