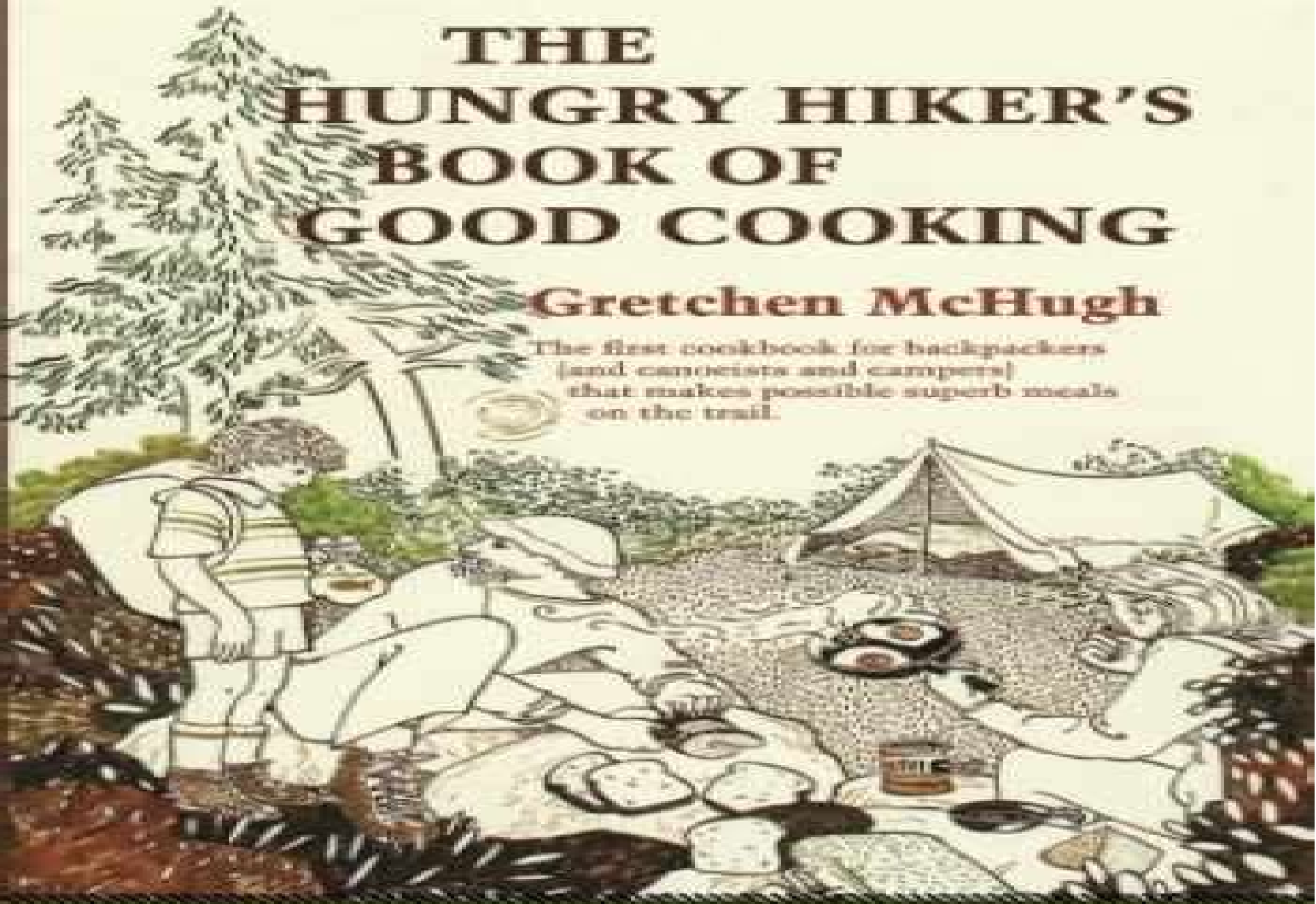


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The Hungry Hikers of Good Cooking

Zhe Xu



The Hungry Hikers of Good Cooking:

The Hungry Hiker's Book of Good Cooking Gretchen McHugh, 2012-11-19 A new edition to celebrate the 30th birthday of the classic outdoors cookbook When it appeared in 1982 The Hungry Hiker was the first cookbook for backpackers and canoeists and campers that made possible superb meals on the trail At the time the renowned food writer James Beard summed it up There are all kinds of simple but delicious soups camp breads main dishes salads and even desserts Since then tens of thousands of Hungry Hikers have become happy eaters and more than a few stay at homes have discovered how to make simple delicious meals quickly and easily What's more The Hungry Hiker features extensive information about planning hikes with suggested menus and packing ideas for one to 10 campers The author describes sources of packable food and tells how to make delicious meat jerky dried vegetables and tasty fruits and snacks The Hungry Hiker is ideal for outdoors teachers guides and group leaders in addition to all individuals who want to eat well in the outdoors This newly republished edition contains all the features of the original plus some updated information and comments on food and equipment sources Writing in The Adirondack Almanack recently John Warren praised Gretchen's straightforward approach Thanks to the book's emphasis on skills and mostly natural foods the book is as relevant today as it ever was The book's focus on whole foods simply and tastefully prepared echo the values of today's urban homesteaders locavores and young farmers The Hungry Hiker's Book of Good Cooking was first brought out by the publishing house of Alfred A Knopf which teamed Gretchen with editor Judith Jones who brought French cuisine to the US via the works of Julia Child and illustrator Susan Gaber whose whimsical drawings add zest to the humor and good sense of the author

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revised updated and comprehensive guide to backpacking with a complete view of modern day backpacking The Backpacker's Field Manual covers the best in gear first aid and Leave No Trace camping and also includes chapters dedicated to trip planning cooking and nutrition hygiene and water purification and more Whether you're about to set off on your first hike or have been camping for decades The Backpacker's Field Manual is an indispensable guide for trip planning strategies and also works as a quick reference on the trail for Backcountry skills how to forecast the weather identify trees bear proof your campsite wrap an injured ankle and more with over one hundred illustrations to guide you Tricks of the trail time tested practical lessons learned along the way Going ultra light downsizing suggestions for those who want to lighten up Every traveler knows that space in a backpack is limited so on your next trip carry the only guide you'll ever need this one and take to the great outdoors with confidence

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Hiking and Backpacking Victoria Logue, 2013-03-01 Hiking Backpacking Essential Skills to Advanced Techniques provides backpackers of all skill levels with the fundamental techniques and advanced tricks of trailsmithing needed to plan and carry out an enjoyable and rewarding outdoor adventure

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Hiking Adventures with Children Kari Jones, Sachiko Kiyooka, 2005 Experienced hikers Kari Jones and Sachiko Kiyooka replenished their souls in nature for many years before their children were born When they became mothers they learned to adapt their ways of enjoying the outdoors so that taking pre schoolers on their excursions would be a gift not a burden In this book the first outdoor adventure guide written specifically for parents of young children they share what they have learned Their practical guide to child friendly destinations covers six day hikes four overnight trips and five long weekends It includes information on planning and on packing gear and food ready to use checklists for easy organizing identification guide to plants animals and tidal life safety information geared specifically to children's needs First Nations and natural history for each destination

Appalachian Trail Hiker Victoria Logue, Frank Logue, 2013-05-15 The Appalachian Trail Hiker is a one stop guide to preparing for and hiking the A T Although primarily geared to prepare and sustain the intrepid thru hiker the book is also a must have for anyone who wishes to experience the A T whether for an hour or for six months

Adirondack Life, 1991

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