



Outagamie County 4-H

Foods & Nutrition Newsletter

April 2021

Happy Spring!!! We hope you are enjoying the warmer weather and the sunshine. This is a great time to be planning on what you would like to enter at the Outagamie County Fair and also practicing some new recipes.

This year the Foods Revue will be at the fair on Sunday, July 25 at 1 pm on the 4-H Action Center Stage. Attached to this email is a document with helpful tips to assist you in preparing for the Foods Revue.

Foods Committee Members

please feel free to contact us if you have any questions!

Resource Leader: Sheila Vander Zanden –
dvanderzanden1@new.rr.com

Susan Koleske (youth) susankoleske@gmail.com

Penny Pudlo – tpmapudlo@att.net

Alicia Schroeder (youth) - js3creeks@gmail.com

Jean Schroeder – js3creeks@gmail.com

Lisa Sprangers – sprangerslisa@gmail.com

Katie Stille – katie@stilles.org

Diana Van Straten – acencookie2@yahoo.com



The Foods Committee would like to know what you think of this Foods Newsletter!!

Somewhere in this issue we hid this image -
When you find it, email katie@stilles.org
with where you found it and if you felt this
newsletter was helpful.



Dates to Remember:

April 15 – Online fair entries open

May 25 - Entry deadline

July 20 – Entry Day (TUESDAY)

July 21-25 – Outagamie County Fair

Don't forget your Foods
Revue Entry!! 😊

Congratulations

Congratulations to Jackie
on winning a gift card for
finding the hidden spoon
in the last issue.

Thank-you to Jackie and
Rebekah for submitting a
menu to go with the hot
beef recipe from the last
issue.

Homemade with love. In other
words, I licked the spoon and
kept using it.



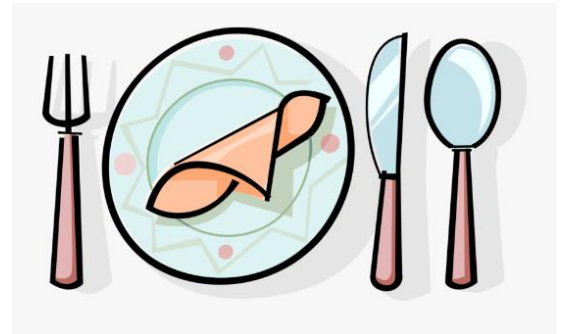
someecards
user card



See What's Cooking

Hello, what's cooking in your house? Did you get a chance to try the hot beef recipe? If so, what else did you serve with it? Did you send in your pictures? How about Rebekah Stille's Banana Cream Pie? We will be looking for Rebekah's pie at the fair! Thank you for being our first "Moment with a Member." In Rebekah's article, she talked about the "Easy as Pie Spin Club." This is organized by WI 4-H. Please check it out. 4-H Educators developed a six-week program centered on a dessert favorite, pie. You should check out this web site for other virtual project meetings. I didn't even know this was available. So even I learned something from our newsletter!

Let's chat a minute about the foods revue that you are encouraged to participate in. It's a great way create a menu and display one of the items off your menu. You get to design your table setting to enhance that one homemade item. This opportunity is an awesome way to learn about planning a menu, food preparation, the importance of nutrition and creating an atmosphere through your table setting to promote your menu. The one-on-one judging gives you excellent feedback to learn and grow in this project. It also builds confidence in a fun setting. Please consider entering the food revue when signing up for your project entries.



Keep cooking!!

Mrs. Sheila Vander Zanden

Fun Food Facts:

Crackers have holes in them for a reason. During the baking process, if the crackers have holes in them, it prevents air bubbles from ruining the product.

If packed in an air-tight container, honey will never spoil.



From our Family to Yours...

Crust

1 ½ c. flour

½ c. butter

½ c. nuts (chopped)

Bake at 350° for 10-15 min.

Banana Split Dessert

Filling

½ c. margarine (soft)

1 teaspoon vanilla

½ bag (1 lb.) powdered sugar

1 egg

Blend on low until mixed. Then on high for 15 min. Spread on cooled crust and chill.

