



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

***For Immediate Release***

**25 August 2015**

**Contact: John Bott (207) 287-3156**

**CAST IRON COOK-OFF**

**POWNAI – The Maine Bureau of Parks and Lands is holding their second annual *Cast Iron Cook-off* at Bradbury Mountain State Park in Pownal, Maine on September 12, 2015.**

Prizes will be awarded to the top 3 winners as judged, by members of the Pownal Fire and Rescue unit, in each of the 3 categories of cooking: Appetizer, Entrée and Dessert. Contestants may compete in any and all of the 3 categories.

Contestants must be registered to camp at Bradbury Mountain State Park on the nights of September 11 and 12, 2015 and may not check in until after 1PM on the 11th. The competition will be limited to 16 participants. To register and reserve your spot to participate, please call Bradbury Mountain State Park at (207) 688-4712 by 5PM on Wednesday, September 9, 2015. After that, any available spots will be allocated on a “first come, first served” basis. There is no scheduled rain date.

Capitalizing on Maine’s perfect fall weather for camping, the booming popularity of cast iron cookery and the tradition of using cast iron to cook over a campfire, this day promises to be fun for all. Come and show off your cooking skills and win some great prizes! Not a cook? That’s OK! All park visitors and campers are welcome to watch the Cast Iron cooking and events on 9/12. Come early and see the Girl Scouts cooking to earn merit badges! Check out event competitors cooking setups and methods! See our local cast iron cooking expert, Registered Maine Guide and L.L. Bean employee Georgette Kanach, give a demonstration of how to cook with cast iron – sharing both her passion for cast iron cookery and tasty samples! Learn a bit of the history of cast iron cookware, as well as its proper care and cleaning, from Park Manager Fritz Appleby! Do you want to just have some fun? Enter into our cast iron skillet toss or bean bag toss for a chance to win a prize! New this year is a cast iron swap meet, open to all, at 9:30AM on September 12 at the day use group shelter.

“We are excited to have LL Bean, “get real. get Maine!” and Wicked Joe Coffee on board as sponsors of the events! There will be some fantastic prizes and fun for all.” said Park Manager, Fritz Appleby

Appleby went on to say “Cast iron cooking and camping are just a natural fit. The current boom in cast iron popularity and the renewed public interest will be enhanced at our event.”

For more information about this event, or other Maine state parks and historic sites, go to:  
[www.maine.gov/bradburymountain](http://www.maine.gov/bradburymountain) or <http://www.parksandlands.com>

For more information about the Maine Department of Agriculture, Conservation and Forestry, go to:  
[www.maine.gov/dacf](http://www.maine.gov/dacf)

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