

**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. Real cakes will NOT be accepted.
- 3 Judging is based on decoration only not taste.
- 4 Exhibit is not limited to a color or design.
- 5 Refridgeration will NOT be provided.
- 6 Exhibit must be limited in size to no taller than 24" and no more than 1/2 sheet board.
- 7 Cakes may be returned, based on the condition at the end of the fair.
- 8 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: Use 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.
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**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 toppings 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.
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**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**

<b>Class</b>	<b>Description</b>
4H 861	Dried Apples: Dry apples according to the instructions in the <b>4-H Fair Recipe Book-Food Preservation</b> . 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 ay be helpful: <a href="http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3501/FCS3501.pdf">http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3501/FCS3501.pdf</a>
4H 862	Salsa: (pint jar or smaller) canned using a boiling water canner. Use the recipe in the <b>4-H Fair Recipe Book-Food Preservation</b> . 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 <a href="http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3581/FCS3581.pdf">http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3581/FCS3581.pdf</a> Home canning tomatoes and tomato products (FCS3-580) at <a href="http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3580/FCS3580.pdf">http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3580/FCS3580.pdf</a> and USDA Complete Guide to Home Canning: <a href="http://nchfp.uga.edu/publications/publications_usda.html">http://nchfp.uga.edu/publications/publications_usda.html</a> may be helpful.
4H 863	Dill Pickles: (Pint jar or smaller), canned using a boiling water canner: Use the recipe in the <b>4-H Fair Recipe Book-Food Preservation</b> . 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 <a href="http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3582/FCS3582.pdf">http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3582/FCS3582.pdf</a> and USDA Complete Guide to Home Canning: <a href="http://nchfp.uga.edu/publications/publications_usda.html">http://nchfp.uga.edu/publications/publications_usda.html</a> may be helpful.
4H 864	Strawberry Jam: (Half pint or smaller jar), canned using a boiling water canner. Use the recipe in the <b>4-H Fair Recipe Book-Food Preservation</b> . 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 <a href="http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3579/FCS3579.pdf">http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3579/FCS3579.pdf</a> and USDA Complete Guide to Home Canning: <a href="http://nchfp.uga.edu/publications/publications_usda.html">http://nchfp.uga.edu/publications/publications_usda.html</a> may be helpful. Refridgerator and freezer jams are not appropriate for class.
4H 865	Green Beans: (One pint), canned using a pressure canner. Use the recipe in the <b>4-H Fair Recipe Book-Food Preservation</b> . 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 ( <a href="http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3583/FCS3583.pdf">http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3583/FCS3583.pdf</a> ) and USDA Complete Guide to Home Canning: <a href="http://nchfp.uga.edu/publications/publications_usda.html">http://nchfp.uga.edu/publications/publications_usda.html</a> may be helpful.