

Outdoor Eating



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4-H Food And Fun—Unit III

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OUTDOOR EATING

Let's Eat Outdoors!

Maybe a good friend suggests this on the first warm day in the spring. Glad that someone suggested it, you pack a simple lunch in a hurry. But you make sure that there is plenty of hot cocoa in the thermos jug, for this early day will surely be chilly.

Singing is part of the fun outdoors. Find some good tunes in our book, *Sing with 4-H*.

You're happy that this is the first in a season of happy times outdoors. *So am I!* Here are activities for this unit.

PLAN AND PREPARE five or more of the following

- Nosebag or knapsack lunches for hikes
- Simple meal over an open fire
- Meal in outdoor fireplace
- Meal in pit or imu (eem oo)
- Meal without kitchen utensils
- Family picnic
- Clam bake
- Salmon or chicken barbecue
- Meal using reflector oven

BUILD AND CARE FOR five outdoor fires

DO ONE OR MORE of these:

- Make a reflector oven
- Make a pit or imu
- Collect simple equipment suitable for outdoor cooking (give cost)

CHOOSE THESE in addition if you wish—

- Plan and organize an overnight hike
- Assist with planning and preparing food at a Club camp or outdoor cooking activity

JUDGE OR SCORE

- Foods cooked, fires made, ability as a camper

EXHIBIT

- Reflector oven
- Simple equipment for outdoor cooking
- Equipped picnic basket
- Tin can cooking equipment

DEMONSTRATE OR GIVE ILLUSTRATED TALKS

- Fire building and pit building
- Simple equipment for outdoor cooking
- Foods for outdoor meals

Here are some ideas for your project, "Outdoor Cooking." Ten meeting plans are given. You'll probably have others to add. This plan is outlined to help you learn to cook outdoors and enjoy it.



meetings 1 and 2

OUTDOOR LIFE

When those first warm spring breezes come your way, it's time to start planning with your family, your gang, your 4-H Club for good times out of doors. Will it be the beach, the mountain trail, the backyard that calls you out? Wherever you go, outdoor life brings you good appetites. That means planning for food. You may also need equipment for eating and sleeping out and for building fires, too.

Let's size up the situation.

SHOW HOW OR ILLUSTRATE

What to wear when hiking

What to take when camping

Packing a nosebag or knapsack lunch

Packing or equipping a picnic basket

ACTIVITIES AT HOME

Talk over project with your family

Plan for hikes or picnics

Pack nosebag or knapsack lunches or picnic baskets

Build and care for fires

Record what you did on the last page

"DOINGS" AT THE MEETINGS

DISCUSS

Selecting places to hike and picnic

Food planning for hikes and picnics

Equipment for hikes and picnics—car kits, baskets

Clothing for hikes and picnics



meeting 3

SUNRISE BREAKFASTS

*"Up, then, my comrades,
Up, then, my comrades,
Let us be greeting the morn so blue."*

You and your best pals will enjoy that early morning breakfast with the smell of the open fire in the air. Eggs and bacon on a flat rock, toast, cocoa, and fruit—and plenty of them—will give you a good start for an outdoor day.

"DOINGS" AT THE MEETINGS

DISCUSS

- Plans for the breakfast
- Food for two or three
- Minimum equipment
- Wood for open fires

SHOW

- How to build and care for a small open fire
- How to cook eggs and bacon on a flat rock
- How to make cocoa powder with dry milk solids
- How to heat cocoa
- How to prepare and use a large tin can for cooking

JUDGE

- Quality of foods and fires made

ACTIVITIES AT HOME

- Practice building and caring for open fires
- Practice cooking with minimum equipment
- Go on sunrise breakfast
- Record what you did on the last page





meetings 4 and 5

CAMPFIRE SUPPERS

Campfire suppers on moonlight evenings give you another chance to see Nature at her best and enjoy the fellowship of good friends.

If you are on the food committee for the supper, consult booklets on camp cookery. USDA Program Aid 227, *Using Dry Milk Solids*, gives suggestions.

"DOINGS" AT THE MEETINGS

DISCUSS

Food plans for a large group

Committees on fire building, food, recreation, and camp cleanup

SHOW

How to cook—

Roast corn on cob (in husks or in foil)

Beef or fish kabobs (on sticks or skewers)

Angels on horseback (on sticks)

Baking (reflector oven)

With nonfat dry milk solids

How to store food outdoors

How to purify water

ACTIVITIES AT HOME

Practice cooking outdoors

Build and use a reflector oven

Take charge of a campfire supper

Record what you did on the last page



meetings 6, 7, and 8

BACKYARD IMUS

Be a modern Robinson Crusoe and try cooking in a hole. Imu, barbecue pit, call it what you will—it's fun. In Washington, 4-H campers have built them on beaches and on the edges of wooded hillsides.

Salmon and poultry are two favorites in Washington. Wrap your poultry or fish, potatoes or root vegetables while the fire burns into coals for long, slow cooking.

"DOINGS" AT THE MEETINGS

DISCUSS

- Place for imu
- Plan for digging and lining with stones
- Foods to cook in pit and other foods to serve

SHOW

- How to prepare and wrap foods for imu
- How to cook in imu—beans, meat, fish, chicken, root vegetables
- How to use pit for broiling
- How to make and use a wire broiler to use over pit
- How to make a barbecue sauce

GATHER FOODS OUTDOORS

- Pick wild berries or catch fish if you're near a stream or lake

ACTIVITIES AT HOME

- Practice cooking outdoors
- Build an imu
- Make a large wire broiler
- Cook meat, poultry or fish, and vegetable in imu
- Record what you did on last page



meetings 9 and 10

OVERNIGHTS

When you pack for an overnight and start down the trail, you are beginning an exciting adventure.

Be sure you have a complete list of all the gear you need—your sleeping equipment, first aid items, flashlight, fire building tools, and the food, of course. You want the essentials but don't overload.



"DOINGS" AT THE MEETINGS

DISCUSS

- Sites for overnights
- Planning the trip
- Making lists of items needed
- Camp cleanliness

SHOW

- How to pack the food
- How to make one-dish meals
- How to make simple desserts

ACTIVITIES AT HOME

- Make a plan for an overnight
- Prepare food outdoors
- Complete your record on last page

What I've Done at a Glance

(Mark it down each time you do a job)

JOB	PLACE TO MARK
Packed nosebag or knapsack lunches	
Made simple meals without kitchen utensils	
Made meals in outdoor fireplace	
Made a pit or imu	
Made meals in a pit or imu	
Prepared a family picnic	
Had clam bake, a salmon or poultry barbecue	
Made a reflector oven	
Made meal using reflector oven for baking	
Built and cared for outdoor fires	
Made or collected simple equipment for outdoor cooking	
Equipped a family picnic box or basket	
Planned and organized an overnight	
Assisted with food at Club camp	

SUMMARY OF FIVE OUTDOOR EATING SESSIONS:

Kind	Number attending	Success of outing
1.		
2.		
3.		
4.		
5.		

Be sure to list these activities on your summary sheet in 4-H Record Book.

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