

Consuming Thoughts

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Do you want to escape the pressures of everyday living, get back to nature — fresh air, exercise and old-fashioned outdoor cooking?

Camping, when done right, is an ideal way to enjoy the wonders of nature by sleeping out under the stars, and cooking a fresh catch over an open campfire.

Camping can be a rewarding experience — provided you are prepared with proper equipment, food and supplies. Planning is the key to a good camping experience.

How much kitchen equipment you take on a camping trip will depend on your own needs. The basics

fall under five categories: cooking equipment, fuel tools, eating utensils, cleaning supplies and storage facilities. Cooking equipment should include pots, pans, can opener, mixing spoons, spatula, hot pads, and an asbestos glove for working around the fire. You may also want to pack some specialized equipment such as roasting skewers or a Dutch oven.

If you plan to cook over a wood fire, bring an ax or hatchet and a bow saw. Shovels, a sharp knife and newspaper also come in handy.

Eating supplies should include

bowls, cups, plates, glasses, flatware, napkins, perhaps a vinyl tablecloth. Using disposable products make clean-up easier.

Even if you elect to pack disposable eating ware, be certain to take sufficient supplies for cleaning, cooking and serving equipment. Dishwashing detergent, sponges, towels, a dishpan are some of the basics. Include any of your other special cleaning products.

A tough camping problem is access to reliable tap water. Bring bottled water for drinking or mixing with food. Always assume stream and river waters are not safe to drink. If you camp in remote areas, purchase commercial purification tablets or equipment and learn purification techniques.

If no safe water supply is available, or your bottled water supply is limited, use disposable wipes to clean your hands when working with food.

Take as few pots as possible. Carry items that fit inside each other. Plan one-pot meals. You can use aluminum foil wrap and pans for cooking, but take garbage bags to carry these items back to

appropriate disposal sites.

You can also save cleaning time and keep pots attractive if you rub some liquid detergent over their exteriors before using. This procedure prevents pots from turning black over an open flame. When you have finished cooking, wipe pot exteriors with a damp cloth. You will find that the detergent serves as a protective shield between the bottom of the pot and soot from the fire.

Keeping a camping kitchen neat is frustrating if you don't have

proper storage facilities. Take along some handy accessories such as ice chests, thermos bottles, plastic garbage bags and self-sealing plastic bags.

Proper planning insures a comfortable camping experience, and it also makes it possible to clean up with ease. Cleanliness is an important part of a camper's life, and good, experienced campers consider themselves honor-bound to pick up litter in a camp site no matter who left it behind.

Real Juice?

Here's a juicy piece of news: That's delicious "fruit juice" you enjoy many mornings may not be pure juice at all. Fortunately, the Food and Drug Administration's new Nutrition Labeling and Education Act makes it easier to tell what you're really buying. Here are some tips for selecting 100 percent pure fruit juice, from the Florida Department of Citrus:

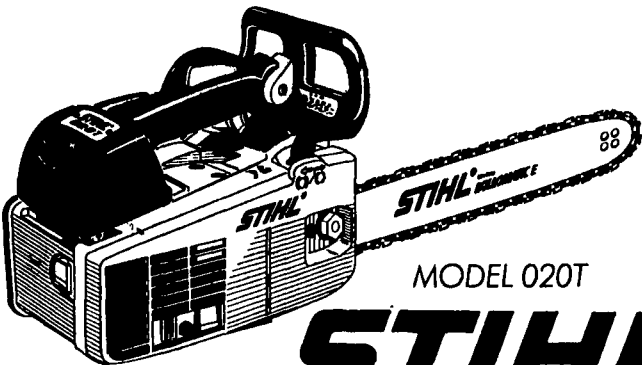
- Look for the words "100 Percent Pure Juice" on the label.
- Watch out for "juicy" product names. Words like "juice cocktail," "drink," "punch," "sparkler," and "beverage" are often clues that the product is mostly sweeteners and water.

