



Outagamie County 4-H Foods & Nutrition Newsletter

March 2022

Hello everyone,

Be sure to read through the whole newsletter. There is a lot of great and helpful information. Check out the foods meeting opportunity below!!!!

See What's Cooking-LIVE

April 23, 2022 (Saturday morning)

Time: 9-11 AM

Where: Sheila Vander Zanden's home

5011 W. Edgewood Dr.

Grand Chute, WI 54913

RSVP by: April 15 Email: dvanderzanden1@new.rr.com

Cost: Free for those willing to give up a couple of hours on a Saturday morning!

This food session will be for our beginner and intermediate foods members. All foods members and leaders are welcome to join.

The session will include basic cooking knowledge, menu planning, table settings and more! Be prepared to do an edible make and eat!!

Hope to see you there! Limited space so RSVP soon!

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.



Kitchen

A gathering place for friends and family • a place where memories are homemade and seasoned with love.

Deviled Egg Chicks

12 large eggs, hard boiled and peeled
1/3 cup mayonnaise
1 1/2 tsp dijon mustard*, or add to taste
1/4 tsp garlic powder
1/8 tsp salt, or to taste
1 small carrot, peeled and sliced into rings
6 black olives

Cut hard boiled eggs in half horizontal. Mix yolks, and all other except the carrots and black olives until smooth. Using a piping bag, fill bottom half of the egg with the mixture. Top with the other egg half. Garnish with 2 black olives slices for eyes and carrot for mouth.





See What's Cooking

With the rising cost of just about everything, have you ever thought about how much it costs to put a meal on the table? Even if you cook from scratch & grow some of your own product, it costs money to prepare an item or meal. The following are some suggestions to consider:

- Scratch vs Store bought. Price it out and see what the better deal is.
- Start menu planning around your local grocery store's weekly specials.
- Make a grocery list and try to stick to it.
- Purchase items in bulk, if that makes sense for your situation.
- Have you ever noticed that just about all of your healthier foods are on the outside walls of a grocery store? The convenient foods are up and down the aisles. This is done so you buy convenient foods. That's ok; however, it usually is more costly and less healthy!
- Never go shopping when you are hungry! You will always go down the convenient food aisle!
- When purchasing fruit, know that most fresh fruits only last 3-5 days. Berries and bananas peak for only 1-2 days.
- When purchasing vegetables look for good color and check appropriate firmness. All fresh vegetables are perishable and will deteriorate quickly. Plan to use them early in your meal planning if you only go shopping weekly.
- Protein and meat usually play a starring role in most menus. This can, most often be the most expensive item in the food budget. Shop wisely by considering quality and quantity. Look for the USDA inspection label and the cut and package date.
- If you end up with or even planned for leftovers, you can freeze them or plan to have them in the next few days as a lunch. You could also become a leftover wizard and transform them in a completely new dish! Example: overripe bananas can become banana bread. Make a soup or casserole from that leftover meat and vegetables.

Just a note on this subject: You can enter an educational poster relating to this and more. Look at #72 in the Outagamie County Fair Premium book, Department 125.

Any Questions about our 4-H Foods and Nutrition project, please feel free to reach out and ask.

Friends through 4-H,
Sheila Vander Zanden

From our Family to Yours...

Scalloped Potatoes

- | | |
|--|---------------------------|
| 1 $\frac{1}{2}$ c. heavy cream | 3 bay leaves |
| 2 sprigs fresh thyme (+ more to finish) | 2 garlic cloves (chopped) |
| $\frac{1}{2}$ t. freshly grated nutmeg | Salt and pepper |
| $\frac{1}{2}$ c. grated Parmesan (+ more for broiling) | Unsalted butter |
- 2 lbs. russet potatoes (peeled and cut into 1/8 in. slices)

Preheat the oven to 400° F. In a saucepan, heat up the cream with the bay leaves, thyme, garlic, nutmeg, and salt and pepper.

While the cream is heating up, butter a casserole dish. Use a slotted spoon to remove the bay leaves and thyme. Pour the heated cream into a large bowl with the potato slices. Mix gently to coat the potatoes. Dust the parmesan over the potatoes. Season the mix with salt and pepper. Mix to gently incorporate. Spoon a little bit of the cream into the bottom of the casserole dish. Then spoon the potatoes in and level out. Pour the remaining cream over the top. Top with parmesan and fresh thyme leaves. Cover the dish with aluminum foil, but pull back one corner for the steam to escape. Bake for 40 minutes.

