

SPECIAL CAMPING & GEAR ISSUE

# ADVENTURE PRESS

TH, EXPLORE. LIVE.  
SUMMER 2017 | ISSUE 10

Amy  
Smith

## *'Reel' Life* **CAT WOMAN**

TIPS FOR CATFISHING

+ PRAIRIE  
DOG  
HUNTS

DUTCH OVEN  
COOKING  
+ Recipe





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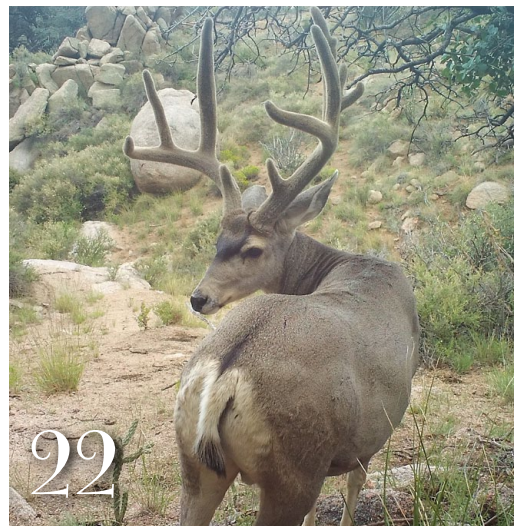
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# editor's note

## LAST, GREAT HOORAY OF SUMMER!

It's back-to-school time, so most of us have wrote off summer and are already looking ahead to fall traditions of football, chili and hunting seasons. It's an exciting time, so it's hard not to want to jump right into fall! However, don't pack away all your summer stuff



just yet. There's more to squeeze out of it!

The transition of late summer into early fall is such a precious time. It's still beautiful summer days, but without the dreaded excess heat and so much of the bugs! This is such a great time to get outdoors, and think of it as a last, great hooray of summer to really enjoy!

This issue is all about that! You'll find inspiration for trail cameras, catfishing, camping and cooking outdoors, which are PERFECT for right now! YES! You don't need to suffer in the heat for these!!!

Right now is also a great time to look ahead for next year at maybe some of the things you didn't do or wish you did more of! How would a weekend getaway, chance to hunt during the 'off' season and more shooting practice sound? Find out how to in our 'Hunt' article about planning a prairie dog hunt!

Home remodeling took up most of my summer - it just flew by WAY TOO FAST - so I'm most definitely going to enjoy what's left of it, especially as I know fall will fly by just as fast too! So focus on the now, get out there and have fun!

*Jennifer Pudenz*

## ADVENTURESS

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*Information and  
inspiration  
for the outdoor  
woman and  
country lifestyle*

ISSUE 10  
SUMMER 2017

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## on the cover



Cover featuring  
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Tiffany Hansen



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# Cover Girl Amy Smith



Don't let her small stature throw you off, as 31-year-old **Amy Smith** of Iowa can most definitely pull in the big cats. Though she grew up fishing on the banks of the Iowa River with her dad, it wasn't until she met her boyfriend, Troy, seven years ago, when catfishing really 'hooked' her after he needed help catching some bait for a local tournament. Today, Amy is a preschool assistant teacher, still lives in her home state on 70 acres with Troy, and loves hunting, fishing and anything outdoors. They partner up to fish several tournament trails all over the United States, including the ICATS trail based in Iowa. She is sponsored by Bug Soother and Whisker Seeker Tackle. Her favorite things about fishing are the no-stress-trips they take for fun, as well as taking others out and helping them get started!

Follow her fishing and outdoor adventures on Facebook at [Amy Smith](#).





# +Past Issues



<< Lots of great information in last year's summer issue of ADVENTURESS magazine - spot & stalk antelope, kayaking, gear highlights and more!

Did you miss the last issue of ADVENTURESS magazine?! Check it out! >>



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SUMMER







## **Tiffany Hansen**

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*Tiffany Hansen*  
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**HUNT.**







# DOG DAYS OF SUMMER

## *Planning a Prairie Dog Hunt*

**By Deb Hinton** - Photos by Matthew Breuer

**N**estled between the prairie grasses and the Black Hills in South Dakota, lies a region rich with heat, wind and burrowing rodents. Shooting objects ranging in height from 12 to 16 inches at an average distance of 250 yards is no easy feat. I have actively hunted prairie dogs for the past five years and have laid out a beginner's guide, if you plan on trying this type of hunt yourself.