• Choose nutrient-dense juice, such as orange or grapefruit juice. An eight-ounce glass of orange juice or grapefruit juice supplies more than 100 percent of the U.S. Recommended Daily Value (RDV) of vitamin C for an adult, and is a good source of potassium and folate.

• Look for the Florida Sunshine Tree or Seal of Approval. These are your guarantee that the product you buy is 100 percent pure orange and grapefruit juice. These products are packed to the world's highest standards and are monitored by the U.S. Department of Agriculture and the State of Florida to ensure quality.

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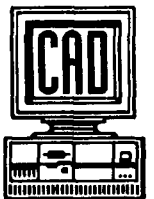
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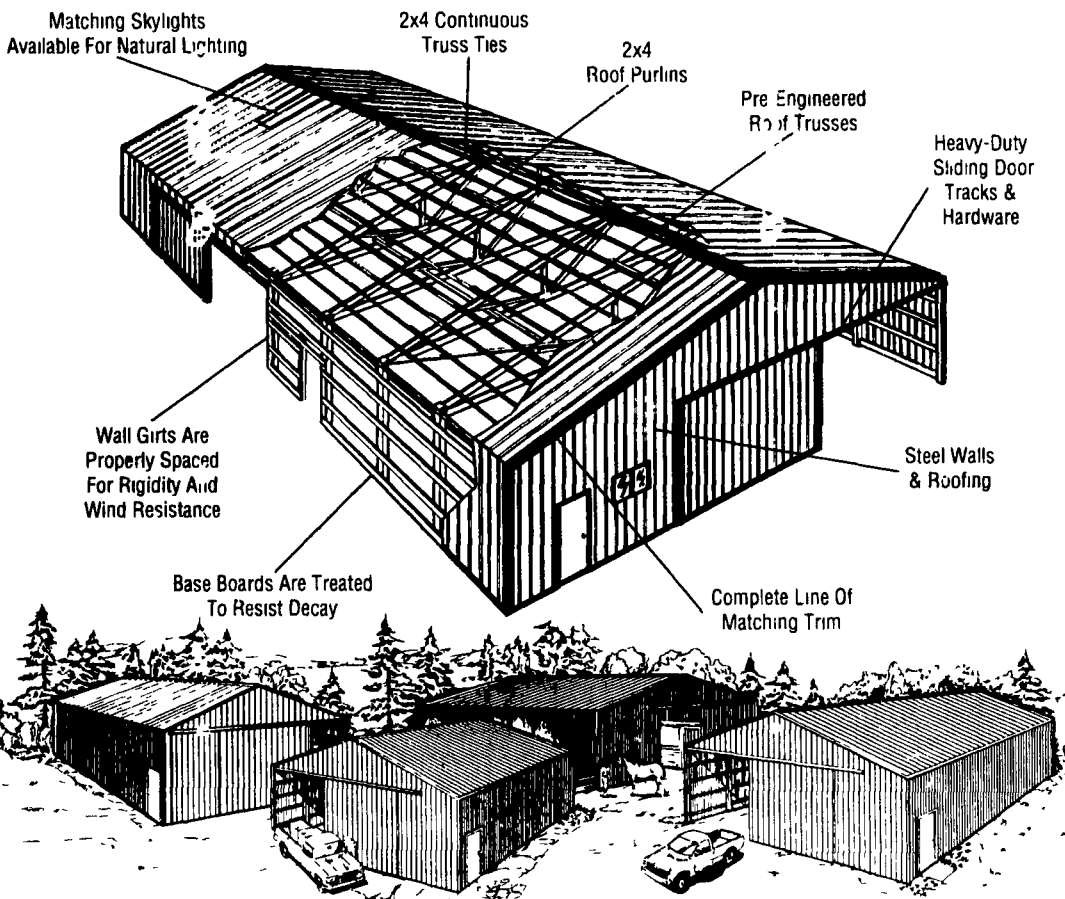
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