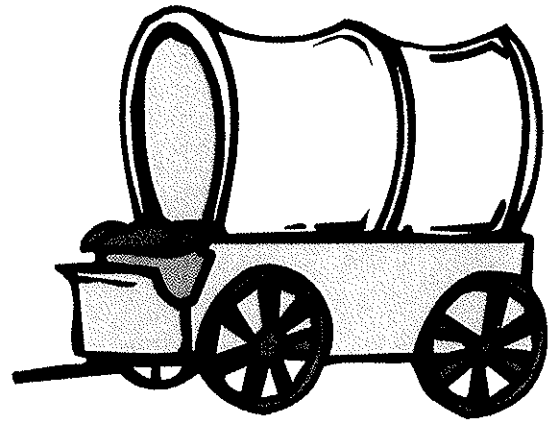


Planning a Pioneer Outdoor Cooking Camp for Family Day Camp

For more information on this material please contact:
Melanie Jewkes & Troy Cooper
4-H Agents
Duchesne County

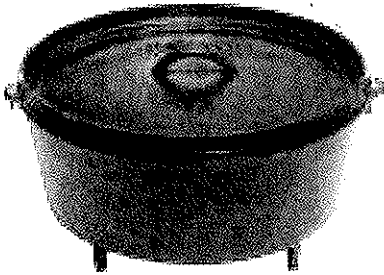
The Way of the PIONEERS...

Adapted to our time!



For all
4-H age
youth.

Parents
also
invited!



Call to register.
(435) 738-1140
*There will be a
small to-be-
determined fee to
help cover costs of
food and equip-
ment.*

4-H OUTDOOR Cooking Camp

Tuesday July 22, 2008

Duchesne County Fair Grounds

9:00a.m.—1:00pm

Join the USU Extension 4-H office along with John Foster, NaDean Lewis and other **local favorite Dutch-oven chefs**, in learning the ol' pioneer ways of cooking.

Other outdoor cooking methods will be taught and demonstrated.

The day will also be filled with Pioneer games and activities.

UtahState
UNIVERSITY

COOPERATIVE
extension 

For more information,

contact Troy Cooper or Melanie Jewkes at 738-1140

"Utah State University is an Affirmative Action/Equal Opportunity Institution."

How to Plan an Outdoor Cooking Camp

Melanie D. Jewkes, FCS/4-H Agent, and Troy D. Cooper, AG/4-H Agent Duchesne County
<http://extension.usu.edu/duchesne> (435) 738-1140, melanie.jewkes@usu.edu, troy.cooper@usu.edu

1st—Get together a committee

- utilize community outdoor cooking gurus (visit with Dutch oven cooks at County Fair; talk to Scout leaders)
- utilize 4-H volunteers who have experience with cooking camps
- utilize Food Sense Nutrition Educators, who can head up one demonstration, like veggie kabobs
- utilize Teen Council to help with anything, particularly pioneer games, 4-H songs, etc.

2nd—Plan events and food

- use outdoor cooking/Dutch oven curriculum
- balance meals with MyPyramid (see mypyramid.gov)
- consider having someone from the Forest Service come talk about fire safety

3rd—Advertise like mad

- flyers sent out to newsletter mailing list
- in newspaper
- on radio
- Local Emergency Planning Committee

4th—Enjoy the day!

- Let everything just happen, and if something doesn't happen as planned, chances are those in attendance won't even notice.

5th—Remember Thank You's for committee and special guests

- outdoor cooking equipment is a good idea (over-the-fire sandwich makers, heavy-duty cooking mitts, etc.)

SAMPLE SCHEDULE

Time	Group 1	Group 2	Group 3	Adults
9am	sign-in, pay, welcome, introductions, 4-H Pledge/song			
9:30am	assembly of tin foil dinners			
10am	Help with Dutch Oven/BBQ Kabob	Ice Cream Help with Dutch Oven/BBQ Kabob	Pioneer Games Ice Cream Help with Dutch Oven/BBQ Kabob	Dutch Oven
10:30am	Pioneer Games			
11am	Ice Cream	Pioneer Games		
11:30am	Fire Safety--Lewis from the Forest Service 790-7083 (cell)			
12pm	Eat, Drink, Be Merry			
12:30pm	eat, clean up, play more pioneer games if wanted, good bye			
1pm				

PIONEER GAMES

(a google search will give you more game ideas)

Drop the Handkerchief

Items: 4 or more players, handkerchief

Drop the Handkerchief is similar to Duck-Duck-Goose. Form a circle of players facing each other. The person that is "it" will go around on the outside of the circle. The person that is "it" will drop a handkerchief behind one of the other players. The person that drops the handkerchief will race around the circle in hopes they won't get caught by the person the handkerchief was dropped behind. The people around the circle has to keep checking to see if the handkerchief was dropped behind them. The person where the handkerchief was dropped picks up the handkerchief and chases after the person. The first one to sit in the empty spot wins. The one who loses will be "it" next.