# HUNT.

## TARGET ACQUIRED

Highly social, prairie dogs live in large colonies or “towns,” which can span hundreds or even thousands of acres in the grasslands of North America. Colonies are easily identified by raised burrow entrance holes or mounds. Known as America’s Meerkats, prairie dogs also stand on these mounds for extra height.

Prairie dogs possess a sophisticated system of communication. It includes a variety of pitched warning barks that mean different types of predators. If you’ve ever wondered how prairie dogs got their name, earlier settlers who traveled across the plains

thought the warning calls of these animals sounded like a dog’s bark.

Being able to hone in on your distance shooting is not the only benefit to this type of hunt. Hunting prairie dogs is a win-win situation between both ranchers and hunters. Prairie dogs are huge competitors for grasses cattle ranchers rely on to feed their livestock. Ranchers often allow hunting of prairie dogs to help decrease this drain on the cattle’s necessary resource.

In addition, prairie dogs are known to carry fleas and these fleas can carry the Sylvatic Plague, which if transmitted to humans, becomes the Bubonic Plague. This



Guns, guns, guns! You’ll want multiple guns for prairie dog hunts so you can switch to allow cooling time, as well as change for wind, if possible. The author recommends a .17 HMR and a .223 rifle. These calibers will allow you to shoot more rounds at a lower cost.





devastating disease, that prairie dog colonies often contract, can decimate the colonies. This is not a painless death, and it carries the ever-present risk of transmission to other mammals.

## **LAND**

You can plan your hunt one of three ways: state land, private land or tribal reservation. If you chose to hunt state land, keep in mind there is generally more hiking involved. The closer the prairie dog towns are to the road, the likelihood it is to have been shot on, decreasing your shooting opportunities.

You can search the Internet to find your best options on what state land to hunt. State Game and Fish agencies often have good information and local offices can be helpful on locating opportunities.

On the Rosebud Indian Reservation

where we chose to hunt, you need to have a tribal guide, but not all reservations require this. Make sure to check with the reservation's hunting requirements, and before you book with a guide, check with Tribal Game & Fish for information and reviews/references. Generally, the tribe will have a list of hunting guides on their websites or at their local offices.

There may also be caliber restrictions and other requirements when hunting prairie dogs, so do some research so you remain within the confines of local regulations.

## **GUNS & AMMO**

I recommend bringing two guns, at minimum, along on your hunt. You will be doing a lot of shooting, and your barrel will need cooling time. You'll also not want to be without a backup gun if your "one and only"













Deb Hinton, Justine Virock and Nikki Breuer on a recent prairie dog hunt with Rosebud Indian Reservation in South Dakota.

gun malfunctions.

A 17 HMR and a 223 will be more than enough to satisfy your needs with the ranges you will be shooting. I recommend the Savage Arms B17 FV chambered in 17 HMR and a heavy barreled 223 Rem. Being reliant on just a rimfire rifle can be a severe hindrance on windy days, which are prolific on the prairie. Choosing low-cost calibers like 17 HMR and 223 will allow you to shoot more rounds at lower cost than cartridges like 22-250 or 220 Swift.

Personally, my go-to gun is a 223 AR-15 platform custom-build (20-inch heavy barrel). With this I can shoot prairie dogs all day out to 500 yards when the wind is cooperative. When I want to truly test my long-range abilities, or experience gusty or

high winds, my personal go-to is a custom-built Remington 700 chambered in 243 Ackley Improved (AI). The 243 AI is a 243 cartridge with the shoulder and body taper increased to allow more powder capacity, but does require handloading. This cartridge allows me increased velocity, which helps to counter the wind. I reload all ammo for my 243 AI using Reloder 17 powder and Speer 87g bullets, which push my velocity over 3,600 fps.

## OPTICS

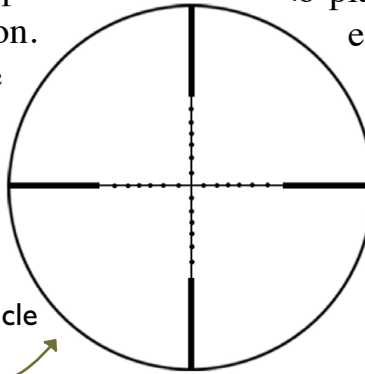
Quality optics can make or break your trip, so buy quality glass. Spending the day looking through a cheap pair of binoculars or a shoddy spotting scope is miserable. A good range finder is likewise crucial in leveling up



your shooting average as knowing the range is a huge advantage since distances on the prairie are deceptive.

