



Maine Department of Agriculture, Conservation and Forestry
Walter Whitcomb, Commissioner

For Immediate Release

August 25, 2014

Contact: Fritz Appleby (207) 688-4712

CAST IRON COOK-OFF

POWNAI – The Maine Department of Agriculture, Conservation and Forestry’s Bureau of Parks and Lands is holding its first ever *Cast Iron Cook-off* at Bradbury Mountain State Park in Pownal, Maine on September 13, 2014. The family friendly event will showcase the tradition of using cast iron to cook over a campfire.

Maine’s fall camping and cast iron cooking over an open fire are being joined to provide entertainment for Bradbury Mountain State Park guests. Participants will be able to showcase their cooking skills and win great prizes. Visitors and campers are invited to watch the cast iron cooking and participate in a day of events, beginning early on Saturday, September 13. The Girl Scouts will also be cooking to earn merit badges.

“Cast iron cooking and camping are just a natural fit,” said Park Manager Fritz Appleby. “The current boom in cast iron popularity and the renewed public interest will be enhanced at our event. We are excited to have LL Bean, Lodge Manufacturing, “Get Real. Get Maine!” and Wicked Joe Coffee on board as sponsors of the event. There will be some fantastic prizes and fun for all.”

CAST IRON COOKING:

Park visitors and participants will be able to learn about cast iron cooking, cooking setups and methods. Local cast iron cooking expert, Louisa Picard, will be on hand to give a demonstration on how to cook with cast iron. Park Manager Fritz Appleby will provide information on the history of cast iron cookware, as well as its proper care and cleaning.

PRIZES:

Prizes will be awarded to the top 3 winners as judged in each of the 3 categories of cooking: Entrée, Bread and Dessert. There will also be a cast iron skillet toss, with prizes awarded for the furthest toss in each age category.

HOW TO REGISTER:

Those registered to camp on September 13, 2014 will be allowed to compete in the cook-off. Participants are encouraged, but not required, to camp both Friday and Saturday night to allow enough time to set-up and cook, and to fully enjoy the camaraderie of the event. The competition will be limited by the number of campsites available for overnight camping. To register and reserve your spot to participate, please call Bradbury Mountain State Park at (207) 688-4712 by 5:00 p.m. on September 10, 2014. Registrations after that will be allocated on a “first come, first served” basis subject to campsite availability. There is no scheduled rain date.

For more information about this event, or other Maine state parks and historic sites, go to:

<http://www.maine.gov/bradburymountain> or <http://www.parksandlands.com>

For more information about the Maine Department of Agriculture, Conservation and Forestry, go to:

<http://www.maine.gov/dacf>

###