Rolling the Hoop

Items: a hulla-hoop and a stick

Children run along beside a hoop, rolling it by using a stick. Sometimes races were held to see who could be the fastest. There were also contests to see who could roll the hoop farthest or who could keep it rolling for the longest time.

Stick-Pulling

Items: a broom stick or similar stick

Two people sit facing each other, holding the stick. They try to pull the other up without being pulled up themselves.

Wheelbarrow Racing

Items: two people

One person lays on his/her stomach, as if he/she were getting ready to do a pushup. The other person stands by the legs of the person laying down, and grabs the ankles. The one on the ground will walk on his/her hands to the finish line.

Three-Legged Racing

Items: handkerchiefs or rope to tie legs together

Sack Racing

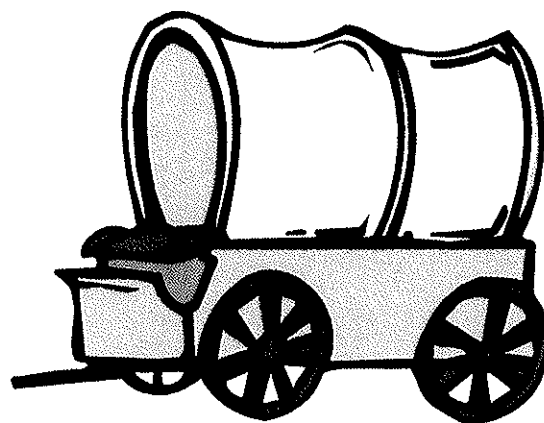
Items: feed bags, potato bags, etc.

Tug-of-War

Items: Long rope, pulled over some sort of marking (or, you can use a pool of water, etc).

**The Way of the
PIONEERS...**

Adapted to our time!



**4-H OUTDOOR
Cooking Camp
Recipes**

Tuesday July 22, 2008

Duchesne County Fair Grounds



<http://extension.usu.edu/duchesne>

UtahState
UNIVERSITY

DUCHESNE CO.
extension



"Utah State University is an Affirmative Action/Equal Opportunity Institution."

Tin Can Ice Cream



Ingredients:

- 1 cup milk
- 1 cup whipping cream
- 1/2 cup sugar
- 1/2 teaspoon vanilla
- Nuts, fruit, jam, etc. (optional)

1. Mix all ingredients together, put in a leak proof container.
2. Pack the following into a tin can: crushed ice and about 1 cup rock salt. Put on a tight fitting lid (use duct tape if needed). Roll back and forth on the floor for 10 to 15 minutes.
3. Remove lid, stir ice cream mixture. Return to can, and roll for another 10 minutes. Open and Serve! Makes 4 servings.

Hobo Dinners

Ingredients:

- 1 pound ground beef
- 5 potatoes, peeled and cut into steak fries
- 4 large carrots, peeled and sliced lengthwise
- 1 onion, peeled and sliced into rings
- Any other vegetables!
- cabbage and aluminum foil
- salt and pepper to taste

1. Cut vegetables to desired size (sliced or cubed), and cut aluminum foil in to large squares.
2. Place a large piece of cabbage on top of aluminum foil. Make hamburgers out of the ground beef and place the hamburger on the cabbage. Add vegetables and seasonings as desired.
3. Fold the foil in to seal the food. Apply a few layers to be sure the food is well sealed.
4. **THREE WAYS TO COOK:** Always place seam side up when cooking. You may want to double wrap if cooking on a campfire or grill.

CAMPFIRE: Place on hot coals near the edge of your campfire and allow to cook 25-30 minutes, or until meat is done.

GRILL: Place on medium/hot grill for 40 minutes; rotate 1/2 way through cook time.

OVEN: Preheat oven to 350°F Place on cookie sheet or cooking stone; bake for 30 to 45 minutes, or until meat is done.

OPEN CAREFULLY!

