

Outagamie County 4-H

Foods & Nutrition Newsletter

May 2023

See What's Cooking!! Welcome to the 2023 edition of our Food Committee newsletter. We hope that this finds you experimenting and perfecting your recipes that you plan to use for your food entry.

Are you starting to narrow down what you want to take to the fair this year? Don't forget about the Foods revue! Please read about the changes to the revue this year.

Included in this edition will be a copy of the judge's review form. I had an idea I want to share with you. The next time you go out to eat, make a copy and review the food and restaurant you are visiting. See how they score. You can even review a meal that you or someone prepares at your home. Include a picture if you would like!

Email a copy of your review to
dvandersanden1@new.rr.com

You will be put in a drawing for a Dairy Bar coupon to be used at the 2023 Outagamie County Fair.

If you should have any questions about your food or preservation project, please feel free to reach out to either your club foods leader, a food committee member or resource leader—that's Sheila Vander Zanden.

Enjoy your Food project!



4-H Foods Committee Members

If you have questions, please feel free to contact one of the committee members.

Sheila Vander Zanden
dvandersanden1@new.rr.com

Donna Evers
dme6172016@gmail.com

Bill Koleske
wmjschev@gmail.com

Penny Pudlo
tpmapudlo@att.net

Alicia Schroeder
as3creeks@gmail.com

Jean Schroeder
js3creeks@gmail.com

Weston Spiegel
05spiegels@gmail.com

Katie Stille
katie@stilles.org

Rebekah Stille
tammy@stilles.org

Tammy Stille
tammy@stilles.org



Spotlight on a Foods Member

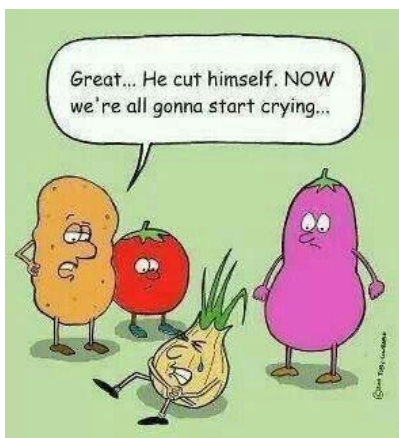


Bryanna Farrell

Smile Awhile 4-H Club

I've been in the foods project every year so far (this is my 9th year). I love making desserts and creative snack items. I love challenging myself to something new every year, and I love making cookies and specialty brownies. I've done cookies every year, and the brownies a few times. Sometimes I will follow some basic recipes like chocolate chip cookies, but I'll put a twist on it to make it my own. My favorite recipe for brownies is one I made because I'm lactose intolerant, so they are turtle brownies that are free of dairy. I use this recipe for brownies because it's a good balance between flavor and sweetness. They aren't too sweet, and I can enjoy them.

Look for Bryanna's recipe on the next page.



Outagamie County Junior Fair Foods

You can enter:

Up to **8** Food entries in Class A

Up to **6** entries in Class B – Food Preservation

And entries in Class C – Cake Decorating

Cooking Tips

- Read recipe thoroughly. Twice.
- Prep and organize ahead of time.
- Use proper measuring tools.
- Clean as you go.
- Always, always, always measure when baking. Baking is a science and any wrong measurements can be disastrous.
- Homemade meals are good for the heart and soul. Cook often and cook with others.





