

- 511 140 060: Yeast Bread product**, plain dough using a combination of flours. Exhibit ¼ of a loaf.
- 511 140 070: Yeast Bread product** (using any type of flour) with added non-perishable ingredients (ie. herbs, nuts, dried fruit, etc.) Exhibit ¼ of a loaf.
- 511 140 080: Yeast Bread product** using special shaping. Exhibit two individual items or ¼ of a large item.
- 511 140 090: Speciality Pastry.** Baked items such as pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, danish, strudels. Phyllo dough must be made from scratch. Pastries made with cream or egg based fillings will be disqualified. Exhibit **two** individual items.
- 511 140 140: A Gift Package** with homemade foods featuring up to five Pacific Northwest products. At least two foods must be made by the exhibitor and feature Pacific Northwest products. Gift package can be in a box or basket **not to exceed 18" x 24"**. **Exhibit must include a breakdown of costs incurred in preparing the gift package, including items on hand or recycled.** Baked items should be at least two of a small or one-quarter of a large food. Include recipes on 5" x 8" card or paper. Include to whom the gift is intended and for what occasion. Criteria for judging will include creativity, cost (value), food safety, and nutrition.
- 511 140 160: Baked Food Product (from any exhibits in Level 4) reflecting alternative dietary choices.** Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit two individual items or ¼ of a large item.
- 511 444 010: Poster** showing and explaining something that you have made, done, or learned in your Foods and Nutrition project. **Poster must not exceed 24" x 30"**.
- 511 444 020: Favorite Recipe Collection** with fifteen recipes of foods you have prepared. Ten recipes should be vegetable and fruit recipes. Five recipes should be one-pot meals using or demonstrating knowledge of various kitchen appliances (examples: microwave, wok, electric skillet). Write current year in upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging.** Recipe collection can be in a file box or in recipe book form. Pen, pencil, typed, or printed is acceptable as long as required elements are on the recipe. Follow specific guidelines on check sheet. Adding decorative items to recipes is optional and is not a part of the judging process.
- 511 444 030: Cooking Up a Career.** Find someone you know who works in a catering business, local restaurant, health care food service, food scientist, works as a Registered Dietitian, or any other food or nutrition related industry. What do they do? How much education do they need? Why did they choose this profession? What is the most enjoyable thing about their chosen profession? Maximum of two pages, one sided write up of an interview. Consider creativity and neatness. Mount on a 9" X 12" colored paper or poster board, or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be **no larger than 9 X 12 inches.**

4-H FOOD PRESERVATION

Members must use current OSU approved or USDA preparation and processing recommendations for preserved foods. Current OSU approved publications can be found at: <http://extension.oregon-state.edu/fch/food-preservation> Current USDA recommendations can be located on the internet at

http://nchfp.uga.edu/publications/publications_home.html or <http://nchfp.uga.edu/> The Ball Blue Book copyright 2009 or newer, So Easy to Preserve Book, pectin package inserts, or pectin product websites are also approved sources.

All products, including all preserved products in gifts packs, must have a 4-H Food Preservation Explanation Card with complete information and instructions/recipe. Explanation Card is available at the county Extension office or on the State 4-H website. In addition, all containers must have label or tape with member **name, county, class number.** Label should be placed on the bottom of the container or location not to interfere with allowing the judge to see contents.

Include jar rings on all canned products. Jars may be opened during the judging process. For this reason we strongly urge you use smaller jars for your fair exhibits. Suggested are 4 oz. jars for jams and jellies, half pints & pint jars for other products. Larger jars will be accepted, but food may be wasted as any opened jars may be emptied before returning after the fair. Dried foods should be exhibited in jars or sturdy plastic bags, with labels securely attached.

Make sure to follow the approved processing times listed for your product.

