

CAMPING IN THE FALL (submitted by Cindy McInnis)

Fall is an amazing time to camp - no bugs and your ice doesn't melt; but it can get cold, so following are some tips for Fall camping:

Food

- Always have hot water going for hot chocolate, tea, or cup a soup.
- Eat before you go to bed, be sure to include protein.
- Think when planning meals; make them hardy (see below).

Clothing

- Dress in layers. During Fall, the weather changes by the minute so make sure you're ready to take off and put on as necessary.
- Water proof gear is very important, including foot wear, and it never hurts to have an extra pair of boots just in case one pair gets wet. Nothing will get you cold faster than cold wet feet.
- Cotton absorbs and holds moisture, so avoid it if possible.

Sleeping

- 2 hot water bottles in your sleeping bag can make you toasty warm, one at the foot of your sleeping bag and one to cuddle. Do not over fill them, and it is best to use one with a cover. In the morning the water is still toasty warm to wash your face with.
- Use a closed cell sleeping pad of some sort. Open cell foam soaks up water and moisture, and the air in an air mattress gets very cold, making you cold.
- If you put an emergency blanket under you, shiny side up, it will reflect your own heat back at you.
- The use of a sleeping bag liner is much more beneficial than a extra blanket that usually falls off you.
- There is also something called a penguin or overbag, which goes over your sleeping bag and can add up to 15 degrees of warmth.
- A toque for sleeping makes a great deal of difference also, as all your heat escapes through your head.
- Always change all your clothing before you go to bed and be sure to go to the washroom as it will make a huge difference.

Recipes for Fall Camping

BEEF AND BEAN HASH

Ingredients

- 1 tablespoon vegetable oil
- 1 pound lean ground beef
- 2 cups corn
- 3-1/2 cups ranch-style beans (aka baked beans)

Cooking Instructions

1. Heat oil in a large skillet over medium high heat. Saute ground beef until browned; drain.
2. Stir in corn and beans and bring to a boil; reduce heat to low, cover and simmer for 10 minutes.

HAMBURGER SOUP – GREAT TO MAKE AHEAD AT HOME AND KEEP ON THE BURNER ALL WEEKEND

Ingredients:

- 1 1/2 lbs ground beef
- 1 medium onion, finely chopped
- 1 – 28 oz can tomatoes
- 2 cups water
- 3 – 10 oz cans beef consommé
- 1 – 10 oz can tomato soup
- 4 carrots, finely chopped
- 1 bay leaf
- 3 sticks celery
- finely chopped parsley
- pepper to taste
- 1/2 cup pot barley

Instructions:

Brown meat and onions. Drain well. Combine all ingredients in large pot. Simmer covered, at least 2 hours, or all day. Serves 10.

Mountain Man Breakfast — this will keep the kids going until lunch

1 lb. bacon	10 medium potatoes; sliced
2 medium yellow onions; diced	12 eggs; beaten
1 1/2 cups fresh mushrooms; sliced	salt and pepper to taste
1 bell pepper; diced	3 cups grated Cheddar cheese
3 cloves garlic; minced	picante sauce

Heat a 12" Dutch oven using 18-20 briquettes bottom until hot. Cut bacon into 1 inch slices. Add to Dutch oven and fry until brown. Add onion, mushrooms, bell pepper and saute until onions are translucent. Add potatoes and season with salt and pepper. Cover and bake using 8 briquettes bottom and 14-16 briquettes top for 30 minutes. Season eggs with salt and pepper then pour eggs over top of potatoes. Cover and bake another 20 minutes. Stir gently every 5 minutes. When eggs are done, top with cheese and replace lid. Let stand until cheese is melted.

Serve topped with picante sauce.

Serves: 10-12