Bryanna's Turtle Brownies



One bag of allergen free Nestle Toll House semi-sweet chocolate morsels

1 stick margarine

3 eggs

1 1/4 cup of all-purpose flour

1 cup granulated sugar

1/4 tsp baking soda

1 tsp vanilla extract

1/4 cup chopped walnuts

1/4 cup chopped pecans

Caramel sauce:

1 cup Brown sugar

4 T. Soy milk or oat milk

8 T. Margarine

1 t. Vanilla extract

Sometimes I add 1/2 t. sea salt to the caramel to give it a sea salt caramel flavor



- Preheat oven to 350°. Grease a 9x13 pan.
- Melt 1 cup morsels and margarine in a large, heavy-duty saucepan over low heat, stirring constantly until smooth. Remove from heat; stir in eggs. Add flour, sugar, baking soda, and vanilla extract; stir well.
- Spread batter into prepared baking pan; sprinkle with remaining morsels and nuts.
- Bake for 20-25 minutes or until wooden pick inserted in center comes out slightly sticky.
- Prepare caramel sauce. Melt margarine in saucepan. Add brown sugar and milk. Whisk constantly over medium heat until sugar is dissolved. Bring to a boil and allow to boil for 2 minutes. Remove from heat and allow to cool.
- Drizzle over warm brownies. Cool brownies in pan on wire rack.

Note: I usually have a little extra caramel left over, but you can decide to put more on to brownies or just have the drizzle like I did in the photo. After the caramel is made, it is good if kept in the fridge for up to about 1 week

**“No one is born a great cook;
one learns by doing.” *Julia Child***

What is the 4-H Foods Revue?

The Foods Revue is an opportunity for 4-H youth to showcase a complete menu and table setting while only having to prepare one food item chosen from the appropriate grade level list.

Youth will need to prepare:

- Food item chosen from appropriate grade level list
- Table setting (placemat or table covering, napkin, glass, plate, and the silverware needed for your planned menu)

2023 4-H Foods Revue Event Information

Where:

Outagamie County Fairgrounds on the Action Center Stage

When:

Sunday, July 23 at 1 pm

Who:

This event is open to all 4-H members and Cloverbuds!!!
You do NOT have to be enrolled in the Foods project to enter.

How do I participate?

Register at <https://bit.ly/23FoodsReview> by June 25

Attached to this email is additional hints and information regarding the Foods Revue.

4-H Foods Revue

Categories

Cloverbuds

- ✿ Simple Dessert
- ✿ Sandwich
- ✿ Muffin
- ✿ Snack

Grades 3-6

- ✿ Appetizer
- ✿ Breakfast item
- ✿ Sandwich
- ✿ Dessert

Grades 7-13

- ✿ Appetizer
- ✿ Breakfast item
- ✿ Entrée
- ✿ Homemade Soup
- ✿ Dessert

Dates to Remember

- | | |
|-------------------|--|
| June 25 | Entries due for the 2023 Outagamie County Fair |
| June 25 | Registration due for 2023 Foods Revue |
| July 18 | Entry and Judging day at the Fair |
| July 19-23 | Outagamie County Fair |
| July 23 | Foods Revue at the Fair |



More Recipes to Try



Grilling season is here...

Sausage & Chicken Kabobs

1/4 c. soy sauce
1 T. Worcestershire sauce
1 t. garlic powder
1/4 t. pepper
1/8 t. seasoned salt (Lawry's)
1 pound boneless chicken breasts, cut into 1-1/2" cubes
1 pound fully cooked kielbasa sausage, cut into 3/4" slices
4 medium red potatoes, cut into 1-1/2" cubes
2 cubes cubed fresh pineapple
Ranch salad dressing

In a large resealable plastic bag, combine the first five ingredients; add chicken and sausage. Seal bag and turn to coat; refrigerate 1 hour.

Meanwhile, place potatoes in a large microwaveable-safe bowl. Cover and microwave on high 6-8 minutes or until almost tender, stirring twice.

Drain and discard marinade. On metal or soaked wooden skewers, alternately thread chicken, potatoes, sausage, and pineapple. Grill, covered, over medium heat 10-15 minutes or until chicken juices run clear, turning frequently. Serve with ranch dressing.

