



MileMarker Newsletter ----- Volume 2 ----- Issue 12 ----- December 2010 ----- www.OC-Hiking.com

EPICUREAN DELIGHTS ON THE TRAIL

-For the discriminating hiker's palate

By Suki Reed, OCHC President, as Published in the Orange County Register December, 2010

If you think of trail food as merely fuel, think again. There's no reason to abandon taste on the trail.

Here are a few tips and recipes for trail treats to delight the most discriminating palate.

Trail tips for the aspiring outdoor chef

To make cooking on the trail easy, before the hike throw away unnecessary boxes and packaging and place all the ingredients in Ziploc baggies. Be sure to label them with a Sharpie (especially since mashed potatoes look identical to pancake powder) along with any instructions cut from the side of the boxes, so you don't forget how to make it.

Another tip is to get familiar with your equipment before hitting the trail. Practice cooking trail meals at home using your backpacking camp stove, cookware and utensils. Also remember that water takes longer to boil at higher altitudes.

For an easy breakfast, do not underestimate the pleasures of a humble bagel at higher altitudes. This is my personal favorite at elevations above 10,000 feet. This is a no fuss, easy-to-prepare breakfast that is warm and allows you to get out on the trail early.

Early bird breakfast

Bagels
Cream cheese
Instant coffee or tea

Warm and brown the bagels over the camp stove flame, slather with cream cheese and enjoy.



Mark Edwards of Huntington Beach prepares an authentic Italian meal by dehydrating the marinara sauce in a dehydrator before the hike.

An easy main meal

The main meal can serve as lunch or dinner. It is always safest to eat ½ mile away from your sleep spot so animals are not attracted to your area.

Salmon Surprise

1 package Mary Janes Farm Organic Mac 'n Cheese (Prepackaged trail meal)
1 package Raging River Ready-To-Eat Smoked Wild Salmon
4 oz Philadelphia Cream Cheese

Directions:

Purchase the prepackaged trail meal at any outdoor outfitter and add boiling water, plus all ingredients to the package, stir, seal and let sit 10 minutes. Neil Fricke, of Norwalk and Orange County Hiking Club vice president says, this is, "a meal you would be proud to share, but won't want to."

Laura Romero from Irvine enjoys fine dining in the backcountry with these two easy recipes.

Couscous delight

1 cup of couscous (Near East---toasted pine nuts or whatever flavor you like)

1 --- 7oz pack of white chicken cuts (precooked)

1/2 cup of bacon bits (soy bacon)

1/2 cup of sun-dried tomatoes

2 tsp of dried onions

2 tsp of olive oil

Directions:

Boil 1 1/4 cup of water (add 2 tsp of olive oil & spice sack from couscous box). Stir in couscous, chicken, bacon bits, sun-dried tomatoes, and onion. Cover; remove from stove. Let stand for 5 minutes

Serves: 2 hungry hikers

Smashed garlic potatoes & beef sausage

1 – 9 oz. or 12 oz. of Hickory Farms Beef Summer Sausage

1 pack of instant mashed potatoes (just add hot water)

1 to 2 tsp. of garlic powder (add to your liking)

1/4 of bacon bits (soy bacon)

Directions:

Bring 1 1/2 cup of water to a boil. Cut up Hickory Farms Summer Sausage to bite size pieces. Stir in mashed potatoes, Summer Sausage, bacon bits, and garlic powder. Let stand for 5 minutes

Serves: 2 hungry hikers

Easiest main meal of the day – Use a dehydrator before hitting the trail. This meal requires prehike prep time, but using a dehydrator is easy. Simply pour the ingredients in and wait the allotted time. This meal is quick to make once you get to camp. From Mark Edwards of Huntington Beach comes an easy Italian meal for the trail.

Backcountry Italian dinner

One jar of your favorite marinara sauce (add spices to taste)

Two servings angel hair pasta

2 tsp. olive oil

Veggies (optional)

Parmesan cheese

Bread, red wine (optional)

Serves: 2 hungry hikers

Directions:

Before leaving on your trip, dehydrate the jar of marinara sauce with spices added in a dehydrator. Using a Gardenmaster Digital Dehydrator and Jerky Maker makes this easy. This unit dehydrates sauces, veggies, fruit, beef, and chicken.

To dehydrate marinara sauce, pour the sauce on to the dehydrator tray and dehydrate at 140° for about 8.5 hours. Next, break the solid sheet of marinara sauce into two-inch pieces and put into a plastic Ziploc bag, make sure you label the bag. Dehydrate the veggies in the same manner.

Once at camp, cook the angel hair pasta for three minutes, rinse and drain. Gently stir in olive oil to keep pasta from sticking, set aside and keep warm. Next rehydrate the marinara by slowly adding the dehydrated marinara to warm or boiling water, stirring constantly. Mix with the pasta, sprinkle with Parmesan cheese, and enjoy. It'll taste like it just came out of your mom's Italian kitchen. Bring some bread, parmesan cheese, red wine, and you're ready for a delicious backcountry Italian dinner.



Using a dehydrator is easy.

REI SPECIAL FOR OCHC MEMBERS ONLY!

Learning to backpack for the first time? OC Hiking Club Members receive 25% off the cost of cost of first time equipment rental at REI.

*Members must provide a printout of the OC Hiking Club event posting at the time of rental.



