

LOT 25 4H FOOD & PRESERVATION EXHIBITS	
4-H Premiums: Blue- \$4.00, Red- \$3.00, White- \$2.00	
Includes Breads, General Foods, Food Preservation, Dairy Foods, and Cake Decorating and Cupcakes.	
4-H CAKE/CUPCAKE DECORATING	
Rules	
1	Entry consists of a decorated (Styrofoam) cake.
2	Styrofoam MUST be the base for the decorating.
3	Real cakes will NOT be accepted.
4	Judging is based on decoration only not taste.
5	Exhibit is not limited to a color or design.
6	Refridgeration will NOT be provided.
7	Exhibit must be limited in size to no taller than 24" and no more than 1/2 sheet board.
8	Cakes may be returned, based on the condition at the end of the fair.
9	4-H Identification cards must be attached to bottom right hand corner of sheet board.
Class	Description
4H 1060	Junior 4-H Cake Decorating (Cakemust include the 4-H Clover either in the design or decoration).
4H 1061	Senior 4-H Cake Decorating (Cake must include the 4-H Clover either in design or decoration).
4H 1062	Junior General Cake Decorating
4H 1063	Senior General Cake Decorating
4H 1070	Junior 4-H Cupcake Decorating
4H 1071	Senior 4-H Cupcake Decorating
4H 1072	Junior General Cupcake Decor
4H 1073	Senior General Cupcake Decor
4-H Foods Rules & Instructions:	
A.	Recipes: Entries are to be made using recipes specified in the class description. All recipes are available at the extension office (859)987-1895
B.	Place the baked product on a disposable plate. Place the plate inside a re-closable zip-lock bag to maintain freshness and prevent damage. (Exhibit will not be disqualified if the plate is not inside the bag).
C.	Use of plastic film or aluminum foil to wrap product is discouraged but will not cause the product to be disqualified.
D.	To prevent damage, wrapped cakes should be transported in a sturdy container such as a cardboard box. FOODS AND CONTAINERS WILL BE DISPOSED OF. NOT RETURNED TO EXHIBITOR.
MUFFINS	
Class	Description
4H 841	Three Oatmeal Muffins: Use recipe in 4H cooking 101, pg. 54
4H 842	Three Cheese Muffins: Use recipe in 4H cooking 201, p. 49
BISCUITS	
Class	Description
4H 843	Three Rolled Biscuits: Use recipe in 4H Cooking 201, p. 49
4H 844	Three Scones: Raisins may be substituted for cranberries.
QUICK BREADS	
4H 845	Three Cornmeal Muffins
4H 846	Three pieces of Coffee Cake with Toppings: Use recipe in 4H Cooking 101, p. 59. Nuts are optional.
COOKIES	
4H 847	Three Chewy Granola Bars (gluten-free): Use recipe in 4H Cooking 101, p. 35.
4H 848	Three Brownies: lse recipe in 4H Cooking 101, p. 67. Nuts are optional.
4H 849	Three Snickerdoodle Cookies: Use recipe in 4H Cooking 201, p. 88.
CAKES	
4H 850	One 8" or 9" layer rich chocolate cake (NO icing): Use recipe in 4H Cooking 301, p. 116.
4H 851	One 8" or 9" layer carrot or zucchini cake (NO icing): Use recipe in 4H Cooking 301, p. 119.
4H 852	May use carrots or zucchini 1/4 of a basic chiffon cake: Use recipe in 4H Cooking 401, p. 118. Do not use variations.
PIES	
4H 853	One whole double crust apple pie: Use recipes in 4H Cooking 401, p. 105 and 97. Leave pie in the disposable pie pan and place all in a zip-type plastic bag. May use spice variation if desired.
YEAST BREADS	
4H 854	Three Cinnamon Twists (NO icing): Use recipe in 4H Cooking 301, p. 42&44.
4H 855	Three Soft Pretzels: Use recipe in 4H Cooking 301, p. 48. Use any topplings listed.
4H 856	One Loaf Oatmeal Bread: Use recipe in 4H cooking 401, pg. 25.
BREAD MADE IN MACHINES	
4H 857	One Loaf Honey Whole Wheat Bread made in a bread machine: May be a 1 pound of 1 1/2 pound loaf.
CANDY	
4H 858	Three pieces classic chocolate fudge: Use recipe in 4H Cooking 401, p. 89. Nuts are optional.

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4H Preservation

Class	Description
4H 861	Dried Apples: Dry apples according to the instructions in the 4-H Fair Recipe Book-Food Preservation . Place 12 pieces of dried fruit in a container which is an example of a container suitable for long term storage of dried fruit. Label Package with kind of fruit and date processed. Size of the container is not being judged. Publication HE 3-501 may be helpful: http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3501/FCS3501.pdf
4H 862	Salsa: (pint jar or smaller) canned using a boiling water canner. Use the recipe in the 4-H Fair Recipe Book-Food Preservation . The USDA recommended headspace for salsa is 1/2 inch. Canning label must be completed by member and affixed to the jar. Publications Home Canning Salsa (FCS3-581) at http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3581/FCS3581.pdf Home canning tomatoes and tomato products (FCS3-580) at http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3580/FCS3580.pdf and USDA Complete Guide to Home Canning: http://nchfp.uga.edu/publications/publications_usda.html may be helpful.
4H 863	Dill Pickles: (Pint jar or smaller), canned using a boiling water canner: Use the recipe in the 4-H Fair Recipe Book-Food Preservation . The USDA recommended headspace for pickles: 1/2 inch. Canning label must be completed by member and affixed to the jar. Publications Home Canning Pickled and Fermented Foods (FCS3-582) at http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3582/FCS3582.pdf and USDA Complete Guide to Home Canning: http://nchfp.uga.edu/publications/publications_usda.html may be helpful.
4H 864	Strawberry Jam: (Half pint or smaller jar), canned using a boiling water canner. Use the recipe in the 4-H Fair Recipe Book-Food Preservation . The USDA recommended headspace for jam is 1/4 inch. Canning label must be completed by member and affixed jar. Write the type of fruit used on the canning label. Publications FCS3-579 at http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3579/FCS3579.pdf and USDA Complete Guide to Home Canning: http://nchfp.uga.edu/publications/publications_usda.html may be helpful. Refrigerator and freezer jams are not appropriate for class.
4H 865	Green Beans: (One pint), canned using a pressure canner. Use the recipe in the 4-H Fair Recipe Book-Food Preservation . Beans may be 'raw packed' or 'hot packed' but the packing method used must be indicated on the label. The USDA recommended headspace for green beans is 1 inch. Canning label must be completed by member and affixed to the jar. Publication FCS3-583 Home Canning Vegetables (http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3583/FCS3583.pdf) and USDA Complete Guide to Home Canning: http://nchfp.uga.edu/publications/publications_usda.html may be helpful.