

## Cave Creek Museum Children's and Family Programs



**Program Title:** "A Miner's Diet: A Good Meal Was Worth More Than Gold"

**Date:** Sunday, January 22, 2012

**Time:** 1:30 pm to 3:30 pm

**Audience:** Families

**Description:** After a long day panning in stream or digging in mines for gold, a miner just wanted to settle down to a nice meal. What did a miner have for dinner? Was he usually the chef? This program introduces children and their families to the diet and life of the miner who looked for gold in the Cave Creek Mining District in the 19<sup>th</sup> century. Taste some miner's cuisine, delight in the talents of a blacksmith demo, Stamp Mill miniature demo, witness the primary crusher for the Golden Reef Stamp Mill crush rocks, and other activities that focus on the life of the miner.