CRYSTAL COVE STATE PARK

By Suki Reed, OCHC President, as published in the OC Register

Some childhood memories are unforgettable, and for me, hiking in Crystal Cove State Park is one of them.

I've walked around this area since I was a kid, and the park's natural beauty has turned it into my favorite local hike.



Hikers of all levels will see beautiful ocean vistas, a myriad of beautiful trails, rolling hills, an oak-filled canyon and wildlife.

For one thing, the panoramic view is pristine; no pink terracotta-roofed houses.

Once grazed by cattle, this scenic land was part of the Irvine Ranch and became official parkland in 1979.

Now open to hikers of all levels, the land hosts a myriad of beautiful trails, rolling hills, an oak-filled canyon and wildlife including; mule deer, coyote, squirrels, hawks, snakes, bobcats, rabbits, squirrels, pelicans and hummingbirds.

So, if you're looking to become one with nature while getting some exercise, Crystal Cove is the place to hike.

About the park: Crystal Cove is a 3,000-plus-acre nature reserve with a 3-mile stretch of beach and a large wilderness area. The views include Saddleback, rolling green hills, and ocean views with Catalina Island seeming so close you can touch it.

For more information, visit: <http://www.crystalcovestatepark.com/>

What our Members are Saying....

My fiancé and I met through the OC Hiking Club, and a testament that not only does the hiking Club bring health, self-awareness and friendships, but love when one least expects it!

Thank you,
Lisa



Dear Organizers,

What a year it has been for me in the OC hiking club. Just a few short months ago I was doing beginner hikes with Neil, Harish, and Gerry, in contrast to two weeks ago when I did my first 17 mile hike. I myself can't believe it, but it happened.

I have to thank all of you for your time, dedication, support, and patience that you extended to me this year. Without all your help I would not be at the level that I am today. I look forward to doing more fun and challenging hikes with all of you next year. But just remember, I am a bit lazy, so keep on encouraging (I might regret I said that).

As my saying goes: Faster, Longer, Higher.

I would like to wish you all a bright and prosperous new year 2011.

Regards,

Dixie-Lee



Check out OC Hiking Club on Facebook!

I'll try one hike and see what happens...

~Submitted by Azita, OCHC Member

Ok, so I decided to quit smoking, get on a diet, and get over a broken up relationship, all in one weekend!!! I always loved to hike, so I decided to try hiking a group since everyone is always talks about how dangerous it is to go by oneself, not that I was worried. I was armed with my hiking poles, and I use to practice with my son for his football, rugby and dare I say.....yes, I will, wrestling!



So I found OCHC, signed on, and thought, "I'll try one hike and see what happens." The very first hike I went on, most people were much taller than me, and when they took one step, I had to run three to keep up! I was breathless within 10 minutes, sweat pouring from every pore. I was wheezing, cursing the dirt, the road and the hills, not to mention my broken ankles which I had never let heal. A couple kindly souls, asked if I wanted to go at my own pace and take it easy. I wheezed, "No Thank you. I think I will go back now!"

That was my first group hike and I thought, "That is it. It's too late. I can't do it. I'm never going back. I will just go on my hikes at snail speed. Well I have to say I am pretty dang stubborn, and when faced with a challenge, I take it as a personal attack on my character. So after I got home, I was pretty upset with myself for giving up. I decided I was going on that hike, until I had completed it.

And so the great wonderful journey of going to beautiful places, talking to some really nice people, and LOSING WEIGHT!!!! began, imagine that!! Besides losing weight, I am told I am a much calmer person, not that I was attacking people, but the last time I had tried to quit smoking, by the middle of the morning I was asked by my staff to "Go and have a cigarette for heaven's sake".

I have found peace and relaxation and so much contentment when I am hiking, that I can't wait to go after work at least three times a week and almost all weekend. Even though I am still a pre-beginner, in my opinion, I can't wait to go on a weeklong hiking trip. I have become a hiking junkie and love it!

Thank you for the difference this caring group has made in my life!

Azita



I LOVE TO WALK IN THE COUNTRY
DOWN A WINDING ROAD IN ANY SEASON,
IT MIGHT BE SPRING OR LATE FALL
I LOVE BEING THERE FOR NO CERTAIN REASON.

-Adine Cathey

**Did you know we have Hike
Brochures available for our most
popular hikes?**

Check them out:

http://www.oc-hiking.com/orange_county_hikes.htm

Suki Reed in the OC Register!



Suki Reed, President of OC Hiking Club, is a writer for the Orange County Register. Past articles include topics such as hiking for stress relief, camera tips, and favorite local hiking spots. Look for her articles on the back page of the Outdoor Section every Monday. Past articles can be found at:

<http://www.ocregister.com/fi/search/?q=suki+reed>



Lost Palms Oasis and Mastodon Peak, Dec. 5, 2010

OCHC Business Directory

*Reach more customers AND get a tax deduction!
The OC Hiking Club is creating a Member Business Directory where you can promote your business or organization to more than 6,000 local customers. Contact Kate at sponsorship @oc-hiking.com for more information.*

Sponsor Kids in Need of Nature!

Is your company looking to make a difference in the life of a child? Corporate sponsorships are needed for the OC Hiking Club's Kids in Need of Nature program. Contact Kate at sponsorship @oc-hiking.com for more information. All donations are tax deductible.

Special Thanks To Our Business Partners:



A BIG thank you to OC Parks for their generous sponsorship of the MileMarker newsletter!