



# Outagamie County 4-H Foods & Nutrition Newsletter

May 2022

Hello everyone,

We hope you have been having a wonderful spring. Be sure to practice your foods project for the fair and check the rules in the Premium Book so you can prepare effectively.

Product	Type	Minimum Internal Temperature & Rest Time
Beef, Pork, Veal & Lamb	Ground	160 °F
	Steak, chops, and roasts	145 °F and allow to rest for at least 3 minutes
Chicken & Turkey	Breasts	165 °F
	Ground, stuffing, and casseroles	165 °F
	Whole bird, legs, thighs, and wings	165 °F
Eggs	Any type	160 °F
Fish & Shellfish	Any type	145 °F
Leftovers	Any type	165 °F
Ham	Fresh or smoked (uncooked)	145 °F and allow to rest for at least 3 minutes
	Fully cooked ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F and all others to 165 °F.

## Kitchen

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

### Foods Committee Members

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

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## From our Family to Yours...

### Amish Broccoli Salad

1 head broccoli, chopped

1 head cauliflower, chopped

1 c. mayonnaise

1 c. sour cream

$\frac{1}{2}$  c. sugar

$\frac{1}{2}$  tsp. salt

$\frac{1}{2}$  lb. bacon, fried & crumbled

1 c. shredded cheddar cheese

Combine chopped broccoli and cauliflower in a large bowl. In a separate bowl combine the mayonnaise, sour cream, sugar and salt to make a dressing. Add the dressing to the broccoli/cauliflower mix, stirring to evenly coat the veggies. Stir in the bacon and cheese, reserving a small amount to sprinkle on top of salad just before serving. Refrigerate until serving.

The Foods Revue will be at the Outagamie County Fair again this year. Come support the members participating and come see what it is all about.



# Preparing for the Outagamie County Fair

## Notes from the Fair Superintendents...

Greetings Foods and Nutrition and Food Preservation members. The month of May is upon us and you will be completing your Fair registration this month. We hope you have spent some time planning and thinking about what you want to bring to the Fair. Read the Fair Premium Book carefully so you select the correct Lot Number. We have been stressing in the past several newsletters the importance of carefully reading the Fair Premium Book and following the guidelines when preparing your Fair entries. No one wants there to be confusion when you check your entry in on entry day.

We would like to, in this May Newsletter take some time to focus on Food Preservation. 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>. The following are a few details to follow. 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 wipe the jar so it is clean and not sticky. You need to have written out on a paper or index card 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. Dried or frozen food items should be in a zip-lock bag. The judge will ask questions on how you prepared the food for canning, drying, or freezing. You will need to explain the process you used. When selecting the item to bring to the Fair look at it. Does the food look appealing? Would you want to eat it? Are all the food pieces the same size? Do you have the larger produce pieces placed up and down in the jar? Learning to preserve foods to enjoy at another time is rewarding. Be sure you do it safely. Good luck with your Food Preservation project!

In the second part of this May Newsletter we would like to share a few helpful details Foods and Nutrition members should be aware of and think about before facing the judge at the county fair. The judge will be looking to see how knowledgeable you are about the food item. Be prepared to answer questions. It is very important to know the recipe and the ingredients. The judge may ask you to name specifically the ingredients you used to prepare the food item. The judge will ask you to tell her/him how you made the dessert, cookies, bread, pie, etc. What were the steps? One suggestion to help with remembering is to make your food entry several times. Practice, practice, practice. The more you make it, the more familiar you are with the recipe and the better you are able to explain how you prepared the food. Here is a list of a few possible questions the judge may ask:

- Do you like this food item?
- Have you prepared this for your family and do they like it?
- Why did you choose this recipe?
- Was this a new recipe or a family favorite?
- Do you think you will make this again?
- What was the most difficult part of making this food item?
- How many times have you made it?
- How do you knead the dough?
- How did you prepare the vegetables for the soup?
- How did you prepare the fruit for the pie?
- How do you know when the cake is done?



For some of the food entries you are required to include the recipe. Be sure you understand the food terms that are used. This is an educational experience and the judge is looking to see what you have learned. Good luck with your Foods and Nutrition project!

We hope the information provided will be helpful as you prepare for the Outagamie County Fair. We look forward to seeing the many wonderful Foods and Nutrition and Food Preservation entries that come to the Fair!

Joanne and Penny  
Fair Superintendents

# Fruit Pie

## Crust

1  $\frac{1}{2}$  c. flour

1 T. sugar

$\frac{1}{2}$  t. salt

3 T. butter

4 T. lard

5-6 T. cold water

Double recipe for a double crusted or lattice.

## Fruit Pie Filling

5-6 c. frozen or fresh fruit

2-4 T. cornstarch

1  $\frac{1}{2}$  c. sugar

$\frac{1}{4}$  t. almond extract (optional - cherry pie only)

1 t. cinnamon (blueberry, apple, or peach pie only)

Butter to dot and sugar to sprinkle

Place fruit in a medium saucepan and place over heat. Cover. After the fruit loses considerable juice, which may take a few minutes, remove from heat. In a small bowl, mix the sugar and cornstarch together. Pour this mixture into the hot fruit and mix well. Add other seasoning (almond extract, cinnamon, nutmeg etc.) and mix. Return the mixture to the stove and cook over low heat until thickened, stirring frequently. Remove from the heat and let cool. If the filling is too thick, add a little water, if too thin add a little more cornstarch. Preheat the oven to 375°.

Roll out your favorite double crust pie recipe. Pour cooled fruit into the crust. Use the second crust to top. If not using a lattice, cut slits into the top of the pie. Finish your edging using a fluted edge or other decorative edge. Bake for 35-40 minutes or until finished.

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](mailto:katie@stilles.org)  
with where you found it and if you felt this  
newsletter was helpful.



## Dates to Remember:

July 19 – Entry Day (TUESDAY)

July 20-24 – Outagamie County Fair

July 24 – Foods Revue at the fair



## 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:**

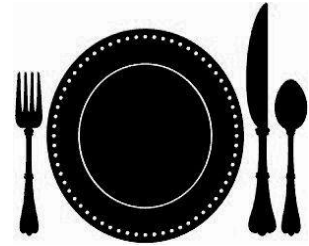
Choose 4

- 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)

