Tasmanian Men's Shed's

Cook Book

It's time to stir the Pot!

Several of our Sheds have had the pleasure of hosting Eat Well Tasmania's 'Plate with a Mate' lunch. The last one, held at our South Arm Shed, required the men attending to bring along their favourite recipe and the story behind it. And they did! I've noticed during my Shed visits that Shed Members at smoko are often sharing recipes.
So, we're gathering favourite recipes from Shed members across Tasmania to create a community cookbook that celebrates good food, good stories, and the spirit of the Tasmanian Men's Shed Movement.

Whether it's a legendary BBQ marinade, a hearty stew, or a simple dish that brings back memories—we want to hear from you.
We're especially looking for: Recipes that are seasonal, budget-friendly, and nourishing A short story or memory behind the dish (optional but encouraged) and even better a photo of you cooking it!

Deadline for submissions: Friday 4 October 2025

We're aiming to publish the cookbook in time for December—just in time for summer gatherings, end-of-year celebrations and the perfect Christmas gift.
How to submit: We will send you a submission form and a copyright guideline to help you share your recipe safely and clearly. You can also email your recipe and story to us.
This project is proudly supported by Eat Well Tasmania, encouraging healthy, seasonal eating and community connection through shared stories and recipes.

So lets get behind this everyone – each Shed will receive a couple of free copies to either keep, gift or sell. Any questions, give me a call!

Wendy

TASMANIAN MEN'S SHED ASSOCIATION INC

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