

et. al. Underline alternative ingredient(s) in the recipe. Exhibit **two** individual items or ¼ of a large item.

- 511 444 03\_ 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.**

#### All Skill Levels

##### Poster

- 511 100 11\_:** Poster showing and explaining something you have made, done, or learned in your Foods & Nutrition project.

Poster must not exceed 24" x 30".

##### Photo series or pictorial story

- 511 200 13\_:** Photo series or pictorial story depicting hunted or harvested foods of the Pacific Northwest from harvest to table. Series may include up to twenty color photos, pictures or drawings of one theme on one story board not to exceed 24" x 30". Please note if some of the photos were taken by someone else. Exhibits will be judged on the exhibitor's ability to creatively depict a story and not on their photography or drawing ability.

##### Gift Package

- 511 140 14\_:** 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.

##### Favorite Recipe Collection

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. Pen, pencil, typed, or printed is acceptable as long as required elements are on the recipe. Recipe collection can be in a file box or in recipe book form. Follow specific guidelines on check sheet. Adding decorative items to recipes is optional and is not a part of the judging process.

- 511 300 111:** Junior –collection with five recipes of foods you have prepared, using ingredients grown in the Pacific Northwest.

- 511 300 112:** Intermediate – Collection with ten recipes of foods you have prepared, using a variety of grain products. (Examples: granola, rice pudding, bulgur salad, pizza.)

- 511 300 113:** Senior – 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).

#### 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](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 without 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 are encouraged to enter Educational Displays under the Communications division, enter Science experiments under the Science division (i.e. compare energy use with different types of lighting, water efficient products, use of landscape to heat or cool homes), and enter career exploration, hands for larger service, community outreach projects using designing spaces skills under the Citizenship and Leadership division.

Members may enter up to three classes, one exhibit per class. Seniors and Intermediates may also enter one exhibit in the Celebrate our World 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 sheets are available in county Extension offices or on the State 4-H website at: Forms are available at county Extension offices and on the State 4-H website : <http://oregon.4h.oregon-state.edu/special-events/state-fair/cm-family>.

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.

**Note: Fill in blank in class number (\_\_\_) with corresponding numbers for:**

##### 1 Junior

##### 2 Intermediate

##### 3 Senior

##### 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.**