I recommend equipping your guns with a MIL-Dot reticle scope. If you are not accustomed to a MIL-Dot reticle, it can be a challenge at first, but it will make things a lot easier in the long run when you have to adjust for windage and yardage. They truly help with long range shooting when you are dialing in on the last few inches. In my experience, you do not need a scope that has more than 15x magnification. High magnification optics are often rendered useless due to the effect of heat mirage. Both of my primary rifles are equipped with Weaver Tactical 3-15x50mm MIL-Dot Reticles.

MIL-Dot reticle  
example



## PACKING LIST

Make sure to pack the basics for gun cleaning and maintenance: cleaning rods, cleaning rags and gun oil. After hunting the past few years, I am not certain there is a thing called “too much” ammo. Make sure to bring enough ammo. I bring out at least 500 rounds for each of my guns, but depending on the quality of shooting, round counts can extend as high as 1,500 rounds for a three-day hunt.

Shooting benches and shooting mats are recommended, although you can do a lot with a good bipod. We do a lot of sitting and prone shooting; make sure to have a bipod for each. Shooting bags and a shooting rest are also great things to have, especially when it gets windy, but they do take up precious packing space.

Be prepared to carry a pack with your

shooting mat, bipod, ammo, one or more guns, plus hydration. It can be a lot to carry on a hot day and being out in the blazing sun for hours takes its toll on your body.

## BLUEBIRD DAYS

The best type of weather for hunting prairie dogs is clear, sunny blue skies. The more sun and heat, the better. It is not uncommon to have hotter than 90-degree days and 50-degree nights. You’ll need to plan on gear for both. I cannot stress enough to hydrate, hydrate, hydrate!

Between the wind and sun, it is extremely easy to become dehydrated fast. Make sure to use a good quality sunscreen and wear a hat to keep the sun off your face and head. I always wear boots when I am out in the field, especially with rattlesnakes in the area.

This place doesn’t look like much at first with its desert-like appearance, but from the shimmering wave of grasses to beautiful colors of wild flowers, it is about the small things out here. If you’re lucky, you’ll get to see a sharp-tailed grouse dancing in your binoculars, calf antelope scampering through the grasses or burrowing owls flying between mounds. It is not just about the hunting, it is about the unspoken beauty we get to see on these treasured outings, the guides that turn into friends and the lasting memories you create.

*Deb Hinton is an avid hunter from Princeton, Minnesota. She loves to shoot pheasants, deer and miss ducks. She is a casual competition shooter and enjoys all aspects of being outdoors, including fishing, hiking and foraging.*





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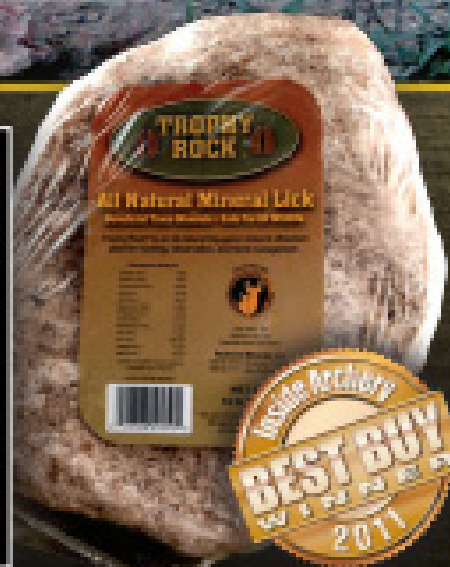
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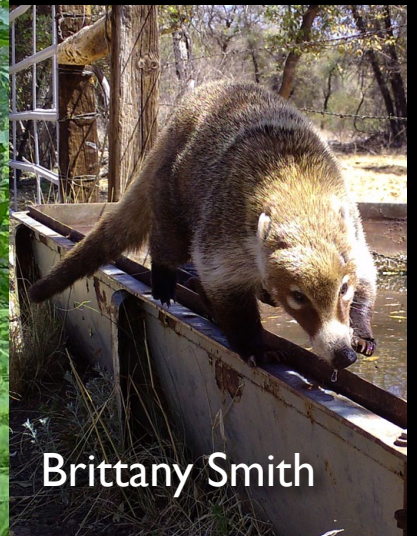
Finalists:



Andrea Haas



Julie Richburg



Brittany Smith





Amy Smith's  
personal best  
blue catfish  
weighing  
49 pounds!



