



Outagamie County 4-H

Foods & Nutrition Newsletter

January 2022

Hello everyone and Happy New Year!!! We hope you all had a great 2021 and are ready to have an even better 2022. During the winter months is a great time to try some new recipes or practice a favorite recipe for the fair. Remember there are great, knowledgeable leaders that are willing to help. Please reach out with any questions.

In November, we had a candy making meeting where members learned how to make divinity, peanut butter balls, fried oysters, and cornflake wreaths. Each member took home some of each candy to share. Thank you to all who participated and Thank You to Sheila Vander Zanden for a great foods meeting!!!

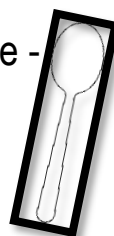


Foods Committee Members

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

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.



Resource Leader: Sheila Vander Zanden –
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See What's Cooking

Happy New Year! May 2022 be kind and gentle to you and your family!

Welcome to our Outagamie County 4-H Foods & Nutrition Newsletter. Along with the Foods committee, we are excited to welcome you to, and/or back to, the Foods project depending if you are a new member or returning project member. For the new members, I am Sheila Vander Zanden, a Foods project leader for B-Square 4-H club, a Foods Committee member and Resource leader for Outagamie County Foods & Nutrition/Food Preservation project. We are here to assist you in this project. We are here to provide opportunities for you to learn and expand your cooking experience. Please feel free to reach out with any food project questions and we will assist you as soon as we can with the information you will need. Please keep in mind that we are all volunteers and have the best intentions. Sometimes our personal lives can get in the way of a quick answer so please don't hesitate to reach out again if you don't get a response. Looking forward to a great year!

So Let's Get Started!

When you picked this project, what were you thinking you would like to learn or experience? In your record book, that's usually the first question you must answer. In this project, we can take many directions such as:

~Basic instructions about cooking.

~Basic instructions about baking. I would recruit help baking with yeast... I'm still learning too!

~Basic instructions about Food preservation.

~Meal planning and menu design.

~Nutrition

~Specialty diet preparation.

~Specific food preparation such as the Candy making meeting offered in November. Yes, one meeting was offered already in this project.

~Career opportunities.

~Tours, although with new restrictions, they are getting more difficult to offer. I do have a few ideas.

~Other Food and Nutritional suggestions??



As you can see, our project training can go many different directions.

So, I must ask YOU again, what would you like to learn or experience? Please email me asap at: dvanderzanden1@new.rr.com with your interest. I will try to accommodate your interest between January and June. July will be your opportunity to perfect your projects for the fair!

For those of you who were able to attend the November meeting, I haven't forgotten the Divinity challenge! You enter yours or any of the other candies in the junior class foods project and I will enter in open class! Remember, I have never made Divinity in the summer so a learning experience for me too!

Friends through 4-H,

Sheila Vander Zanden

From our Family to Yours...

Crab Rangoons

- 8 oz. cream cheese
- 6 oz. crab, drained & flaked
- 2 green onions, finely chopped
- 1 clove garlic, minced
- 2 tsp. Worcestershire sauce
- 1 pkg wonton skins



Mix the first five ingredients together, then fill the skins with 1 tsp. of filling. Fold the edges over and seal. Deep fry until golden. Enjoy!!!!

the Koleske Family

The Foods Revue will be at the Outagamie County Fair again this year. Please plan to participate!!!!

More information will be coming.

Dates to Remember:

- April 15 – Online fair entries open
- May 25 - Entry deadline
- July 19 – Entry Day (TUESDAY)
- July 20-24 – Outagamie County Fair
- July 24 – Foods Revue at the fair

Q. Why do mushrooms like to tell jokes?
A. Because they're a fungi!





Preparing for the Outagamie County Fair Notes from the Fair Superintendents...