Bill Koleske

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
- April 23 – Foods Meeting
- May 25 - Entry deadline
- July 19 – Entry Day (TUESDAY)
- July 20-24 – Outagamie County Fair
- July 24 – Foods Revue at the fair

Foods Committee Members

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

Resource Leader: Sheila Vander Zanden –
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Susan Koleske (youth) susankoleske@gmail.com

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Jean Schroeder – js3creeks@gmail.com

Katie Stille – katie@stilles.org

Foods Superintendent: Penny Pudlo –
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Preparing for the Outagamie County Fair Notes from the Fair Superintendents...

Happy March to you! In the January Foods Newsletter we discussed getting a start on your planning for the 2022 Outagamie County Fair. Hope some of you are on your way. This month we want to continue encouraging you to think about your Fair entries. We hope to provide you with helpful suggestions to make your county fair experience both positive and educational.

As you begin your selections of entries for the Fair, it is very important to carefully read the information/guidelines in the Fair Premium Book. There are close to 100 items to choose from ranging from cookies to main dishes, theme baskets, poster, and recipe collections. There are specific directions for each item whether it be no commercial mixes or dough permitted with a few exceptions, to the number of cookies or bars, the size of the cake, the size of the loaf of bread, amount of the main dish, or what to include in a theme basket. For some entries, you will need to bring a written copy of the recipe you used. The judges are aware of the instructions specified in the Fair Premium Book and will be checking that you have complied.

In the January newsletter we discussed how important it is to know your recipe and to practice preparing the food item many times. As you read your recipe did you think of a way you might change it to make it healthier? You might notice some recipes already have been modified to be healthier. When thinking about our diets and trying to eat healthy 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 so your food is not dry? 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. Do not forget to impress the judge by explaining the substitutions you have done if you make any.

There are so many wonderful food items available for you to enter at the Fair. Please read the Fair Premium Book very carefully so when you come to the Fair with your Foods and Nutrition/Food Preservation projects you have what you need. Practice preparing your entries. Whether it is your Foods and Nutrition entry or Foods Preservation entry, taste is very important. Remember presentation, appearance and your knowledge of the recipe is also important.

Hello, my name is Katelyn Bodde. Some things I like about the foods project is trying new recipes. I enjoy both cooking and baking.



In the past I have found recipes online, in regular cookbooks and even in a book my brother had brought home from school. One of the recipes from his school book was a dessert that had lemon curd in it. That was something I had never heard of before. I will include a recipe similar to the one I made.

I recommend that anyone should try a recipe that is something new that they haven't tried. It's fun to see how it turns out and if it doesn't, then you can try something different next time.

<https://www.tasteofhome.com/recipes/lemon-curd-tartlets/>

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...

What do you call a sad coffee?



Depresso

Lemon Curd Tartlets

- 3 large eggs
- 1 c. sugar
- $\frac{1}{2}$ c. lemon juice
- 1 T. lemon zest (grated)
- $\frac{1}{4}$ c. butter (cubed)
- 1 pkg. (1.9 oz.) frozen miniature phyllo tart shells (thawed)
- Fresh raspberries, mint leaves, and/or sweetened whipped cream (optional)

In a small heavy saucepan over medium heat, whisk the eggs, sugar, lemon juice and zest until blended. Add butter; cook, whisking constantly, until mixture is thickened and coats the back of a metal spoon. Transfer to a small bowl; cool for 10 minutes. Cover and refrigerate until chilled.

Just before serving, spoon lemon curd into tart shells. Garnish with raspberries, mint and/or cream if desired. Refrigerate leftovers.

Katelyn Bodde



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:

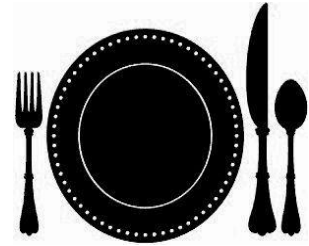
Best Exhibit Entry items:

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)