# *Be a 'Reel' Life* **CAT** **WOMAN!**

*There's more to catfishing than what meets the eye*

**By Amy Smith**

**C**atfishing... many times when people hear this they think of muddy river banks, stink bait or local fish fries. Or they think of a slimy, squirmy fish that is going to sting them with their whiskers. In fact, that is the number one thing I hear from most women and why they refuse to catfish. But let's get the facts straight.

Yes, catfish can be very slimy, but they cannot "sting" you, especially not the whiskers. A catfish's whiskers are as soft and pliable as they look, just like a cat, and can be touched without any harm coming to you. Now, some folks say a catfish can "horn" you. To clear this statement up, you need to understand that all catfish have a hard spine that runs through their dorsal and pectoral fins. If the fish is not held properly, then yes, it may poke you. This is most common with your smaller channels.

But there is more to catfishing than what meets the eye. Catfishing can be very

glamorous. There are beautiful places to travel, several styles of fishing to master, different species to target and, best of all, the opportunity to catch a new personal best! This is where the memories are made and this is why I love fishing! It doesn't matter if your personal best is an 80-pound blue or a 6-pound channel. It's a fish that you caught, by yourself, and a memory you can keep forever. Showing it off in front of the guys is just an added bonus! So if you're ready to catch a few cats, here are some tips to help you along.



# FISH.



Amy Smith with a beautiful blue catfish caught while trolling Alabama waters in January.

## SEASONS

When asked, “When is the best time to go fishing?” My answer is always, “Anytime!” You can fish for catfish all year long, day or night. The same goes for, “Where can I catch catfish?” Anywhere! Rivers, lakes, reservoirs or even a stocked pond... the choice is yours!

The United States is home to three main types of catfish: channels, flatheads and blues. Blues are mainly found in the southern states, while channels and flatheads can be found all over. No matter what you plan to target, there is one general rule to remember: Mother Nature is always in charge! Catfish are cold-blooded, so their behaviors and patterns are controlled by the water’s temperature. When water

temps decrease, so does the fish’s metabolism. Which, in turn, means less activity for the fish.

Each season has a different pattern. When spring is in the air and things begin to thaw, water temps begin to increase and fishing can be down right awesome! This is probably my top favorite time to fish. The fish are on the hunt for food, and they need to regain strength and prep for spawn. They begin to move from their wintering holes in search of shallower waters. This intense fishing can last from March until May, depending where you are.

Then things seem to take a sudden U-turn. Once water temps reach an ideal temp (80 degrees for channels), spawning will begin. Males will find a nest and wait for the female to lay her eggs. Then the male will guard the eggs while the “spawned out” female will go out in search of food. The upside to fishing during spawn is that not all fish spawn at the same time. The downside is that they may be a little sluggish for awhile until it is all over. This is when you throw your trusty bobber up in the shallows and cross your fingers!

As summer comes into full swing and things get hotter, nighttime fishing can become very popular. During the day, fish are hanging out in deep holes or holding tight near structure where baitfish are lingering. This can sometimes be tough to deal with, especially in the heat of the day. When night approaches and it begins to cool off, activity levels pick up and catfish can be found following the bait up in the shallows and along flats. That’s why you hear, “Flatheads can only be caught at night.” But in all reality, catfish, including flatheads, can be caught during the day in summer... it just takes a little more effort.

Fall is another good time to fish. Usually by October, waters have started to stabilize for





Catfishing is Brenna  
McCarty's favorite  
type of fishing. Follow  
Brenna on Instagram:  
[@brennamc](#)





Follow Courtlyn Suszko's  
fishing adventures on  
Instagram: @suszko!







# FISH.

a bit and fishing will pick up pretty good for the month. The fish will start to follow bait back into deeper water in hopes to fill their bellies for the winter. This is especially a good time for catching trophy flatheads and blues.

When winter begins to show her true colors, catfish begin to slow down. Even though they head even deeper in search of their winter homes, don't assume they are done eating. Catfish will eat all year long; they just don't want to use as much energy when it comes to mealtime. Many catfish will suspend themselves under schools of baitfish during this time of the year.

Now, if you have the opportunity to fish from a boat, do it! Anchoring is fun, but can't always be done. So try out trolling or drifting. Trolling, also known as "dragging," is when you use a trolling motor (and maybe a drift sock) to move your baits across, with or even against, the wind. Drifting is the same concept, but without the help of the trolling

motor. During cooler temps, it's best to run .5 mph or slower. During warmer temps, you can run .5 mph or faster. It's all based on the fish's activity level.

