

Recipe Reprint Guidelines

Thanks for your interest in using some of the great recipes on the Oldways Whole Grains Council website. We appreciate your help in spreading the word about whole grains, whether you're a journalist, a health professional, a teacher – or just simply a whole grains lover!

The recipes at WholeGrainsCouncil.org have been contributed by many different people and organizations, all of whom have their own guidelines for how (or whether) their work can be reprinted. When considering reuse of any of these recipes, you agree to these two steps:

- 1) Check the lists below, for the appropriate permissions by recipe source.
- 2) Credit all recipes as “Courtesy of the Oldways Whole Grains Council and [author]” –with authors credited exactly as they are credited on recipe as it appears on our website. If online, please include a link to our website [wholegrainscouncil.org] and to any website cited in the author credit. (Links to books are optional).

We would also appreciate it if you include a reference to and link to the WGC website somewhere in your article or recipe, such as “For a wealth of good information about whole grains, visit wholegrainscouncil.org.”

You can see a few examples of how to do all this, after the lists below.

Your best choice for recipe reprints

Search for “Staff Favorites” under “Other Options.” Everything tagged as a Staff Favorite is an Oldways recipe for which we also have a hi-res image. If you can't find what you want among the Staff Favorites, check the options below.

Recipes from these sources are okay to reprint, without contacting us, as long as you credit the source as described above:

Recipes from Oldways staff (without hi-res images)

Recipes from companies

Recipes from these individuals

- Amy Sherman
- German Lam
- Jesse Cool
- John La Puma, MD
- Kaisa Poutanen
- Kathryn Conrad
- Kim Wirth
- Paul Lynch
- Ken Jones

Recipes from the individuals below require permission from the publisher or author on a case by case basis. Please contact them directly.

- Jennifer Iserloh (email jennifer@skinnychef.com)
- Judith Finlayson (email Marion Jarkovich mjarkovich@robertrose.ca)
- Leslie Cerier (email Anthony Pomes sq1marketing@aol.com)
- Linda Wilbert-Steward (email lindasbread@gmail.com)
- Lisa Gosselin (email lisa@eatingwell.com)
- Lorna Sass (email LornaSass@verizon.net)
- Martha Rose Shulman (email Martha_shulman@yahoo.com)
- Robin Asbell (email robinasbell@aol.com)

For recipes not included on these lists:

You may occasionally run across a recipe from an individual that is not yet included in any of the lists above. Please email us (caroline@oldwayspt.org) to find out how to proceed – or simply pick another recipe.

Examples of how to credit recipes from the WGC website.

1) Creamy Cannellini Bean and Amaranth Soup

Recipe courtesy of Lori Sobelson, from the [Bob's Red Mill](#) cookbook [Whole & Healthy Grains for Every Meal of the Day](#).

Link from Bob's Red Mill → <http://www.bobsredmill.com>

2) Southwest Salsa Bites

Janet Gilbert - 2007 "Rice to the Rescue!" Recipe Contest Winner, Best Whole Grain Brown Rice. Courtesy of [USA Rice Federation](#).

Link from USA Rice Federation → <http://www.usarice.com/>

3) Tailgater's Favorite Stew

Contact publisher before you do anything, as per author Judith Finlayson!