



“Cook Like a Wild Woman”

August 22 & 23, 2009

This new **Beyond BOW** event promises to be an educational, fun, relaxed weekend of exploring wild ways to cook – no experience necessary! The goal of this course is to learn proper techniques of wild game care and cooking, to identify edible wild plants, and to forage for and harvest wild vegetables and berries. The weekend will incorporate hands-on preparation of luscious wild delicacies and cooking methods for a variety of wild game. Participants will prepare their own Saturday evening dinner and Sunday morning brunch. Recipes and menu planning will be included. This is not a vegetarian weekend!

This event will be held at Barry Conservation Camp in Milan, NH (near Berlin). You will stay in rustic camp-like cabins, with 8 cots per cabin. Bathroom and shower facilities are a short walk from the cabins. Please check the equipment list for those things you should bring. This is a rain or shine event, so please plan accordingly.

The cost of the event is \$60, which includes all meals, lodging, instruction, recipes, menu planning and cooking materials.

Weekend Schedule

Saturday, August 22

10:00 am – 11:00 am	Registration
11:00 am – 11:30 am	Welcome and program overview
11:30 am – 12:30 pm	Participants unpack and explore the area.
12:30 pm – 1:30 pm	Wild lunch prepared by BOW staff.
1:30 pm – 2:30 pm	Hatchery tour. Instruction on how to identify edible wild plants and how to collect them.
2:30 pm – 4:30 pm	Forage and collect edible wild plants, mushrooms and berries.
4:30 pm – 5:30 pm	Meet in the kitchen. Participants clean and prep game and prepare wild edibles.
5:30 pm – 6:30 pm	Participants cook and present dinner.
6:30 pm – 7:30 pm	Enjoy dinner and clean-up.
7:30 pm – 8:00 pm	Free time
8:00 pm	Campfire

Sunday, August 23

8:00 am – 9:00 am	Meet in dining room for coffee and pastries
9:00 am – 9:30 am	Pack-up and get ready for another foraging trip
9:30 am – 10:30 am	Forage for berries and vegetables
10:30 am – 11:30 am	Meet in the kitchen. Participants clean and prep game and prepare wild edibles.
11:30 am – 12:30 am	Cook brunch and set-up tables
12:30 pm – 1:30 pm	Enjoy brunch. Clean-up and wrap-up of weekend; evaluations.

“Cook Like a Wild Woman” Important Registration Information

Confirmation: Upon being registered, you will be sent a written confirmation that you have been registered in the program. If the program is full, your name will be put on a waiting list until August 3, 2009. If no space becomes available, your check will be returned, or your credit card refunded, at this time.

Cancellation Deadline: If you cancel by August 3, 2009 you will receive a full refund. Registrants who do not cancel by August 3, 2009 will be assessed the full program fee. If you cannot attend, you may send a substitute in your place. Please advise us by August 14, 2009.

Registration: Registered participants must check-in on Saturday morning between 10 am and 11 am.

Lodging/Meals: The cabins at Barry Conservation Camp are rustic, with 8 cots in each cabin. You must provide your own sleeping bag or warm linens and pillow. Please check equipment list. Showers and flush toilets are in a separate building. Most meals will be prepared by the participants in the dining hall.

Equipment: BOW will provide all the cooking equipment, recipe booklet, edible plant books, and game you will use for the weekend. Please check the attached equipment list for those things you need to bring.

BOW Merchandise: t-shirts, fleece vests, pullovers and caps will be available for purchase.

Participants are advised that photographs and/or filming may occur during the sessions and may be used in future support of the program.

Directions: Barry Conservation Camp is located at the Berlin Fish Hatchery, 3783 York Pond Road, Off Route 110, in Milan, NH. **Please note that Barry Conservation Camp is 2.5 hours and 125 miles from Concord, NH, so plan your time accordingly.** From the south: take I-93 north to exit 35, take US-3 toward Twin Mtn., continue on Rte.3N to NH Rte. 115, turn right at US-2 in Jefferson, take left on Rte, 16 in Gorham, take left at Rte. 110 in Berlin, turn left on York Pond Road, follow this road to the hatchery at the end. Check Google Maps for alternate routes or more detailed directions to Berlin Fish Hatchery. **Participants are urged to car pool.**

“Cook Like a Wild Woman” Equipment List

Required – these items will **NOT** be provided by BOW

- A sleeping bag or warm bedding
- Pillow
- Towels
- Toiletries
- Clothes you don’t mind getting dirty
- Jacket
- Rain Gear
- Insect repellent
- Sunscreen
- Sunglasses
- Flashlight or headlamp
- Water bottle (there is an excellent water source to fill your bottle)
- Old sneakers, boots or shoes you don’t mind getting dirty or muddy when foraging

Recommended

- Apron
- Camera
- Flip flops for shower
- Hat
- Notebook and pen or pencil

Other BOW events that may be of interest:

FALL BOW WEEKEND is held annually, the weekend after Labor Day at Rockywold/Deephaven Camps on Squam Lake in Holderness.

WINTER BOW is a one day event, held in February at the Owl Brook Hunter Education Center in Holderness.

BEYOND BOW EVENTS such as the Wilderness Canoe Trip (September 18 – 20, 2009), or the Intermediate Fly-Fishing Weekend (September 25 – 27, 2009), or special one day events are scheduled from time to time – check www.nhbow.com for the latest information.



Becoming an Outdoors-Woman Program
Co-sponsored by
New Hampshire Fish and Game Department and
New Hampshire Wildlife Federation