## GEAR

When it comes to creating a good arsenal for your catfishing needs, it may seem a little overwhelming at first. There is always some new style or brand being developed and it's hard to know just where to start. Don't fret. If you are just beginning and looking to go after some local channels or flatheads, these basic tips will help you get started.

First and foremost, you need a pole! A good pole to look for would be a medium-heavy action rod - preferably in a 7'6" length. This gives the guarantee of versatility.

Next is your reel. I am a baitcaster-kind-of-gal, but if you like a good ol' fashion spinning reel, that is equally great! It's all about comfort, not popularity.



*Whisker Seeker  
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head for bait.*





Brenna McCarty's  
personal best  
catfish - 33 inches  
and 17+ pounds!



# FISH.



LEFT: Courtlyn Suszko caught this 36-1/2-pound cat, one of her biggest to date, during the end of August in Manitoba.

BELOW: Amy Smith with an Alabama catfish caught on New Year's Day.



Now for line - this can tend to cause a lot of debate. I know several professional anglers who only swear by mono and some who only swear by braid. I, however, swear by both. When in search of big cats or fishing a tournament, I will run 80-pound braid for my main line and 50-pound mono for my leader line. For a little lighter fishing, I will run 65-pound braided main line and 30-pound mono leader. This may still be a little overkill for those only after “eaters” or under 10 pounds. If that is your target range, then a 20- to 30-pound line of your choice should work just fine.

## TACKLE

You can never have enough tackle. (Hint, hint.) To start off, you will need sinkers. Egg sinkers or no-roll sinkers (tear-drop shaped) are great to have on hand. A good range would be 1/2-ounce up to 8-ounce. The more current there is, the heavier the sinker you will need.

Swivels are another product to have.

I like to use barrel swivels and three-way swivels. I also like to use floats or rattles when at all possible. Floats can be used to keep your bait suspended off the bottom when in current, while rattles add sound and vibration to the water.

And you can't forget the good ol' bobber!



This may feel a little kiddish, but honestly a bobber is a great tool to have at times. Another small, but important piece of tackle I use is a sinker slide bead. This helps to keep your sinker from getting stuck on your swivel knot and slide with ease.

Now for the hook, if you plan to use a rod holder or release your catch, a circle hook is ideal. These are designed to hook the fish in the corner of the mouth and cause less harm on the fish so it can be later released. They are also designed to “set” themselves. There is no need to hold the rod and wait for the right moment to set the hook. Just reel down when you see that the rod is bent and the fish is indeed on.

If you plan to hold your rod or want to “set” the hook yourself, then a J-style hook is good. To use these hooks, you simply set the hook with a long sweeping motion of the rod. A variety of sizes are good too. Sizes 4/0 to 6/0 are good for targeting smaller fish and 8/0 to 10/0 are better for your larger fish.

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The advertisement features a collage of several ODU Magazine covers. The top cover is titled "Spring to Summer Transition Fishing Edition" for May/June 2015, showing a man holding a fish. Other covers include "Soft Plastic Time", "Summer Fishing Continues" for July/August 2015, "Late Summer Fishing" for Aug-Sept 2016, "Catching Trophy Bass 101", "Walleyes In Small Rivers", "The 'HOOCH' Below Lake Lanier", and "Sandy Toes & Salty Beaches". A woman is also shown smiling on one of the covers.



# FISH.

## ACCESSORIES

Along with your gear and tackle, you'll need some other things along the lines of: needle nose pliers, towel, scale, scissors, gloves, net, knife for cutting bait, fish grips, bug spray and some good rain gear! While rain gear can be highly expensive, it can truly make or break you when you are out on the water for several hours. Trust me, I have outlasted many grown men just because of the gear I'm wearing. I wear the men's Bass Pro 100MPH set. They are wonderful, and I can fit many layers underneath when needed.

## BAIT

Last, but not least, the key ingredient to fishing... bait! Live or fresh cut bait is the way to go for any species. Shad is a huge

preference among channels, but if you don't have the opportunity to catch your own bait, don't stress, as channels will eat just about anything from worms to chicken liver. If it bleeds or stinks, they will be interested. Just remember to always expose your hook and try to keep other scents, such as sunscreen, bug spray, etc., off your bait.

