



Florida State Parks
29
JUNIOR RANGER

CAMPFIRE COOKING

Name _____

Date _____ Park _____



Whether you are staying in a tent, recreation vehicle or cabin, cooking over an open fire is an unforgettable experience. Cooking outdoors also connects you to Florida's rich history in a very real way. American Indians, European explorers and the first settlers of Florida often cooked outside and over open fires. Cooking outside was a great way to keep your home cool before the invention of air conditioning. If you are campfire cooking today, follow these campfire safety tips!



CAMPFIRE SAFETY TIPS

- Get a parent or guardian to help you build a fire.
- Remember to keep fires in campfire rings.
- Never collect firewood in a Florida state park. Park staff can assist you in getting firewood.
- Always check with the ranger station if there are any fire restrictions.

Who is helping you cook? _____

What meal or dish are you going to cook? _____

How are you going to cook? Circle one:

A. On a fire ring

B. On a Grill

C. On a camping stove





RECREATION ACTIVITY

CAMPFIRE COOKING

Try this healthy recipe today or on your next visit to a Florida State Park. Answer the questions below and always remember to follow the campfire safety tips.

SAVORY SQUASH

Materials

- 1 Square Foot of Aluminum Foil
- 1 Knife
- 1 Pair of Tongs

Ingredients

- 1 Summer Squash
- 1 Zucchini
- Olive Oil
- Salt and Pepper

Preparation

1. Get an adult to help you build a fire, let the coals get hot while you prepare the food.
2. Have an adult to help you cut the zucchini and squash into $\frac{1}{2}$ inch cubes.
3. Place a handful of each in the center of the aluminum foil.
4. Drizzle with oil and season with salt and pepper.
5. Fold the aluminum foil like a burrito, making sure the vegetables are completely sealed in a pouch.
6. Have an adult place the pouch in the coals of the fire for 10 minutes.
7. Use tongs to remove the pouch, let cool, open and enjoy.



Want more recipes? Check out Florida State Parks Pinterest page for more healthy campfire cooking recipes at www.pinterest.com/FLStateParks/



Start your own collection of campfire recipes and ask family and friends to share their favorite recipes with you! Will you share with us online? Don't forget #FLStateParksJrRanger

What is your favorite dish to cook over the campfire? _____

What was easy to cook over a campfire? _____

What was difficult? _____

What did you like best about eating food cooked over a campfire?