Happy New Year! Greetings from Joanne and Penny. We serve as the Outagamie County Fair Superintendents for the Foods and Nutrition and Food Preservation projects. We are a mother and daughter team. Joanne has been superintendent for 25+ years and Penny for about 7 or 8 years. We enjoy educating and providing guidance for the youth enrolled in the Foods and Nutrition and Food Preservation projects. We especially like to help as you prepare to face the judge at the Fair on entry day. In the Foods Newsletters we will provide information and suggestions to help better prepare you for entry day at the Fair.

I know the Fair seems a long way off but it is important to start planning in advance. You should look at your entry options early so you consider what you would like to work on. What is something you would like to learn in this project? For those of you who have been in the project before, how can you expand on what you have already learned? You could begin now looking for your favorite recipes because it is never too early to begin practicing them. Perhaps a grandparent or family friend has a great recipe you might want to try. Planning and practicing ahead of time allows you to find the recipe that works for you. Be sure to carefully read and follow the guidelines as printed in the premium book.

There are some entry items that you can be working on now such as an educational poster, an IT presentation, or a recipe collection. There is also the option of a theme gift basket/package you could begin planning and putting together then add the homemade food item at Fair time. Hopefully those of you in the Food Preservation project were planning ahead and have already completed some canning for the 2022 Fair.

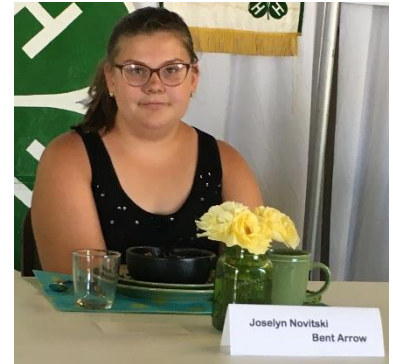
If you have questions about your 4-H project there are several people you can contact. First step would be to contact the Foods and Nutrition or Food Preservation project leader in your local 4-H club. If your club doesn't have a project leader the next step would be to contact the Resource Leader in Outagamie County. Outagamie County also has a Foods and Nutrition committee that could provide assistance with your questions. Fourth, you can contact us, the Fair Superintendents. You have wonderful resources available to assist you with your questions.

We are very early in 2022 but it isn't too early to begin your 4-H projects year planning. Start thinking about what you would like to learn. Challenge yourself. Be creative. We know you can have a positive, learning experience. We are anxious to provide you with information in the upcoming newsletters that we hope will be helpful.

Joanne and Penny
Fair Superintendents

A Moment with a Member

I have taken part in the 4-H Foods Revue since I was a Cloverbud. This year will be my sixth time participating in the foods program, the first two years were as a Cloverbud. I still remember that first year when I made pancakes. Two years later, in my first year as a member with the Bent Arrow 4-H Club, I made a breakfast burrito, which won the Mini Chef Award in my grade/age bracket. The award gave me a boost of confidence to continue participating. In 2020, I was part of the virtual Foods Revue, which was very different from other years, and in 2021 it was out of the ordinary again because they made it part of the Fair rather than in Spring time. I am a pretty picky eater, so being part of the Foods Revue has opened my eyes to new adventures and trying new things. I watch cooking shows on tv and try to recreate some of the items I see. The advice from the judges each year helped me to try a little more complicated recipe the next year.



Joselyn Novitski

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...

Why did the baker go to jail?



Because he got caught beating the eggs.

Jalapeno Poppers

8 oz. Cream cheese

2 Jalapeno peppers, seeded & diced

$\frac{1}{4}$ cup Parmesan cheese

18 Wonton skins

Mix first 3 ingredients together then put about 1 Tbs. into the skins. Fold over and seal edges. Deep fry until golden brown. Enjoy!!!!

the Koleske Family



Outagamie County Fair's Premium Book pages for Foods...