Judging criteria are outlined on the 4-H Canned Fruit and Vegetable Check Sheet (512-04), 4-H Canned Meat and Fish Check Sheet (512-05), 4-H Dried Foods Check Sheet, 4-H Jam Check Sheet (512-01), 4-H Jelly Check Sheet (512-02) and 4-H Pickles and Relishes Check Sheet (512-03), and a new 4-H Gift Pack Check Sheet (512-08) available at the county Extension office or on the State 4-H website: <http://oregon.4h.oregon-state.edu/node/1855>

Note: Fill in blank in class number (__) with corresponding numbers for:

1 Junior

2 Intermediate

3 Senior

Junior Division

Members in this division can choose to exhibit any of the products listed below by placing a "1" in the last digit of the class number. May enter three classes, only one exhibit per class number.

Starred (*) items are suggested as beginning exhibits for first year juniors.

- 512 111 01_ *Canned fruit or berries.** One jar of fruit or berries processed in a boiling water canner.
- 512 111 02_ *Canned tomatoes.** One jar of tomatoes processed in a boiling water canner.
- 512 111 03_ Canned tomato sauce, juice, or ketchup.** One jar of canned tomato sauce (plain or flavored), tomato juice or tomato vegetable juice blend, or ketchup processed in a boiling water canner.
- 512 111 04_ Canned tomato based salsa. One jar of canned tomato based salsa.** Jars must be sealed by processing in a boiling water canner.
- 512 111 05_ Canned fruit based salsa.** One jar of canned fruit based salsa. Jars must be sealed by processing in a boiling water canner.
- 512 111 06_ Relish.** One jar of cucumber relish. Jars must be sealed by processing in a boiling water canner.
- 512 111 07_ Relish. One jar of relish, other than cucumber.** Jars must be sealed by processing in a boiling water canner. Examples include zucchini relish, corn relish and chutneys, other chopped fruit and vegetable based products that include acidification.
- 512 111 08_ Canned pie filling.** One jar of canned pie filling thickened with Clear-Jel®.
- 512 111 09_ Fruit Sauce-** One jar of canned fruit sauce with-

out a thickener. Examples include apple sauce.

- 512 111 10_ *Cooked jam.** One jar of cooked jam using commercial pectin. Jars must be sealed by processing in a boiling water canner.
- 512 111 11_ *Cooked jelly.** One jar of cooked jelly using commercially available juice and pectin. Jars must be sealed by processing in a boiling water canner.
- 512 111 12_ Quick cucumber pickles.** One jar of cucumber quick pickles. Jars must be sealed by pasteurization or processing in a boiling water canner.
- 512 111 13_ Quick pickles other than cucumbers.** One jar of canned fruit or vegetable quick pickles. Examples include crab apple, watermelon, dilled green beans, etc. Jars must be sealed by processing in a boiling water canner.
- 512 111 14_ *Fruit leather.** Four rolled pieces (about one inch wide) of one flavor of fruit leather.
- 512 111 15_ *Dried fruit. About one-half cup of dried pieces of fruit (not leather).**
- 512 111 16_ *Dried vegetable. About one-quarter cup of dried pieces of vegetable.**
- 512 111 17_ *Dried herbs.** About ¼ - ½ cup of dried herbs.
- 512 111 18_ *Dried herb seasoning combination.** About 1 tablespoon of dried herb seasoning combination.
- 512 111 301 *Gift pack.** One gift package including two different products from Junior Division of preservation methods. Each preserved product must have a 4-H Food Preservation Explanation card. The gift pack may also include products made or purchased by exhibitor to complete the theme. Indicate for whom the gift is intended and for what occasion. (Example: A housewarming gift for new neighbors.)
- Intermediate and Senior Division**
Members in these divisions can choose to exhibit any of the products listed under the Junior division, except Gift pack, by placing a "2" in the last digit of the class number for Intermediates or a "3" in the last digit of the class number for Seniors. They can also choose from any of the following exhibits as long as they enter only three exhibits total, one exhibit per class number.
- 512 111 21_ Cooked jelly.** One jar of cooked jelly using juice the member has extracted and commercial pectin. Jars must be sealed by processing in a boiling water canner.
- 512 111 22_ Cooked jelly or jam.** One jar of cooked jelly or jam made without added commercial pectin. Jelly must use juice extracted by the member. Jars must be sealed by processing in a boiling water canner.
- 512 111 23_ Syrup or juice.** One jar of juice or syrup made from the juice that the member has extracted. Jars must be sealed by processing in a boiling water canner.
- 512 111 24_ Fermented pickles or sauerkraut.** One jar of fermented (brined) pickles or sauerkraut. Jars must be sealed by processing in a boiling water canner.
- 512 111 25_ Canned vegetables or tomatoes.** One jar of canned vegetables or tomatoes processed in a pressure canner.
- 512 111 26_ Canned meat or poultry.** One jar of canned meat or poultry processed in a pressure canner.
- 512 111 27_ Canned fish.** One jar of canned fish processed in a pressure canner. Fish products should be exhibited in pint or half pint jars.
- 512 111 28_ Canned combination dish.** One jar of canned combination dish processed in a pressure canner. Examples include chili, soup, baked beans, etc.
- 512 111 29_ Dried meat or poultry jerky.** Four 1 inch by 3 inch pieces of one type of jerky. Meat jerky (beef, venison or poultry) should follow the recommendations for preparation in Making Jerky at Home Safely, PNW 632, May 2012.
- 512 111 302 Intermediate Gift pack.** One gift package including **three** different preserved products. Use two or more preservation methods. Methods from the

