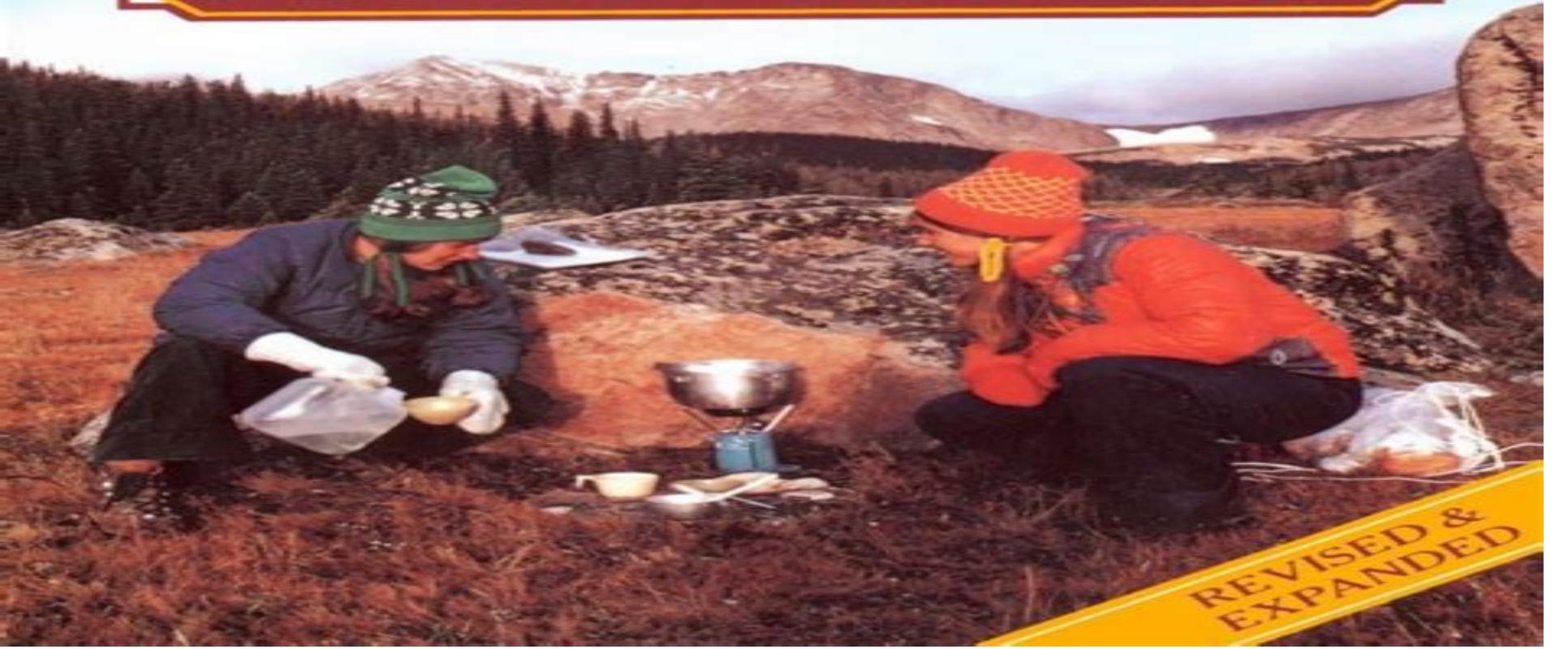


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# THE WELL-FED BACKPACKER

• JUNE FLEMING •



REVISED &  
EXPANDED

# Well Fed Backpacker

**Glenn Randall**



## **Well Fed Backpacker:**

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*The Well-fed Backpacker* June Fleming, 1978 A vastly expanded edition almost half again as long as the original of an already acknowledged classic on outdoor cooking and eating The new Well Fed Backpacker offers a long list of food sources new material on drying techniques and many more winter meals to provide heat and sustenance on an icy hike Three new chapters cover Gourmet Feasting how to dine really well on the trail without carrying along unnecessary equipment Baking Up a Storm recipes for such culinary gems as cheddar cheese biscuits and spiced coffee cake and Good Eating on a Bootlace pennywise suggestions for portable tasty protein rich meals There are menus for spring summer autumn and winter outdoor breakfasts lunches and dinners for snacks and for emergency food

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## **Well Fed Backpacker** Book Review: Unveiling the Power of Words

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