A good setup to use would be the Slip Sinker Rig. Start with adding a sinker to your main line, then a bead and tie onto a barrel swivel. From there, cut an 8- to 12-inch leader line (this is where my mono line comes in). Tie this to the other end of your swivel and tie on your hook. If you want to get creative, you can add a float and/or rattle above your hook for a little something extra. When fishing with multiple poles, try to run something different



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on each one to find out what is working. Even if that just means different baits. It's all about providing options!

## TO THE FUTURE!

With all the information out there on catfishing, one important thing many trusted and respected anglers follow is CPR: Catch, Photo, Release. CPR is huge in the tournament world, but is growing more and more popular every day amongst anglers. It's a way to catch more fish and bigger fish year after year. Most fishermen will keep a few "eaters" here and there, but typically everything else is thrown back to breed and grow.

Just think of it this way... one day you release a 30-pounder and years later watch your children catch the same fish that is

now almost twice as big! Pretty cool, if you ask me!

With all that being said, the last bit of guidance I can pass on is to have confidence and remember that practice makes perfect. I struggle with this every day! Being the only female at times on the boat or during a tournament can really put the attention on you. I am always getting nervous about something: from making a good cast to loading the boat back on the trailer with everyone watching. But then I stop and remember that not all these guys are perfect either. Everyone has to start somewhere!

I hope this information sparks an interest to get out and do a little catfishing. Remember, a little slime never hurt anyone!

*Check out Amy Smith's bio on page 6!*



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EXPLORE.

# happy camper

*A time to unplug,  
reflect and enjoy*

**By Jennifer Pudenz**





**T**here's something about camping. Life simplified for the moment with the scenery, the campfire, the stars, the food and the people enjoying it all with you. I really feel like camping at least once a year is crucial, as something inside you just seems to refresh itself staring at a fire and stars instead of a TV, and waking up to nature instead of an alarm clock.

However, when summer days start winding down and the busyness of back to school takes over our lives, people often overlook the fact

that late summer and early fall are possibly the BEST time for camping! This time of the year, there's often more enjoyable weather with cooler days and perfect jacket-wearing nights, less bugs and less people. Not to forget the fishing is usually improving again too!

Camping really ties into about anything and everything outdoors: hunting, fishing, hiking, biking, paddling, tubing, etc. It can be solitary and relaxing or it can social and adventurous, the possibilities and traditions are endless! So here is some more inspiration, and flip to the next pages for some great camping gear!

**CLICK FOR MORE!** >> *How to Build the Perfect Campfire*

>> *Why Every Woman Should Try Camping at Least Once*

**VIDEO:** *Watch Cassie Powell's Camping Trip!*





# EDITOR'S CAMPING Picks

## LANDMANN LOG >>

**GRABBER** - This thing is just amazing! Makes everything with a fire pit so much easier as it can grab huge logs as well as the littlest of sticks. [Landmann](#). \$21.13.



## CHARCOAL CHIMNEY >>

If you're cooking with charcoal, whether barbecuing or Dutch oven, a chimney gets your charcoal hot quicker and easier with only a few pieces of newspaper! [Charcoal Companion](#). \$23.10.



## << TELESCOPING

**FORKS** - When it comes to roasting hot dogs and marshmallows, telescoping forks are the way to go as they reach the fire, but are easy to store! Love this fun, colorful set from [MalloMe](#). \$21.95.

## A LONG-LASTING COOLER >>

When camping, your cooler really makes a huge difference, as your ice won't last in a cheap cooler. Luckily, there's many great Yeti-like coolers nowadays that also perform amazing, but don't break the bank. Between performance, looks and prices, I really like [RTIC](#). \$189.99 (45-quart example).



## << INFLATABLE HAMMOCK

Okay... I don't really have one of these, but I want one!! When it comes to inflatable hammocks, Wind Pouch receives great reviews and the GO version is rated for all sorts of camping activities. [Wind Pouch](#). \$79.99.





**COLEMAN QUAD LED LANTERN** - I love this light as you can use it as one lantern or you can pop off the light panel sides for up to four individual lights, so no more fighting for the light! [Coleman](#). \$64.99.

## DOUBLE >> SLEEPING BAG

If you buy a double sleeping bag, they are expensive with very few options; however, did you know you can zip together two of the same sleeping bags to make your own double?! YES!!!



# Couples that Camp!



## << STANLEY CLASSIC VACUUM MUG -

My husband and I love these spill-proof, one-handed mugs like the old-fashioned thermos! They are great for hot and cold drinks, and with three available colors, you can pick a 'his' and 'hers!' [Stanley](#). \$25.00.