Department 125 – Foods & Nutrition

Face-to-Face Judging on Tuesday Noon – 6 PM

- Open to youth enrolled in the 4-H Foods & Nutrition project or youth of other groups doing equivalent work.
- Plates and bowls will be furnished.
- No more than 8 entries per exhibitor. 1 per lot.
- See poster rules, if applicable.
- All food products become the property of the Fair Association and will not be returned to the exhibitor.
- NO commercial mixes or dough permitted unless specified. Exceptions would include the use of Phyllo dough or Puff Pastry.
- NO frosting unless specified.
- Properly identify all entries on entry tag prior to judging. Example: Baked Bar – Chocolate Chip

Premiums: \$2.50 - \$2.25 - \$2.00 - \$1.75

CLASS A – Foods & Nutrition

Lot Numbers

1. Quick bread – pumpkin – 1/3 standard loaf (9" x 5"), end cut
2. Quick bread – banana – 1/3 standard loaf (9" x 5"), end cut
3. Quick bread – zucchini – 1/3 standard loaf (9" x 5"), end cut
4. Quick bread – corn – 4" x 4", corner piece
5. Quick bread – any other not listed above – 1/3 standard loaf (9" x 5"), end cut
6. Muffins – corn – no liners – plate of 3 standard size (not mini or jumbo)
7. Muffins – any other not listed above – no liners – plate of 3 standard size (not mini or jumbo)
8. Biscuits – plate of 3
9. Coffee cake – 4" x 4" corner piece
10. Chocolate Chip cookies – plate of 3
11. Oatmeal cookies – plate of 3
12. Monster cookies – plate of 3
13. Baked cookies – any other drop cookie not listed above – plate of 3
14. Peanut butter cookies – plate of 3
15. Molasses cookies – plate of 3
16. Baked cookies – any other formed cookie (formed by hand) not listed above – plate of 3
17. Baked cookies – any other rolled cookie (made with a rolling pin) – plate of 3
18. Baked cookies – any other refrigerator cookie (example: pinwheel, checkerboard, etc.) – plate of 3
19. Baked cookies – any other pressed cookie (made with a cookie press) – plate of 3
20. Baked cookies – any other molded cookie (made with a cookie mold) – plate of 3
21. No-bake cookies – plate of 3
22. Brownies – plate of 3 (2" x 2")
23. Specialty brownie – plate of 3 (2" x 2") – frosting permitted
24. Baked bar – any variety not listed above – plate of 3 (2" x 2")
25. No-bake bar – any variety – plate of 3 (2" x 2")
26. Cake from scratch – any variety – 4" x 4" corner piece
27. Sponge cake or chiffon cake from scratch – ¼ cake
28. Angel food cake from scratch – ¼ cake
29. Jelly roll – any variety – ¼ roll or 3 – 1" slices
30. Holiday dessert – 4" x 4" or individual serving – frosting permitted
31. Specialty dessert – 4" x 4" or individual serving – may use glaze or frosting (example: cheesecake, torte, etc.)
32. Whole single crust pie – 8" or 9" – any variety (No commercial canned filling)



