

### Cooking Skills Contests:

#### Monday, July 31

Cookie Baking, Measuring, Food Preparation, Magic with Milk, Iron Chef, Mini-Meal, Knitting and Sewing.

#### Static Skills Contest:

Fashion Revue, Table Setting, Contact the Extension Office for Entry Forms and additional information, dates and times.

#### 4-H Iron Chef Competition

The 4-H Iron Chef Competition is a new opportunity for members to show their food preparation skills and creativity by working as a team of 2 to 3 members in a State Fair competition. Members will prepare at least two dishes that incorporate a mystery ingredient provided at the contest. A panel of judges will evaluate the final product for taste, plating (appearance of presentation) and originality/food safety. Teams may be made up of any intermediate or senior members who have participated in any county food contest.

511 603 022 Intermediate/Senior Iron Chef Competition

#### Clothing Skills Contest

Open to Clothing 4-H members. Contests consist of skills learned in projects. Members supply sewing accessories such as scissors, pins, needles and measuring gauge.

320 700 001, 320 700 002, 320 700 003 Beginning level - 1st year, 2nd year, 3rd year.

320 700 004, 320 700 005, 320 700 006 Expanding level - 1st year, 2nd year, 3rd year.

320 700 007, 320 700 008, 320 700 009 Advanced level - 1st year, 2nd year, 3rd year.

#### Wednesday, Aug. 9 at 5 p.m. - Sale Barn

##### Fashion Revue

320 600 001 Junior  
320 600 002 Intermediate  
320 600 003 Senior

##### Ready to Wear

320 600 004 Intermediate  
320 600 005 Senior  
320 600 006 Junior

##### Food Preparation

Junior Intermediate Senior  
511 601 011 511 601 012 511 601 013

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare one food product. Judging criteria are outlined in the newly revised 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website:

<http://oregon.4h.oregonstate.edu/fair-exhibit-and-contest-materials>. There are two divisions in the contest, Intermediate and Senior. The following items apply to each division and class:

1. Participants will have one hour (start to finish) for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator.
2. Participants should prepare one recipe, one batch, etc., of the food product using at least two ingredients representative of the Pacific Northwest. Participants should select a food product that can be prepared within the time limit. For food safety finished dishes prepared at home may not be brought and served at fair. Only yeast products which require proofing will be allowed extra time. Proofing time is done with members out of the kitchen. Participants should not prepare the

same recipe more than one year.

3. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.

4. The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each display. A centerpiece may be included if the participant wishes, but is not required.

5. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the Fair.

6. All participants must provide the judge with a "Judges Information Form," available from the county Extension Office or at, <http://oregon.4h.oregonstate.edu/node/1859> The judge will also ask questions regarding the Pacific Northwest food used, i.e., nutritive value, region produced, or season when most plentiful.

7. All participants must provide a poster (approximately 24" x 30") of the recipe to display in the preparation area. Posters will not be returned. Please include 4-H member's name, county and contest name on the poster.

8. Participants are expected to leave the kitchen clean. This will be part of the judge's evaluation.

#### DIVISION

Each county may enter as many blue ribbon participants from the county contest as the judge qualifies. 511 601 012 Intermediate, One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish 511 601 013 Senior, One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish

#### Mini-Meal

Each county may enter as many blue ribbon participants from the county contest as the judge qualifies. 511 602 012 Intermediate Food Preparation 511 602 013 Senior Food Preparation 511 602 022 Intermediate Food Preservation 511 502 023 Senior Food Preservation

#### Junior Cookie Baking

511 602 001 1st year  
511 602 002 2nd year  
511 602 003 3rd year

#### Knitting Skills

Contestants furnish their own needles, yarn and other needed equipment. Basis of judging is on knitting habits, skill and quality of finished sample.

360 700 001 Phase 1  
360 700 002 Phase 2  
360 700 003 Phase 3  
360 700 004 Phase 4  
360 700 005 Phase 5  
360 700 006 Phase 6

#### Measuring Contest

Contest is open to junior foods members. Contestants must show basic measuring skills, i.e., 3 t + 1 T. Contestants must also show correct method of measuring flour, water, brown sugar, salt and shortening.

511 602 000 Junior

#### Monday, August 7, 1 p.m. - Pavilion

##### Table Setting Contest

Contest is open to all Foods/Nutrition 4-H members. Several contestants will work at the same time. No talking allowed.

511 602 111 Jr. Table setting  
511 602 112 Int. Table setting  
511 602 113 Sr. Table setting

##### Magic With Milk

For Juniors only. Member must be enrolled in a related project. Contestants prepare a food in which milk is the main ingredient, i.e., a milk beverage, cream soup or a milk dessert.

511 502 002 Junior

#### Shooting Sports Contests

##### \* Archery

##### Saturday, August 5, 2017

1. Contestants must be enrolled in the 4-H Archery project.
2. Contestants must provide their own bows, target arrows and accessories. Arm guards are required.
3. Contestants shoot the Freeman Round of 60 arrows with a possible total of 300 points. Contestants are observed and scored during the entire contest for safe practices and sportsmanlike conduct.
4. Warm up procedure -- one end (five arrows) from each of the three positions before contest begins.
5. Time limit per end -- 2 1/2 minutes.
6. Participants may enter Bare Bow, or Freestyle or Traditional.

#### Scoring

Safety & Sportsmanship. . . . . 100 Points  
Marksmanship Scores . . . . . 300 Points  
TOTAL . . . . . 400 Points

#### ARCHERY SAFETY/MARKSMANSHIP

##### CLASSES

461 700 001 Bare Bow, Junior  
461 700 002 Bare Bow, Intermediate  
461 700 003 Bare Bow, Senior  
  
461 700 011 Freestyle, Junior  
461 700 012 Freestyle, Intermediate  
461 700 013 Freestyle, Senior  
  
461 700 021 Traditional, Junior  
461 700 022 Traditional, Intermediate  
461 700 023 Traditional, Senior

##### \*Rifle & Pistol TBA

##### TBA Safety/Marksmanship Contest

Rifle & Pistol - TBA, at Dennis & Julie Reynolds' (Potluck lunch) Shotgun - Sunday, August 6, in Seneca

For complete rules and a list of classes please contact your 4-H leader.

#### Rules for Shotgun

- Actions must remain open at all times, on and off the firing line, until it is the contestant's turn to shoot.
- Guns must remain unloaded at all times, on and off the firing line, until it is the contestant's turn to shoot.
- When it is the contestant's turn to shoot, ONLY ONE SHELL may be loaded into the gun each turn. When shooting skeet, contestant's may load no more than two shells per station at which they shoot.