



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.
- Never collect firewood in a Florida state park. Park staff can assist you in getting firewood.
- Remember to keep fires in campfire rings.
- 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





C. On a camping stove







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

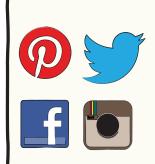
1 Pair of Tongs

Preparation

Ingredients 1 Summer Squash 1 Zucchini

Olive Oil Salt and Pepper

- 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.
- Place a handful of each in the center of the aluminum foil.
- 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 recipies 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?