33. Whole double crust pie – 8" or 9" – any variety (No commercial canned filling)
34. Nutritional fun food – plate of 3 or individual serving
35. Seasonal fun food – plate of 3 or individual serving
36. Healthy homemade after school snack – individual serving
37. Appetizer – individual serving
38. Breakfast entrée – individual serving
39. Homemade salad dressing
40. Homemade soup – broth based – individual serving
41. Homemade soup – cream based – individual serving
42. Homemade soup – served cold – individual serving
43. Mixed vegetable dish (hot) with at least 3 different vegetables – individual serving
44. Mixed vegetable dish (cold) with at least 3 different vegetables – individual serving
45. Pizza – baked (crust made from scratch) – 3" or 6" diameter
46. Fruit pizza (crust made from scratch) – 3" or 6" diameter
47. Vegetable pizza (crust made from scratch) – 3" or 6" diameter
48. Meatloaf – individual serving
49. Casserole – individual serving
50. Stir fry main dish (do not need to bring rice or pasta accompaniment) – individual serving
51. Vegetarian dish – individual serving
52. Wisconsin dairy entry – recipe must contain at least 3 dairy products – include recipe
53. Homemade bread sticks – plate of 3
54. Homemade pretzels – plate of 3
55. Breadsticks – yeast leavened – plate of 3
56. Yeast dinner rolls – plate of 3
57. Yeast sweet rolls – plate of 3
58. Cake doughnuts – plate of 3
59. Yeast doughnuts – plate of 3
60. Homemade yeast bread – hand kneaded – bring whole loaf
61. Homemade bread – made in bread machine – bring whole loaf
62. Homemade pasta – any variety – individual serving
63. Homemade fudge – 3 pieces
64. Homemade caramels – 3 pieces
65. Homemade seafoam or divinity – 3 pieces
66. Homemade peanut brittle – 3 pieces
67. Any other homemade candy not listed above – 3 pieces
68. International/ethnic food – individual serving – include recipe with nationality of food stated on card
69. Heart healthy (low calorie) entrée – individual serving – include recipe card
70. Theme gift basket/package – breakfast theme – must include at least one homemade food item (no larger than 12" diameter and must pick up during release of entries on Sunday)
71. Theme gift basket/package – any occasion – must include at least one homemade food item (no larger than 12" diameter and must pick up during release of entries on Sunday)
72. Educational poster relating to one of the following: healthy food selection, smart food purchasing, food preparation and safety, food preservation, or food related careers
73. IT presentation (such as power point) demonstrating a technique or nutritional information – 7-10 minutes in length (need to bring computer to show presentation and bring a printout of slides from presentation)
74. Recipe collection containing 25 recipes you have prepared – pick up Sunday during release of entries
75. Any other item not listed above – identify item on entry tag
76. Gluten free – yeast bread – any variety – 1/3 standard loaf (9" x 5"), end cut – include recipe
77. Gluten free – quick bread – any variety – 1/3 standard loaf (9" x 5"), end cut – include recipe
78. Gluten free – cake from scratch – any variety – 4" x 4" corner piece – include recipe
79. Gluten free – baked cookie or bar – any variety – plate of 3 – include recipe
80. Gluten free – whole pie – 8" or 9" any variety (no commercial canned filling) – include recipe



81. Gluten free – any other item not listed above – identify item on entry tag – include recipe
82. Sugar free – yeast bread – any variety – 1/3 standard loaf (9" x 5"), end cut – include recipe
83. Sugar free – quick bread – any variety – 1/3 standard loaf (9" x 5"), end cut – include recipe
84. Sugar free – cake from scratch – any variety – 4" x 4" corner piece – include recipe
85. Sugar free – baked cookie or bar – any variety – plate of 3 – include recipe
86. Sugar free – whole pie – 8" or 9" any variety (no commercial canned filling) – include recipe
87. Sugar free – any other item not listed above – identify item on entry tag – include recipe
88. Fat free – yeast bread – any variety – 1/3 standard loaf (9" x 5"), end cut – include recipe
89. Fat free – quick bread – any variety – 1/3 standard loaf (9" x 5"), end cut – include recipe
90. Fat free – cake from scratch – any variety – 4" x 4" corner piece – include recipe
91. Fat free – baked cookie or bar – any variety – plate of 3 – include recipe
92. Fat free – whole pie – 8" or 9" any variety (no commercial canned filling) – include recipe
93. Fat free – any other item not listed above – identify item on entry tag – include recipe
94. Fruit syrup – any berry – one pint

Department 125 – Foods & Nutrition / Food Preservation

Face-to-Face Judging on Tuesday Noon – 6 PM

- Only exhibits processed after last year's fair may be entered.
- Exhibitor MUST follow UW-Madison guidelines for processing food.

Guidelines can be purchased at the UW-Madison Division of Extension Outagamie County office or go to <https://learningstore.extension.wisc.edu/collections/food-preservation-and-safety>.

