

**511 444 02\_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 meats 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 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"x12" 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 9x12 inches.**

#### **Food Preservation**

Members may enter **three** classes in their age division. **Members must use current OSU approved or USDA preparation and processing recommendations for preserved foods. Current USDA recommendations can be located on the internet at [http://www.uga.edu/nchfp/publications/publications\\_usda.html](http://www.uga.edu/nchfp/publications/publications_usda.html). Ball Blue Book, 2009, pectin package inserts or pectin product websites are approved sources.** **All products, including all preserved products in gift packs, must have 4-H Food Preservation Explanation Card with complete information and instructions/recipe.** Explanation Card is available at the Extension office or on the State 4-H website. In addition, all containers must have label or tape with member name, county, and 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. Suggestion: Four ounce jars for jams and jellies, half pints & pint jars for other products. Larger jars will be accepted. Any opened jars may be emptied before returning after 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 from the County Extension office or the State 4-H website

<http://oregon.4h.oregonstate.edu/resources/materials-family-and-consumer-science>

**Note: Fill in last blank ( ) in class number with corresponding number for Associate/Junior, Intermediate, or Senior:**

- 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. Attach complete processing label.

**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. processed 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-Jell®.

**512 111 09 Fruit Sauce.** One jar of 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 cucumber.** 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 1/4 - 1/2 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 fit is intended and for what occasion. (Example: A housewarming gift for new neighbors.)

#### **Intermediate and Senior 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 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 adding 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.** 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, PNW632, 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: 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 fit is intended and for what occasion. (Example: A housewarming gift for new neighbors.)