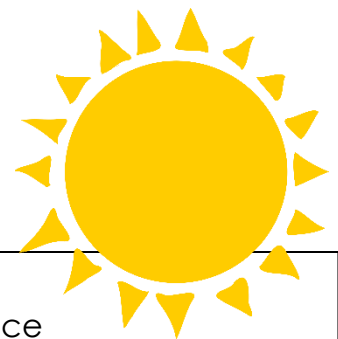
Yield: 8 servings



Learning to cook can

1. Save you money
2. Help you eat healthier
3. Bring you joy

I was going to
cook alligator for
dinner tonight,
but then I
realized I only
had a crockpot.



Sunshine Salad

1 (3 oz) pkg lemon Jello	1/3 cup orange juice
1 c boiling water	1 - 11 oz mandarin oranges, drained
1 - 8 oz can crushed pineapple, reserve juice	

Dissolve Jello in boiling water. Add enough water to pineapple juice to make 1 cup. Stir into Jello.

Add orange juice.

Chill until partially set. Fold in pineapple and mandarin oranges. Pour into a 4-cup glass bowl. Chill until set.

Yield: 6 servings

Outagamie County Fair Department 125 – Foods & Nutrition

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



Entry Information

- Open to youth enrolled in the 4-H Foods & Nutrition project or youth of other groups doing equivalent work.

- No more than 8 entries per exhibitor. 1 per lot

Exhibit Information

- Plates and bowls will be furnished.
- See poster rules, if applicable.
- All food products become the property of the Outagamie County 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

APPETIZERS

1. Appetizer – individual serving
2. Vegetable pizza (crust made from scratch) – 3" or 6" diameter

BAR/BROWNIES

3. Baked bar – any variety not listed above – plate of 3 (2" x 2")
4. Brownies – plate of 3 (2" x 2")
5. No-bake bar – any variety – plate of 3 (2" x 2")
6. Specialty brownie – plate of 3 (2" x 2") – frosting permitted

BREADS

7. Bagel – plate of 3
8. Biscuits – plate of 3
9. Breadsticks – yeast leavened – plate of 3
10. Breadsticks – no yeast - plate of 3
11. Coffee cake – 4" x 4" corner piece
12. Doughnuts, Cake – plate of 3
13. Doughnuts, Yeast – plate of 3
14. Homemade bread – made in bread machine – bring whole loaf
15. Homemade yeast bread – hand kneaded – bring whole loaf
16. Homemade pretzels – plate of 3
17. Muffins – corn – no liners – plate of 3 standard size (not mini or jumbo)



18. Muffins – any other not listed above – no liners – plate of 3 standard size (not mini or jumbo)
19. Quick bread – pumpkin – 1/3 standard loaf (9" x 5"), end cut
20. Quick bread – banana – 1/3 standard loaf (9" x 5"), end cut
21. Quick bread – zucchini – 1/3 standard loaf (9" x 5"), end cut
22. Quick bread – corn – 4" x 4", corner piece
23. Quick bread – any other not listed above – 1/3 standard loaf (9" x 5"), end cut
24. Yeast dinner rolls – plate of 3
25. Yeast sweet rolls – plate of 3

CAKES

26. Angel food cake from scratch – ¼ cake
27. Cake from scratch – any variety – 4" x 4" corner piece
28. Jelly roll – any variety – ¼ roll or 3 – 1" slices
29. Sponge cake or chiffon cake from scratch – ¼ cake

CANDY

30. Homemade caramels – 3 pieces
31. Homemade fudge – 3 pieces
32. Homemade peanut brittle – 3 pieces
33. Homemade seafoam or divinity – 3 pieces
34. Any other homemade candy not listed above – 3 pieces

