



Extension

COOKING AND BAKING AT HIGH ALTITUDES IN WYOMING



ADJUSTING RECIPES FOR ALTITUDE

Are you a new cook or a newcomer to the high-altitude areas of Wyoming? Whatever your situation, you may wonder why your cakes continually fall or your favorite cookie recipe just doesn't taste right. Recipes from low altitudes usually need to be adjusted for altitudes above 3,000 feet. These adjustments are made in time, temperature, or ingredients.

PUBLICATIONS

For information on adjusting recipes to be attractive and tasty, please check out the University of Wyoming Extension Bulletin Cooking & Baking It Up! Altitude Adjusters (B-1310) online at <https://wyoextension.org/publications/html/B1310/>.

ALTITUDES IN WYOMING

In adjusting recipes to prepare a high-quality product or to home-can foods safely, you need to know your local altitude. Below are listed the altitudes for most Wyoming communities, first alphabetically, and then by county.

COMMUNITY & ALTITUDE

Note: These altitudes are measured in feet. They come from the Wyoming state map. If you are unable to find your community listed, the altitude probably did not appear on the map. If so, locate a nearby community.

Town	Elevation	Town	Elevation
Basin	3870	Moorcroft	4206
Buffalo	4645	Newcastle	4334
Casper	5123	Pinedale	7175
Cheyenne	6062	Powell	4365
Cody	5016	Rawlins	6755
Douglas	4815	Riverton	4956
Dubois	6917	Rock Springs	6271
Evanston	6748	Saratoga	6786
Gillette	4544	Sheridan	3745
Glenrock	5009	Shoshoni	4820
Green River	6100	Sundance	4750
Greybull	3788	Thermopolis	4326
Guernsey	4354	Torrington	4104
Jackson	6209	Wheatland	5733
Kemmerer	6927	Laramie	7165
Lander	5357	Worland	4061
Lovell	3814	Yellowstone Lake	7731
Lusk	5015		