2 cans crushed pineapple (drained)

5-6 bananas sliced (put bananas in pineapple juice to prevent browning)

12 oz. Cool Whip

Put sliced bananas on filling, pineapple on bananas then Cool Whip. Top with cherries and chopped nuts.

Mrs. Sheila VanderZanden

What would YOU serve with the Banana Split Dessert?

Send your menu to katie@stilles.org and we will share some of the menus in our next newsletter.

If you try this recipe – send Katie a picture.

Do you have a favorite recipe that you would like to share?

Email the recipe to Katie and we will include it in an upcoming issue!!

katie@stilles.org

Menus for Slow Cooker Hot Beef

Slow Cooker Hot Beef

Baked Brown Beans

Chips and Dip

Pickles

Watermelon

Jackie

Slow Cooker Hot Beef

Cheese Hash Brown Potatoes

Asparagus

Sunshine Salad

Apple Pie

Rebekah



Preparing for the Outagamie County Fair

Notes from the Fair Superintendents...

Greetings and Happy April! This month we would like to share with you some helpful hints about Food Preservation entries and touch a little bit on substitutions in recipes. A common piece to keep in mind about the entries you bring to the Fair is appearance. Does your item look appealing to the judge? When someone looks at your entry do they want to grab a fork or spoon and eat it?

To begin, as with any 4-H project, be sure to read the guidelines in the Fair Premium Book. Food Preservation exhibitors must follow UWEX guidelines for processing food. The website is

<https://learningstore.extension.wisc.edu/collections/food-preservation-and-safety>.

- Only standard clear canning jars are accepted with pints being preferred. Jams and jellies must be in a standard jelly jar.
- If possible, use the same brand of lid and jar.
- Please remember to remove the metal screw band and wash the jar so it is clean and not sticky.
- You need to have written out on a paper the name of the product and the method you used to preserve the item. Please refer to the Fair Premium Book for an example of the information needed. <https://www.outagamiecountyfair.com/wp-content/uploads/OCF-Food-Pres-labels.pdf>
- The judge will ask questions on how you prepared the food for canning and ask you to explain the canning process you used.
- When selecting the jar to bring to the Fair look at it:
 - ✓ Does the food look appealing?
 - ✓ Are all the food pieces the same size?
 - ✓ Are larger produce pieces placed up and down in the jar?



Good luck with your Food Preservation project!

Second, we will touch briefly on Food/Ingredient Substitutions. When thinking about our diets and trying to eat healthier some people look at the ingredients in recipes. Are there substitutions we can use in the recipe? For many recipes there are. Websites are available that provide wonderful substitution ideas. A few examples are Greek yogurt in place of sour cream, mashed banana used for butter, and applesauce for an egg or half the butter amount. When considering a substitution think about whether it will change the appearance or taste of the food. Another consideration when selecting the ingredients you use in a recipe is the fat or sugar content. If you are using a low-fat or no-fat ingredient will you need to add fat somehow? It is always a great idea to practice making your food item several times before making it for the Fair. Using food substitutions in recipes can be wonderful but substitute wisely. Impress the judge by explaining the substitutions you have made. Good luck and happy cooking!

Remember, we taste with our eyes first. Whether it is your Foods and Nutrition entry or Foods Preservation entry, presentation and appearance is important. Taste is the reward!

Fairbook link: <https://www.OutagamieCountyFair.com/junior-fair/>

Online Entries link: <http://outagamie-juniorfair.fairentry.com>

Joanne and Penny
Fair Superintendents

A Moment with a Member

Name: Kahlan Scherg

Age: 10

Club: Buchanan Badgers 4-H Club

Years in 4-H: 2



Kahlan submitted the recipe below for "Pancake in a Mug" because it is a quick, easy, and delicious breakfast that she can make by herself. Here is a link to a video where she shows us how to make this recipe. Video link:

<https://www.loom.com/share/c2d8ec9fe40c441289a2eab8c78b3971>

We want to know what **you** are working on for your foods project!!

Please send a picture with a short explanation to katie@stilles.org.



Today's Cooking Funny...

My cooking is so fabulous

Even the smoke alarm cheers me on.