Guidelines are available for canning fruits, meats, salsa, vegetables, pickles & relishes, jams & jellies, and tomatoes. There is also a booklet for freezing fruits and vegetables.

- Only standard canning jars are accepted (Ball, Kerr, Mason, etc.).
- Pints are preferred but quarts are acceptable.
- Jams and jellies must be in standard jelly jars (8 or 12 oz.) with standard lids (no paraffin).
- Freezer jams or jellies cannot be entered.
- Only clear, non-tinted jars are to be used (no blue glass).
- Remove metal screw bands before bringing to the fair.
- Jars must be clean, not sticky.
- No more than 6 entries per exhibitor. 1 per lot. (one jar per exhibit)
- NO OPEN KETTLE canning accepted! This is not an accepted method of processing home canned foods.
- ALL exhibits MUST be labeled with the following information:

Name of product:	Sliced Carrots
Date Processed:	Sept. 10, 2020
Method of preparation (hot or cold pack)	Hot pack
Method of processing	
1. Hot water bath or pressure canned	Pressure canner
2. Pounds of pressure, if applicable	11 pounds
3. Minutes of processing	25 minutes (pint)

Premiums: \$2.50 - \$2.25 - \$2.00 - \$1.75

CLASS B – Food Preservation

Lot Numbers

100. Cherry jam (sour)
101. Cherry jam (sweet)
102. Grape jam
103. Peach jam
104. Red raspberry jam
105. Black raspberry jam
106. Strawberry jam
107. Any other jam not listed above
108. Apple jelly
109. Cherry jelly
110. Grape jelly
111. Strawberry jelly
112. Any other jelly not listed above
113. Any marmalade
114. Apple butter
115. Pear butter
116. Any other butter not listed above
117. Apples (any style)
118. Applesauce
119. Blueberries
120. Blackberries
121. Cherries (sour)
122. Cherries (sweet)
123. Peaches
124. Pears

125. Black raspberries
126. Red raspberries
127. Rhubarb
128. Any other fruit not listed above
129. Apple pie filling
130. Blueberry pie filling
131. Cherry pie filling
132. Peach pie filling
133. Beets
134. Carrots
135. Green beans (cut or French)
136. Yellow beans (cut or French)
137. Salsa
138. Sweet corn (off cob)
139. Tomatoes (whole or quartered)
140. Tomato juice
141. Mixed vegetables
142. Any other vegetable not listed above
143. Dill pickles
144. Sweet pickles
145. Bread and butter pickles
146. Beet pickles
147. Any other pickle product
148. Pickle relish
149. Corn relish
150. Any other vegetable relish
151. Meat product

Bring the following items in a plastic zip-lock bag. Identify item on entry tag.

152. Dried fruit (1/2 cup)
153. Dried vegetables (1/2 cup)
154. Dried herb (1/2 cup)
155. Dried meat (1/2 cup)
156. Beef or turkey jerky – individual serving
157. Fruit leather (2 rolls/same fruit)
158. Any other dried product not listed above



Bring approximately 2 cups of the following in a zip-lock bag.

159. Frozen beans
160. Frozen corn (off cob)
161. Frozen broccoli
162. Frozen peas
163. Best exhibit entry – choose four (4) of the following food preservation items:

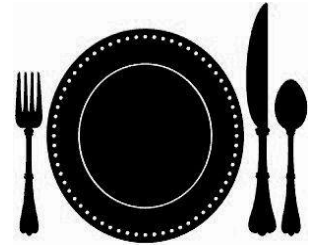
Best Exhibit Entry items:

Choose 4

- Jam or jelly
- Fruit
- Vegetable
- Meat
- Tomato
- Frozen item
- Dried item
- Pickle entry

CLASS C – Foods Revue

- Danish judging will take place at the fair.
- Information will be sent to all Foods & Nutrition members.
- All place settings will be exhibited at the county fair to receive premiums.
- Be sure to include this entry on 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)