COOKIES

35. Drop - Chocolate Chip cookies – plate of 3
36. Drop - Monster cookies – plate of 3
37. Drop - Oatmeal cookies – plate of 3
38. Drop – any other baked drop cookie not listed above – plate of 3
39. Formed - Peanut butter cookies – plate of 3
40. Formed - Molasses cookies – plate of 3
41. Formed – any other formed cookie (formed by hand) not listed above – plate of 3
42. Molded – any molded cookie (made with a cookie mold) – plate of 3
43. Pressed – any pressed cookie (made with a cookie press) – plate of 3
44. Refrigerator – any refrigerator cookie (example: pinwheel, checkerboard, etc.) – plate of 3
45. Rolled – any rolled cookie (made with a rolling pin) – plate of 3
46. No-bake cookies – plate of 3

DESSERTS

47. Fruit pizza (crust made from scratch) – 3" or 6" diameter
48. Holiday dessert – 4" x 4" or individual serving – frosting permitted
49. Specialty dessert – 4" x 4" or individual serving – may use glaze or frosting (example: cheesecake, torte, etc.)

FUN FOODS/SNACKS

50. Healthy homemade after school snack – individual serving
51. Nutritional fun food – plate of 3 or individual serving
52. Seasonal fun food – plate of 3 or individual serving

MAIN DISHES (Bring an Individual Serving)

53. Casserole
54. Meatloaf
55. Mixed vegetable dish (hot) with at least 3 different vegetables
56. Mixed vegetable dish (cold) with at least 3 different vegetables
57. Pizza – baked (crust made from scratch) – 3" or 6" diameter
58. Soup, homemade – broth based
59. Soup, homemade – cream based
60. Soup, homemade – served cold
61. Stir fry main dish (do not need to bring rice or pasta accompaniment)

Vegetarian dish

OTHER FOOD ENTRIES

62. Any other food item not listed
63. Breakfast entrée – individual serving
64. Fruit syrup – any berry – one pint
65. International/ethnic food – individual serving – include recipe with nationality of food stated on card
66. Pasta, homemade – any variety – individual serving
67. Salad dressing, homemade
68. Wisconsin dairy entry – recipe must contain at least 3 dairy products – include recipe

PIES

70. Whole single crust pie – 8" or 9" – any variety (No commercial canned filling)
71. Whole double crust pie – 8" or 9" – any variety (No commercial canned filling)

For Special Diet entries, please follow entry instructions for a similar entry (Ex. Plate of 3 cookies, whole pie, etc.)

SPECIAL DIET - FAT FREE

72. Fat free item 1 – include recipe
73. Fat free item 2 – include recipe

SPECIAL DIET – GLUTEN FREE

74. Gluten free item 1 – include recipe
75. Gluten free item 2 -include recipe

SPECIAL DIET – HEART HEALTHY

76. Heart healthy (low calorie) entrée – individual serving – include recipe card

SPECIAL DIET – SUGAR FREE

77. Sugar free item 1 - include recipe
78. Sugar free item 2 – include recipe



EDUCATIONAL (Must pick up on Sunday after 5)

79. Educational exhibit on a food/cooking related topic (see ideas on next page)
80. Educational exhibit on a food/cooking related topic (see ideas on next page)
81. Food Gift in a Jar (meal in a jar, cookies in a jar, etc.) Must be non-perishable.
82. Menu exhibit – plan menus for 2 days (6 meals) using My Plate guidelines
83. Recipe collection containing 25 recipes you have prepared – pick up Sunday during release of entries
84. Table setting, place setting for 1 (include placemat, napkin, glass, plate, and the silverware needed for your planned meal, centerpiece, and card with complete menu)

Ideas for Foods Educational Exhibits:

- Calculating fat in food
- Careers
- Food Additives
- Food Preservation
- Food Safety
- Freezing
- Low-fat alternatives
- Measuring
- My Plate guidelines
- Serving Size
- Substitutions
- Etc.

Educational Exhibit Guidelines:

- Exhibit could be a poster, display, scrapbook, or notebook.
- Posters must be designed on or affixed to standard poster board (14"x22" or 22"x28")
- Displays must not exceed 36"x48"
- Posters may use any medium: watercolor, ink, crayon, acrylic, charcoal, oil, computer-generated, collage, etc.
- Staple entry tag on the front in the top right-hand corner
- Posters/displays should be dated on the back with the current fair year.