Pancake in a Mug

Ingredients:

- ½ C all-purpose flour
- 1 tsp baking powder
- 1 tbsp sugar
- ⅓ C milk
- 1 tbsp melted butter
- 1 egg
- (optional) pinch of salt
- (optional) pinch of cinnamon

Instructions:

1. In a small mixing bowl whisk together dry ingredients. Add wet and mix together.
2. Pour batter into a large microwave safe mug that has been sprayed with non-stick spray.
3. Microwave for 2 minutes or until toothpick pushed into the center comes out clean.

Enjoy: I recommend eating with melted butter and 100% pure maple syrup.

Kahlan Scherg

Foods Word Search

N R O Y G S A P D X A A D T G G E G G
O F M D N E N E R Z M C I R I M V Q R
I M G F W I X T W E G N I R U S A E M
T A F L X K Y A M E S L F X X T N Z E
I I S G H O O N S M W E Y E R L O O T
R N E S C O C I B A Y E R R N U I N A
T D P I M C F R J Y U F J V E Z T S L
U I I M I D Z A K E P T C M A J A D P
N S C M W J K M P R E H E A T T T R Y
B H E E N S T N E I D E R G N I I T M
H M R R V E B R E A K F A S T G N O P
T E M P E R A T U R E H X A A D A L N
I B S G C K N J D E S S E R T H S E E
M U W X R B W V X A D R P Q K V D M J
J Z I V E O U T E N S I L S N S Q W T
N M D Q A I D Z M A B I P D E E Y A V
T N T U M L H I M I N C E G A R V L V
Q X X G W D C E T J A R V T D M T G Z
R G A R N I S H B S G N I N O S A E S

Boil
Breakfast
Cookies
Cream
Dessert
Garnish
Ingredients
Knead

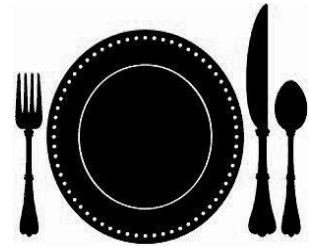
Main Dish
Marinate
Measuring
Mince
Mix
MyPlate
Nutrition
Preheat

Preservation
Recipes
Sanitation
Saute
Seasonings
Simmer
Temperature
Utensils

CLASS C – Foods Revue

NEW for 2021– Foods Revue at the Fair!!

- Sign up for the Revue when you enter your fair projects – between April 15-May 25.
- Revue will begin at 1 p.m. on Sunday of the fair at the 4-H Action Center Stage.
- ~~Sign up for your fair entry to receive a premium.~~
- No commercial mixes or doughs permitted unless specified.
- Garnishes are encouraged.



Premiums: \$3.00 - \$2.75 - \$2.50 - \$2.25

Lot numbers for **Grades 3-5**

- 200. Dessert
- 201. Sandwich (includes pita bread, flavored breads, etc.)
- 202. Quick bread or muffin
- 203. Salad
- 204. Breakfast item
- 205. Casserole
- 206. Homemade soup
- 207. Entrée featuring pasta

Lot numbers for **Grades 6-8**

- 208. Vegetarian main dish
- 209. Stir fry
- 210. Dessert
- 211. Meat
- 212. Breakfast item
- 213. Salad featuring chicken, beef, tuna, or other seafood
- 214. Homemade soup
- 215. Casserole
- 216. Holiday entrée

Lot numbers for **Grades 9 and up**

- 217. Apples
- 218. Cauliflower
- 219. Chicken
- 220. Cream cheese
- 221. Bananas
- 222. Shrimp
- 223. Tomatoes

What is the Foods Revue?

How do I enter?

The Foods Revue is an opportunity for Foods members to showcase a complete menu and table setting while only having to prepare one food item chosen from the appropriate grade level list on this page.

Exhibitors need to prepare:

- Food entry from lot numbers shown here
- Table setting (placemat or tablecloth, napkin, glass, plate, and the silverware needed for your planned meal)
- A centerpiece
- Card with complete menu (4x6 or 3x5)
- Card with your food entry recipe (4x6 or 3x5)