This 12 oz. size still fits under Keurig machines!!

## << FOLDING CAMP LOVE SEAT -

Of all my camping gear, this is my favorite! I hated how sitting around a campfire with folding chairs meant I couldn't sit next to my husband or share a blanket! Now you can cozy up together with this extremely well-built double chair from [Sportsman's Warehouse](#). \$49.99.





LIVE.

# DUTCH OVEN COOKING BASICS





By Whitney Klenzendorf -  
[WhitsWilderness.com](http://WhitsWilderness.com)

Last night I dreamed I was cooking Dutch oven peach cobbler at work for my annual performance review. I was very anxious and believed my job hinged on the outcome of this meal. Fortunately, in the end, the cobbler turned out well, but I awoke to the crushing reality there was indeed no warm, freshly-baked peach cobbler lying next to me in bed – just a hairy husband!

Feeling inspired by the dream, I wanted to share a few basics about Dutch oven cooking. It is an easy-to-acquire skill and comes in handy while camping or using coals from your backyard barbecue.

So, what exactly is Dutch oven cooking? It is a method of cooking food in a cast iron oven by placing hot coals under and/or on top of it.

It's a tradition as old as Texas, dating back in pioneer days, when people needed to cook hearty meals on the trail and didn't have time for lots of steps and 99 pieces of equipment. By nature, Dutch oven cooking is about simplicity and comfort food.

How do you become a Dutch oven chef?

> Buying your first oven. Decide what size oven to purchase based on how many people you will usually be cooking for. Or, give it a shot in the dark and buy the 12-inch like I did many years





ago. Eventually, you can add to your Dutch oven repertoire as needed.

My Dutch oven has legs, and that allows me to stand it up over the coals. If I were to buy another Dutch oven, I'd probably get one without legs so I could easily put it in my regular oven at home.

> Do not use soap when cleaning the oven. Back in pioneer days, they didn't have dishwashers or fancy soap, so their ovens naturally developed a patina or "seasoning" over time. If you scrub with a brush and use warm water, your Dutch oven will be safe to cook in. Using soap will ruin the seasoning. If the pioneers did it this way and survived, and I'm here to show for it, then I can accept it as sanitary.

> Start the Seasoning. When you first get the oven home, rinse it, dry it well and coat the inside with bacon grease or vegetable shortening. I recommend the grease. Pop it in the oven for 30 minutes at 300 degrees. Repeat this process once more.

> Keep your recipes simple. They taste just as good and allow you more time to relax and enjoy the outdoors. The last thing you want to be doing while all of your compadres are telling stories around the campfire is worrying about where you put the arugula.

> Store your Dutch oven in a dry place with the lid ajar or with cloth towel under the lid. I have a designated towel and two oven mitts as my official D.O. cooking equipment, and I store it all together in a closet. I don't want to take my nicer towels and oven mitts on the camping trip, as they will get ashes and dirt on them. Plus, when I need to pack for a trip, this stuff is already all together.

> Buy a good cookbook that gives instruction on caring for Dutch ovens, how many coals to cook with for each recipe and





Delicious food while enjoying the outdoors thanks to the Dutch oven!

other details. I like *'Dutch Oven Cooking with Tony Cano.'*

> One piece of Dutch oven equipment you'll need is a lid lifter. The lid gets HOT - too hot to handle. Also bring oven mitts with you for handling the hot, hot oven.

> Pre-measure ingredients before leaving and store them in Ziploc bags.

Lastly, don't get so focused on the cooking process that you fail to enjoy your time outside!



Dutch oven lid lifter

Whitney Klenzendorf of [WhitsWilderness.com](http://WhitsWilderness.com) is a sixth generation Texan. She grew up backpacking, kayaking, hunting, fishing and competing in skeet shooting tournaments. Today, [WhitsWilderness.com](http://WhitsWilderness.com) is Whitney's outlet for sharing her love of the great outdoors by blogging about camping, hunting, cooking and much more.



# VENISON MAC & CHEESE

*On the Dutch Oven!*



By Whitney Klenzendorf - [WhitsWilderness.com](http://WhitsWilderness.com)

**T**his venison macaroni and cheese is a delicious recipe to try in the Dutch oven! The venison can easily be substituted for beef, if needed. The best part of this recipe is there are only four steps, so you don't have to waste time preparing food when you could be enjoying the great outdoors!