junior and intermediate/senior divisions may be used. Each preserved product must have a 4-H Food Preservation Explanation Card. The gift pack may also include products made or purchased by exhibitor to complete the theme. Indicate for whom the gift is intended and for what occasion.

(Example: a housewarming gift for new neighbors.)

512 111 303 Senior Gift pack. One gift package including **three or more** different preserved products. Use two or more preservation methods. Methods from the junior and intermediate/senior divisions may be used. Each preserved product must have a 4-H Food Preservation Explanation Card. The gift pack may also include products made or purchased by exhibitor to complete the theme. Indicate for whom the gift is intended and for what occasion.

(Example: a housewarming gift for new neighbors.)

Designing Spaces

Members may enter up to **three** classes, **one** exhibit per class. In the Designing Spaces project, items produced by the 4-H member are developed within the context of the over-all design/plan of a specific location. The classes align with the four elements of designing a space: designing a room, furnishing a room, finishing a room, and creating a healthy room environment. Judging criteria are outlined on the appropriate evaluation form: Furnishing & Finishing Designing Spaces (340-01) and Designing and Making Healthy Designing Spaces (340-02). To qualify for judging, a 4-H Designing Spaces Exhibit Explanation card must be attached. The explanation card and evaluation forms are available in county Extension offices or on the State 4-H website at: <http://oregon.4h.oregonstate.edu/node/1855>

In addition to the exhibit tag, each piece of an exhibit must be labeled on the back or bottom with the member's name, county, and exhibit class number.

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Designing a Space

340 100 11_ Design board for a room. Include: color scheme, wall treatment, floor treatment, window treatment, etc. OR floor plan for a room. Posters, 24 x 30, or multimedia presentation (on CD). Show what you learned with before and after pictures or diagrams, samples, story, cost comparisons, optional arrangements, etc.

Furnishing a Space

The functional items to furnish a room are made from new, recycled or refurbished items for a specific location, described in details on the explanation card.

- 340 100 12_ Organizational/Storage Item for the furnishing of a room.**
- 340 100 13_ Functional textile item for the furnishing of a room, i.e. curtains, rug, quilt.**
- 340 100 14_ Furniture item to furnish a room.**

Finishing a Space

These finishing touches for a room are made from new, recycled or refurbished items for a specific location, described in detail on the explanation card.

- 340 100 15_ Accessory for the walls of a room**
- 340 100 16_ Accessory for the furnishings of a room (bed, dresser, etc.)**
- 340 100 17_ Accessory for seasonal use in a room.**