Marinated Barbequed Vegetables

Ingredients:

- 1 small eggplant, cut into 3/4 inch thick slices
- 2 small red bell peppers, seeded and cut into wide strips
- 3 zucchinis, sliced
- 6 fresh mushrooms, stems removed
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup coarsely chopped fresh basil
- 2 cloves garlic, peeled and minced

1. Place eggplant, red bell peppers, zucchinis and fresh mushrooms in a medium bowl.
2. In a medium bowl, whisk together olive oil, lemon juice, basil and garlic. Pour the mixture over the vegetables, cover and marinate in the refrigerator at least 1 hour.
3. Preheat an outdoor grill for high heat.
4. Place vegetables directly on the grill or on skewers. Cook on the prepared grill 2 to 3 minutes per side, brushing frequently with the marinade, or to desired doneness.

Prep Time- 20 min Cook Time- 5 min (5 servings)

<http://allrecipes.com/Recipe/Marinated-Barbequed-Vegetables/Detail.asp>

Pineapple Upside Down Cake

Ingredients:

- 1 can pineapple (6 oz)
- 1/2 cup brown sugar
- 2 yellow cake mixes (and ingredients to make)
- 1 square butter or margarine



1. Mix cake mixes according to directions. Line the Dutch Oven with aluminum foil.
2. Place oven onto the heat, level it and melt the margarine in the oven. When melted, add the brown sugar, then the pineapple slices. This will be the glaze.
3. Pour cake on top of glaze. Bake for approximately 25 minutes. Check it every 15 minutes and when golden brown, test it to see if it is done. If it is, take off the heat and lift the cake out of the oven by the aluminum foil. Put a pan or board on it and then turn it over quickly so that the glaze is on top. Remove the foil.

Biscuit Twisters

Ingredients:

- Biscuits or biscuit mix and milk/water
- Sticks (greener is better)

1. Make or set out biscuits on a plate, or flat surface.
2. Twist the dough around the stick. Hold rotating slowly over hot coals or fire until cooked.

Chocolate Orange Campfire Cakes

Ingredients:

Oranges
Chocolate Cake mix (and things to prepare it)
Aluminum foil



1. Cut the top off the oranges and eat them out with a spoon. This works good with any oranges but try to get the ones with thicker skins if you can.
2. Mix-up the cake mix. Pour the cake mix into the orange peels and wrap them in aluminum foil so that they look sort of like a Hershey kiss twist at the top of the foil.
3. Place these in the fire on the edges of the coals or wood. When you can smell them cooking they are done. Times vary because of the differences in the fire temperatures.

Aluminum Eggs (Foil Breakfast)

Ingredients:

Eggs
Sausage
Hash browns
Salt and pepper to taste

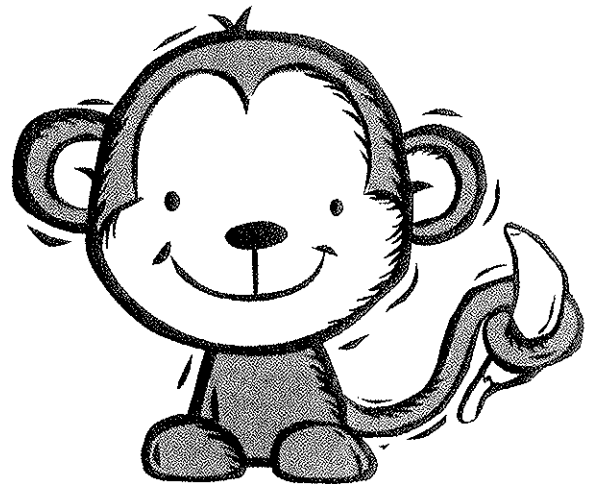
1. Place potatoes, scrambled egg (doesn't need to be cooked), sausage patty, and spices in foil.
2. Wrap securely in aluminum foil, and place on coals for 15 minutes.
Open and enjoy!

Banana Boats

Ingredients:

2 bananas
1/4 cup semisweet chocolate chips
1/4 cup miniature marshmallows

1. Slit each banana lengthwise through the peel, making sure not to cut all the way through to the other side. Stuff the bananas with marshmallows and chocolate chips.
2. Wrap each banana in aluminum foil and cook over a fire, on the barbecue, or in a 300 degree oven for 5 minutes, or until chocolate is melted.
Eat with a spoon.



Outdoor Cooking Notes:

