

MENU PLANNING FOOD PREPARATION WORKSHOP

MENU PLANNING AND FOOD PACKAGING:

Menu planning is an important part of any trip, whether it is simple day hike or a long wilderness expedition. The process is important to ensure that you do not forget some essential ingredient or equipment and to enable you to avoid carrying unnecessary food or equipment. A well thought-out menu, with notes prepared during the trip can enhance the experience gained from the trip, and can lead to refinements in planning future trips. Most campers develop their own system of menu planning based on their experiences of what works best for them. The actual process varies from individual to individual and trip to trip, depending upon a large number of factors. The following is a discussion of various approaches to planning menus.

Obviously a longer trip involving a large number of people will require more extensive planning and organization than a short trip with one or two people. However many of these basic principles apply to most trips:

- i) - selection of specific meals,
- ii) - identification of equipment and utensils required,
- iii) - preparation and packaging of meals or ingredients,
- iv) - organization of kitchen duties,
- v) - packing of food and kitchen equipment, and
- vi) - on-site preparation and cooking.

1) - SELECTION OF SPECIFIC MEALS:

The first step is to consider the size of the group participating in the trip. For larger groups it is often more practical to subdivide into smaller subgroups or "kitchens" of 4 to 6 people. Each subgroup can then plan, prepare and cook its meals relatively independent of others on the trip.

The duration of the trip is also a factor in planning meals. On shorter trips it is often practical to take fresh or frozen foods, particularly during cool weather. Longer trips require that dried or freeze-dried foods be used to reduce weight and bulk and to avoid spoiling. Weight and bulk are important factors, particularly when planning hiking or skiing trips, or for long canoe trips involving extensive portaging. For some trips it may be possible to arrange for a resupply (food cache or food drop) along the route, however this is often not practical.

The season of the year should also be considered. Hiking and canoeing during cold or damp weather requires expenditure of considerable energy just to keep warm. Menus for cold weather trips should include extra high-energy foods with considerable fat content.

In selecting foods, avoid those which require refrigeration, are in glass bottles or cans (unless they can be repackaged), which have a high liquid content (heavy).

The method of cooking is another factor in selecting meals for camping trips. Extended trips in areas where open fires are banned should not include meals which require extensive cooking, to reduce the amount of fuel that must be carried. On any trip it is wise to include a few meals (particularly breakfasts) which require little or no cooking to facilitate getting an early start in the morning, to minimize exposure to insects at a buggy campsite, or to permit camping at a site where it would not be safe to cook over an open fire. Except for very short or leisurely trips it is wise to avoid meals which require complicated cooking procedures or too many utensils.

In planning the menu, each individual's tastes and preferences should be discussed. Strong dislikes and food allergies must be taken into consideration. Some people have simple tastes and do not mind repetition (porridge every morning) while others prefer a variety of meals. Often desired variations can be accomplished by adding spices, nuts, raisins or other fruits to relatively basic and simple meals.

In selecting meals for the menu, it is useful to set up a table (see Figure 1) showing the meals (breakfasts, lunches and suppers) required for each day of the trip. Those responsible for planning the trip menu can then discuss alternatives and decide on an overall menu. Adjustments to the menu may be made during the trip to accommodate unforeseen circumstances. For example, the supper planned for the second day may be postponed to take advantage of a good fishing encounter en route. Similarly the granola breakfast scheduled for day six may be eaten on day three (in place of the scheduled pancake breakfast) to permit an earlier departure to avoid paddling against the wind on a large lake. However setting out the meal requirements as in Figure 1 ensures that an appropriate number of meals of each type will be available, and greatly assists in preparing and packaging ingredients for those meals.

In deciding upon specific meals, it is useful to have each trip participant propose, plan and prepare meals for one or more days [see iv) Organization of Kitchen Duties, below].

This often stimulates discussion during trip planning, and provides a variety of cooking and eating experiences on the trip.

Recipes for each menu item should include all ingredients. For example, if a pudding requires milk, sufficient milk (milk powder) should be packaged with the other ingredients [see 3) Preparation and Packaging of Meal Ingredients, below]] required to prepare the pudding.

In addition to the ingredients required to prepare specific dishes (recipes), additional requirements for coffee, tea, hot chocolate, sugar, milk, spices, condiments, jams, peanut butter, gorp, butter (or margarine), cooking oil, dried fruit, and staples common to many meals should be identified and quantities determined. A good supply of GORP [Good Old Raisins and Peanuts] should be included for frequent snack-breaks along the trail.

The recipes and lists of additional ingredients can then be used to prepare shopping lists and checklists to ensure that appropriate quantities of each ingredient are purchased, packaged and packed for the trip.
(See Fig. 2 and Fig 3)

2) - IDENTIFICATION OF EQUIPMENT AND UTENSILS:

This should be done in conjunction with the selection of specific meals. Obviously if recipes requiring the use of a reflector oven are included in the menu, a reflector oven must be available. A checklist of equipment requirements including cooking utensils, quantities of fuel require, etc. should be prepared and used to ensure that no necessary equipment is left behind.

Basic cooking equipment should be considered as "group equipment", available for use by any members of the group. All should be familiar with the operation of the equipment. Before the trip, agreement should be reached regarding a policy for repair or replacement of any group equipment damaged or lost during the trip.

Personal utensils (knife, fork, spoon, plate, cup, etc) may be provide and carried by each individual or can be provided and packed as group equipment [see 5) Packing of Food and Equipment, below].

3) - PREPARATION AND PACKAGING OF MEALS AND INGREDIENTS:

Most commercially available foods must be packaged or repackaged to remove unnecessary weight and bulk.

It is usually most practical to prepare and package the ingredients for each recipe separately in "meal-sized" portions. For example, the dry ingredients for the entire quantity of bannock required can be blended with the appropriate amount of oil or lard. Then 1 cup or 1.5 cup portions can be measured out and sealed in plastic bags for later use. Alternatively, the entire amount can be taken on the trip in a single container, and appropriate amounts can be measured out from the container as required.

Detailed cooking instructions should be provided for each dish. Labels and cooking instructions should be written in pencil [or non-toxic waterproof ink] and sealed inside the food package. It is useful to have an extra set of cooking instructions for complex meals in a pocket notebook.

For stews and more complex dishes where different ingredients may have to be prepared or partially cooked before being combined in a single pot, the ingredients required should be packaged in two or more containers. For example, where recipes include the use of ingredients which require rehydration (dried meats, vegetables or fruits) it is advisable to package these items in a separate plastic bag attached to the plastic bag containing other ingredients. At breakfast, ingredients for the evening meal requiring rehydration can be placed in a rehydration jar and placed in the lunch pack [see 5) Packing of Food and Equipment, below]. At lunch-time, water (preferably hot water) is added to partially rehydrate the material during the afternoon. This is particularly useful in dealing with foods that are slow to rehydrate.

All the food for a particular meal, including soup, main course dishes, and desert reach in their separate, labelled plastic bags, and with cooking instructions] can be placed in an appropriately labelled bag [e.g. supper, day 2, - minestrone soup, chicken and dumplings, vanilla/rice pudding]. All meals for each day can then be placed in a bag appropriately labelled for that day (e.g. Day 1, Day 2, etc.). Each morning (or during the previous evening) the "Day Bag" containing meals for the day can be placed in the "Kitchen Pack", along with appropriate amounts of staples (butter, coffee, tea, jam, etc.) and cooking equipment for lunch. The person(s) responsible for cooking duties on that day [i.e. the "cook(s) of the day", see 4) Organization of Kitchen Duties, below] then have the major materials needed for that day's kitchen duties.

Alternately you may wish to pack all breakfasts in a "BREAKFASTS" bag, all lunches in a "LUNCHES" bag, all suppers in a "SUPPERS" bag, all soups in "SOUPS" bag, and all desserts in a "DESERTS" bag. This facilitates more "flexible" meal selection during the trip. The cook can then select a particular supper out of the "Supper Bag", or he can randomly draw the next supper out of the bag; i.e. a "surprise. supper". However this is generally not compatible with the "cook for the day" approach [see 4) Organization of Kitchen Duties, below]; the cook on that day may not be familiar with the meal drawn at random, and everyone may get an unexpected "surprise".

Plastic bags, sealed with a "hot-wire" type bag sealer are very useful for packaging dry ingredients (dried foods, rice, flour, powdered milk, raisins, cheese, meat, crackers, bread, etc. It is extremely important that the bags be completely sealed. Do not over-fill, and remove air from the bag before sealing. Critical ingredients should be double bagged to ensure that the contents do not leak out and to keep the contents dry. If dehydrated food gets damp it will spoil very quickly. Bags containing powdered materials [flour, starch, etc.], are particularly difficult to heat-seal; take care to ensure that the area of the bag to be heat-sealed is clean and dry. If there is any doubt tape the seal or seal inside a second bag (double bag). Zip-loc bags are particularly useful as they can be resealed; use heavy duty bags. Plastic "squeeze tubes" are useful for "thick" liquids and semi-solid materials (such as margarine, jam, peanut butter, etc.), and finely divided granular materials (such as white sugar, coffee creamer, powdered milk, instant coffee, etc. However care must be taken to ensure that the caps are secure, that the bottom clip is not broken, and that excessive pressure is not exerted on the tube. Liquids such as cooking oil are best carried in Sigg bottles (be careful not to mix them up with fuel bottles~, special polyethylene (nalgene) bottles, or in their original containers.

Plastic pill bottles and film containers are useful for small amounts of food (spices, etc.). If "used" containers are to be recycled for packaging foods, make sure that they are cleaned out thoroughly.

Where relatively large containers of staples such as butter, coffee, tea, etc. are carried for use at most meals, it may be useful to carry bulk quantities in a secure container, and to carry a small amount for daily use in small easily opened containers in the "Ready-Use" pack.

If canned goods are to be used, the empty tins must be crushed and carried out. Be sure to take a can opener.

4) - ORGANIZATION OF KITCHEN DUTIES:

Depending upon the duration of the trip, the size of the group and the skills of participants, they may wish to "elect" a camp cook. Alternatively, particularly on longer trips, kitchen duties for the group can be rotated among trip members. Each participant can be "Cook for the Day", responsible for planning and preparing all meals for that day. This approach works particularly well on canoe trips with 4 to 8 participants. Each pair of canoeists can select, package, carry and prepare the meals for one or more days, on a rotating basis. Thus on an 6-day trip with 4 canoes, each pair of canoeists would be responsible for planning and preparing meals for 2 of the 8 days. Assistance from the other 6 "off-duty" participants [gathering firewood, building a fireplace for the reflector oven, etc.] is encouraged.

5) - PACKING OF FOOD AND EQUIPMENT:

Each person on the trip should carry his share of the food and group equipment. It may be necessary to distribute food and cooking equipment among several participants.

It is often inconvenient [particularly on canoe trips] for everyone to dig around in his pack at the lunch stop. It may be useful to carry a day pack [Ready-Use pack] with all the food and cooking equipment [stove and pot for tea, coffee or soup] needed for the group's meals for that day. It can be loaded with the food required for the day [lunch and supper], a stove, and the "tea" pot at breakfast. Dried food requiring rehydration for the day's supper can be placed in the rehydration bottle at breakfast and carried in the Ready-Use pack. At lunch, water (preferably hot) can be added, and the dehydrated food will partially rehydrate during the afternoon, reducing preparation time at the evening campsite. Similarly, if a supper soup is carried the Ready-Use pack, it can be placed on the stove to heat while setting up camp and preparing the rest of the meal. is also useful to have a package or two of soup readily available for use as a quick "pick-me-up" for anyone who becomes exhausted or hypothermic on the trail

If the "Cook of the Day" approach is taken, that person [or canoe-pair] can be assigned to load and carry the Ready-Use pack for the day.

6) - ON-SITE PREPARATION AND COOKING

Once a campsite is located, tent sites must be prepared, tents erected, bedding aired out and placed in the tent, meals prepared, and other chores completed. In many cases there is a considerable rush to get all these activities completed quickly. A little bit of planning and preparation can greatly facilitate completing these chores to leave time for other activities.

It is often useful to heat up a pot of tea or soup for consumption while the rest of the meal is being prepared.

Meals using dehydrated food can be prepared more quickly [and fuel conserved] by pre-soaking the dried ingredients, as discussed above. Foods which took several hours to dehydrate cannot be expected to rehydrate properly in a few minutes.

When cooking meals which require long cooking time [pastas, etc.], fuel can be conserved by heating the pot to boiling and then putting it aside, wrapped in a towel [for insulation].

An open fire should be used only where there is NO risk of it getting out of control, where firewood can be collected without disturbing the nearby environment, and where the fire- blackened stones will not leave a scar on the landscape. A stone fireplace should be constructed well away from any combustible materials and near a plentiful source of water, particularly if it is to be used with a reflector oven. The fire [and firewood] should be as small as possible, consistent with cooking requirements - no enormous "bonfires" please!

Combustible garbage should be burned, but any non-combustible materials, including residual aluminum foil from soup packages, etc.] should be picked out of the ashes and packed out. The fire should be thoroughly extinguished. Except for cooking fires at well established campsites, ashes and all partially burned firewood should be scattered. Fireplace rocks should be returned to their original location to minimize impact on the environment.

There are several very good books to assist you in planning menus. A few of the best are:

"The Hungry Hiker's Book of Good Cooking" (author - Grechen McHugh, published by Alfred A. Knopf, Inc., May 1984),

"The Well-Fed Backpacker" (author - June Fleming, published by Vintage Books, March 1986).

"The Supermarket Backpacker" (author - Harriet Barker, published by Contemporary Books, Inc., 1977), and

"The One-Burner Cookbook" (author - Harriet Barker, published by Coles, 1977).

They contain numerous recipes and cooking tips.

CHECKLIST

KITCHEN EQUIPMENT:

STOVE	FUEL (Litres)
FUEL FUNNEL	WINDSCREEN
REFLECTOR OVEN	OVEN PLATES
OVEN MITTS	LIGHTER
MATCHES	GRILL
POT -SMALL	POT-MEDIUM
POT -LARGE	POT LIFTER
FRYING PAN	SPATULA
EGG WHISK	SPOON/LADLE
MEASURING CUP	REHYDRATION BOTTLE
DISH PAN	DISH DETERGENT
SCOURING PAD	J -CLOTH
PLASTIC BAGS	CAN OPENER
CORK SCREW	BOTTLE OPENER
LUNCH PACK	

PERSONAL EQUIPMENT:

SIERRA CUP	PLASTIC CUP
PLATE	BOWL
FORK	SPOON
KNIFE	WATER BOTTLE

FOOD AND STAPLES:

SALT & PEPPER	SPICE KIT
COFFEE & TEA (bags)	POWDERED MILK & CREAMER
BUTTER	COOKING OIL (litres)
SUGAR	BROWN SUGAR
HONEY & JAM	PEANUT BUTTER
BANNOCK MIX	FISH BATTER
FLOUR	CORN STARCH
RICE	PASTA
DRY SOUPS	DRIED FRUIT
GORP/TRAIL MIX	DRINK CRYSTALS

TEN-DAY MENU PLANNING FORM

DAY	BREAKFAST	LUNCH	SUPPER	DESSERT
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

TEN-DAY MENU PLANNING FORM - EXAMPLE

DAY	BREAKFAST	LUNCH	SUPPER	DESSERT
1	AT SALISBURY HOUSE (ON THE ROAD)	BAGELS SALAMI CREAM CHEESE FRESH FRUIT	ONION SOUP STEAKS, CORN BAKED POTATOES SOUR CREAM	APPLE PIE (FROZEN) COFFEE OR TEA
2	BACON & EGGS BRAN MUFFINS JAM OR HONEY COFFEE	OXTAIL SOUP PITA BREAD CHEESE & HAM FRESH VEGETABLES TEA & COOKIES	WONTON SOUP EGG FOO YOUNG WITH SHRIMP EGG ROLLS	COFFEE CAKE (REFLECTOR OVEN) COFFEE OR TEA
3	SUPER GRANOLA BISCUITS JAM OR HONEY COFFEE	BEEF SOUP BANNOCK & JAM CHEESE & SALAMI TEA, FRUIT CAKE	VEGETABLE SOUP CHICKEN & DUMPLINGS	VANILLA - RICE PUDDING COFFEE OR TEA
4	GRANOLA PANCAKES & SYRUP COFFEE	OXTAIL SOUP RYE CRISP & JAM CHEESE & SALAMI TEA & COOKIES	CHICKEN NOODLE SOUP BEEF PASTA & PEAS BISCUITS	APPLE CRISP (REFLECTOR OVEN) COFFEE OR TEA
5	OATMEAL BISCUITS & JAM COFFEE	STEWED FRUIT BANNOCK & JAM CHEESE & SALAMI TEA & COOKIES	OXTAIL SOUP HAM DASH CORN FRITTERS GREEN BEANS	GRASSHOPPER PIE COFFEE OR TEA
6	OATMEAL PANCAKES & SYRUP COFFEE	OXTAIL SOUP RYE CRISP & LEFT OVERS GORP TEA & DRIED FRUIT	CONSUME ELEGANT CHICKEN BISCUITS	BLUEBERRY PIE COFFEE OR TEA
7	SUPER GRANOLA BISCUITS & JAM COFFEE	OXTAIL SOUP BANNOCK & LEFT OVERS (JAM, ETC)	ON THE ROAD	ON THE ROAD
8				
9				
10				

FIG. 1

RECIPE, MENU PLANNING, FOOD, AND KITCHEN EQUIPMENT BOOKS:

APRIL 1988

TITLE: More Recipes from the Backs of Boxes, Bottles, Cans and Jars.
AUTHOR: Dyer, Cecil
PUBLISHER: McGraw Hill
DATE: 1981
TOPICS: recipes, sources

TITLE: The Complete Pack Provisioning Book.
AUTHOR: Jack, Nancy
PUBLISHER: Contemporary Books
DATE: 1978
TOPICS: recipes, menus, planning, equipment, nutrition

TITLE: Gorp, Glop & Glue Stew
AUTHOR: Prater, Yvonne & Mendenhall, Ruth
PUBLISHER: The Mountaineers
DATE: 1982
TOPICS: recipes

TITLE: The On & Off the Road Cookbook.
AUTHOR: Franz, Carl & Havens, Lorena
PUBLISHER: John Muir
DATE: 1982
TOPICS: recipes, menus, planning, equipment, shopping, cooking tips

TITLE: The Well-Fed Backpacker (revised edition)
AUTHOR: Fleming, June
PUBLISHER: Vintage Books
DATE: 1986
TOPICS: recipes, menus, planning, equipment, dried foods, cooking tips

TITLE: Supermarket Backpacker.
AUTHOR: Barker, Harriett
PUBLISHER: Contemporary Books
DATE: 1977
TOPICS: recipes, menus, planning

TITLE: The One Burner Cookbook.
AUTHOR: Barker, Harriett
PUBLISHER: Coles Publishing Co
DATE: 1977
TOPICS: recipes, menus, planning, stoves

TITLE: Cooking for Camp and Trail.
AUTHOR: Bunnelle, Hasse & Sarvis, Shirley
PUBLISHER: Sierra Club
DATE: 1972
TOPICS: recipes, menus, planning, equipment, packaging, kitchen tips

TITLE: Roughing It Easy.
 AUTHOR: Thomas, Dian
 PUBLISHER: Warner Books
 DATE: 1975
 TOPICS: recipes, menus, planning, equipment

TITLE: Canning, Freezing & Drying.
 AUTHOR: Brandt, Linda
 PUBLISHER: Lane Publishing Co
 DATE: 1981
 TOPICS: recipes, drying

TITLE: How to Dry Foods.
 AUTHOR: DeLong, Deanna
 PUBLISHER: H P Books
 DATE: 1979
 TOPICS: recipes, drying

TITLE: Dry and Save.
 AUTHOR: Flack, Dora D.
 PUBLISHER: Woodbridge Press
 DATE: 1976
 TOPICS: recipes, drying, equipment

TITLE: Backpacker's Cookbook.
 AUTHOR: Cross, Margaret & Fiske, Jean
 PUBLISHER: Ten Speed Press
 DATE:
 TOPICS: recipes, planning

TITLE: The New Way in the Wilderness.
 AUTHOR: Rustrum, Calvin
 PUBLISHER: Collier Books
 DATE: 1958
 TOPICS: recipes, menus, planning, equipment, cooking tips

TITLE: The Complete Wilderness Paddler.
 AUTHOR: Davidson, James West & Rugge, John
 PUBLISHER: Vintage Books
 DATE: 1975
 TOPICS: trip planning

TITLE: Camper's Guide to Woodcraft and Outdoor Life.
 AUTHOR: Henderson, L M
 PUBLISHER: Dover Publications
 DATE: 1950
 TOPICS: recipes, menus, planning, equipment, cooking tips

TITLE: The Two Ounce Backpacker.
 AUTHOR: Ward, Robert S
 PUBLISHER: Ten Speed Press
 DATE: 1982
 TOPICS: menus, planning, cooking tips

TITLE: Walking Softly in the Wilderness.
 AUTHOR: Hart, John
 PUBLISHER: Sierra Club Books
 DATE: 1984
 TOPICS: menus, planning, cooking tips, equipment

TITLE: Fishing, Hunting & Camping.
 AUTHOR: Darymple, Byron
 PUBLISHER: Pocket Books Inc
 DATE: 1950
 TOPICS: equipment, cooking tips, recipes

TITLE: Foraging for Edible Mushrooms.
 AUTHOR: Hard, Karen & Richard
 PUBLISHER: Cloudburst Press
 DATE: 1974
 TOPICS: mushroom collection & identification, recipes

TITLE: Wilderness Cooking.
 AUTHOR: Berglund, Berndt
 PUBLISHER: Charles Scribner's Sons
 DATE: 1973
 TOPICS: recipes, menus, planning, cooking tips

TITLE: The Wilderness Handbook.
 AUTHOR:
 PUBLISHER: NOLS
 DATE:
 TOPICS: recipes, planning, equipment

TITLE: America's Camping Book.
 AUTHOR: Cardwell, Paul jr
 PUBLISHER: Charles Scribner's Sons
 DATE:
 TOPICS: menus, planning, packaging

TITLE: The Backpacker.
 AUTHOR: Saijo, Albert
 PUBLISHER: 101 Productions
 DATE:
 TOPICS: recipes, menu planning, cooking tips

TITLE: Camper's Cookbook.
 AUTHOR: Raup, Lucy G
 PUBLISHER: Charles E Tuttle Co Inc
 DATE: 1967
 TOPICS: recipes, menus, equipment

TITLE: Oven Drying.
 AUTHOR: Crowe, Irene
 PUBLISHER: Sheed & Ward Inc
 DATE: 1976
 TOPICS: drying

TITLE: Food Drying at Home the Natural Way.
AUTHOR: Beyer, Bee
PUBLISHER: Hawthorne Books \ Prentice Hall of Canada
DATE: 1976
TOPICS: drying equipment, packaging

TITLE: Putting Food By.
AUTHOR: Hertzberg, Ruth
PUBLISHER: Stephen Green Press
DATE: 1975
TOPICS: drying

TITLE: Pasta & Noodles.
AUTHOR: White, Merry
PUBLISHER: Penguin
DATE: 1976
TOPICS: recipes

TITLE: The Hungry Hiker's Book of Good Cooking
AUTHOR: McHugh, Grechen
PUBLISHER: Alfred A Knopf
DATE: 1984
TOPICS: recipes, menus, planning, equipment, cooking tips, shopping

TITLE: Northern Survival.
AUTHOR: Fitzhenry & Whiteside
PUBLISHER: Ministry of Supply & Services Canada
DATE: 1979
TOPICS: edible plants and animals, campfires

TITLE: The Complete Light-Pack Camping and Trail Food Cookbook
AUTHOR: Drew, Edwin P
PUBLISHER: McGraw Hill Paperback
DATE:
TOPICS:

TITLE: Canoeing
AUTHOR: American Red Cross
PUBLISHER: Doubleday & Co
DATE: 1977
TOPICS: menus, planning, equipment

TITLE: Introduction to Canoeing
AUTHOR: Angier & Taylor
PUBLISHER: Stackpole Books
DATE: 1973
TOPICS: menu planning, equipment

TITLE: Malo's Complete Guide to Canoeing and Canoe Camping.
AUTHOR: Malo, John
PUBLISHER: Collier
DATE: 1970
TOPICS: menus, planning

TITLE: The Outdoorsman's Guide to Wilderness Camping
AUTHOR: Durst, Douglas
PUBLISHER: McGraw Hill I Ryerson
DATE: 1977
TOPICS: menus, planning, equipment

TITLE: Indian Recipes
AUTHOR: Assiniwi , Bernard
PUBLISHER: Copp Clark Publishing Co
DATE: 1972
TOPICS: recipes, cooking tips

TITLE: Trail Food
AUTHOR: Kesselheim, Alan S.
PUBLISHER: Ragged Mountain Press
DATE: 1998
TOPICS: food drying, recipes, food packaging, cooking tips