## INGREDIENTS:

1 lb ground venison, already browned  
2 cups macaroni, already cooked  
1 can cream of chicken soup  
1 can cream of mushroom soup  
1 cup grated cheese (I used an entire bag)  
1 cup milk  
Breadcrumbs  
Non-stick foil

## DIRECTIONS:

*\*\*\*Cook venison and macaroni before you leave on the camping trip\*\*\**

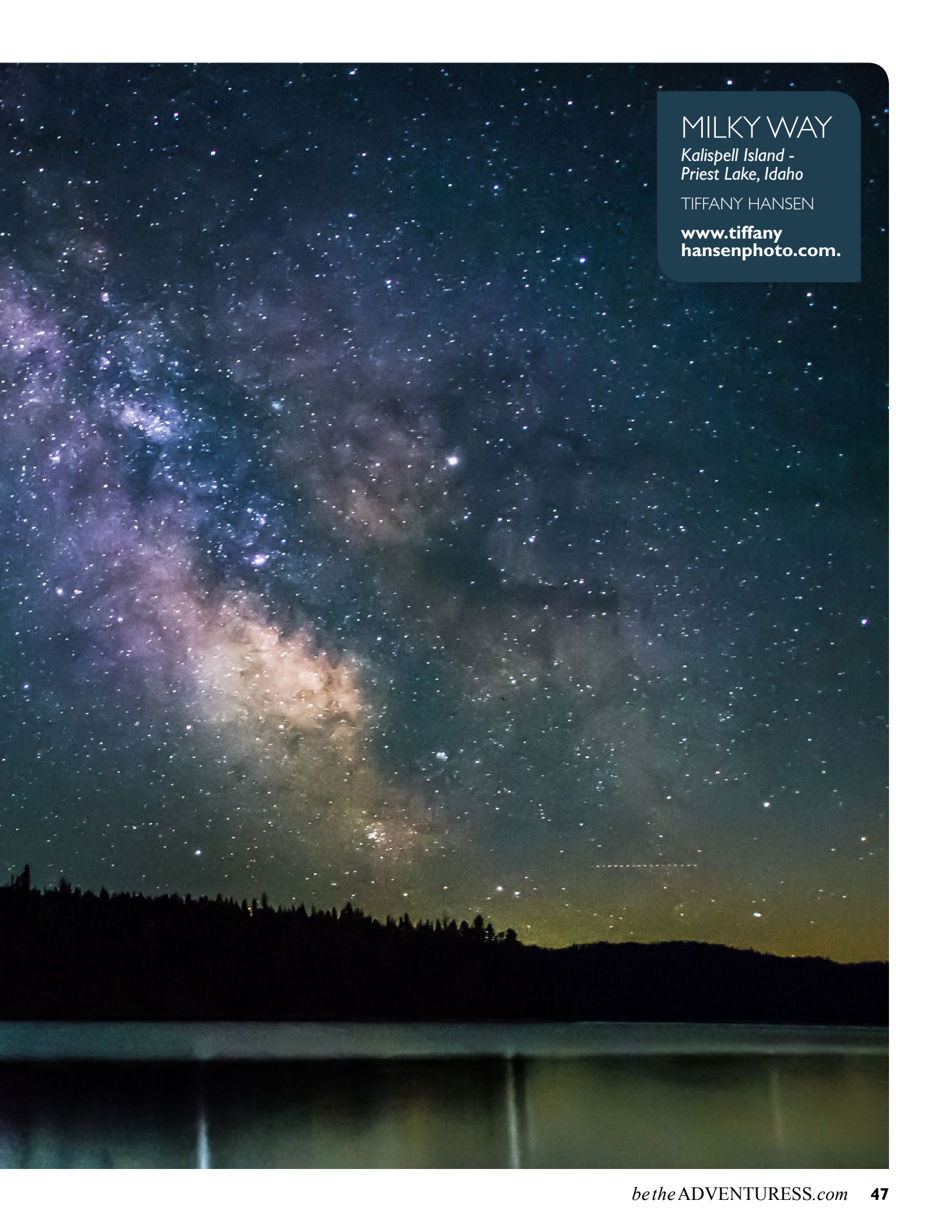
- Line bottom of Dutch oven with foil.
- Mix all ingredients together in the Dutch oven and sprinkle breadcrumbs on top.
- Bake 30 to 40 minutes; use 10 coals on the bottom of the Dutch oven and 14 on top.











## MILKY WAY

*Kalispell Island -  
Priest Lake, Idaho*

TIFFANY HANSEN

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