Department 125 – Foods & Nutrition

Food Preservation

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

Entry Information

- No more than 6 entries per exhibitor. 1 per lot. (one jar per exhibit)

Exhibit Information

- 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 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. Mat Product



Bring the following items in a plastic zip-lock bag.

Identify item on entry tag.

DRIED FRUIT (1/2 cup)

- 152. Dried apples
- 153. Dried cherries
- 154. Dried peaches
- 155. Dried strawberries
- 156. Banana chips
- 157. Any other dried fruit

DRIED VEGETABLES (1/2 cup)

- 158. Dried carrots
- 159. Dried celery
- 160. Dried corn
- 161. Dried onions
- 162. Dried peppers
- 163. Dried tomatoes
- 164. Any other dried vegetable

DRIED HERBS (1/2 cup)

- 165. Dried chives
- 166. Dried dill
- 167. Dried parsley
- 168. Any other dried herb

OTHER DRIED EXHIBITS

- 169. Dried meat (1/2 cup)
- 170. Beef or turkey jerky – individual serving
- 171. Fruit leather (2 rolls/same fruit)
- 172. Any other dried product not listed above

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

- 173. Frozen beans
- 174. Frozen corn (off cob)
- 175. Frozen broccoli
- 176. Frozen peas

177. **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– Cake Decorating

- All cakes must be real cake, decorated out of baking pan on a suitable square or rectangular flat cardboard or wood surface covered with foil or freezer paper cut to size of cake (no more than 1 ½" larger than the border).
- Trays are provided for cookies and cupcakes.

- Cakes must be frosted on the top and all sides with borders. Cakes must be frosted down to the board.
- Fondant is an approved cake decorating technique.
- All decorating must be done with decorating tubes. Wedding, anniversary, and doll cakes may use pillars, doll, flowers, etc.
- No candies, sprinkles, colored sugar, coconut toppings, etc. will be permitted except where indicated.
- All cakes will become the property of the Fair Association. Decorations and wood boards may be picked up after 5 PM Sunday. The cakes will be destroyed.

CAKE

- 300. Cake from a molded pan (animal, person, train, space ship, tree, musical instrument, etc.)
- 301. Cut out cake
- 302. Cake, flat 8" square or round or 9" x 13" – using 4 cake decorating techniques
- 303. Cake, flat 8" square or round or 9" x 13" – using 5 cake decorating techniques
- 304. Cake, flat 8" square or round or 9" x 13" – using 6 cake decorating techniques
- 305. Cake, flat 8" square or round or 9" x 13" – using 7 cake decorating techniques
- 306. Cake 8 or 9-inch double layer – minimum of 3 cake decorating techniques
- 307. Cake, creative theme – no larger than 9" x 13" and no taller than 18" – minimum of 3 cake decorating techniques required – non-frosting props, decorations, and sprinkles are allowed
- 308. Cake, wedding or anniversary – two tiers with a separator, no larger than 10" base – cake tops are allowed but not required – minimum of 5 decorating techniques

CAKE POPS

- 309. Cake pops bouquet in a finished container – using 5 or more decorated cake pops



COOKIES

- 310. Cookies, plate of 3 (approx. 4") using minimum of 3 cake decorating techniques
- 311. Cookie bouquet using 3 or more decorated cookies in a finished container using a minimum of 3 techniques

CUPCAKES

- 312. Cupcakes, plate of 3, using minimum of 3 cake decorating techniques
- 313. Cupcake cake – 20-30 cupcakes, minimum of 3 cake decorating techniques

GINGERBREAD

- 314. Gingerbread house – no kits allowed – cake should be no larger than 9" x 13" and no taller than 18" – minimum of 3 cake decorating techniques – non-frosting props, decorations, and sprinkles are allowed