

Talking points 2/14/08:

Food

The stoves that we will be using in Iceland have arrived and we can start thinking about menus. The first step is to prepare a menu (or menus) for our overnight in April. Since some of you have special eating requirements we will need to work this out b/c your cook group will also be your tent group. We will split the faculty up and try and match herbivores with fellow herbivores for ease in menus.

Here are a couple of links to backpacking websites that have recipes for camping.

Please plan on practicing recipes during McCook-out. The new JetBoil stoves available. Bring your camping eating utensils and mug/bowl to try the new recipes.

http://www.jetboil.com/Out_There/Recipes - from the JetBoil website, many recipes suggestions using the equipment we are using.

<http://www.freezerbagcooking.com/> - this site has recipes for b-fast/lunch/dinner that can be pre-made in bags at home and then cooked up quick. Some require dehydration but others have simple ingredients that we can readily find.

Note: many recipes call for canned meat of one type or another (excluding the veggie dishes of course). Many meats now come in foil pouches that are much easier to pack in terms of weight and waste. Remember that anything you pack in, must be packed out.

Plate Tectonic Setting of Iceland – lecture by Dr. Christoph Geiss

Overnight practice trip to Sage's Ravine and Bear Mountain (CT/MA border)

Saturday April 19- Sunday April 20 (Prof. Geiss's b-day).

Packing party during class on Thursday before trip

Leave 9am Saturday morning; return 5 pm Sunday evening

Reading List (updated)

Iceland's Bell by Halldor Laxness

Egil's Saga

Control of Nature by John McPhee (last section of book covers a story in Iceland)