



Outagamie County 4-H Foods & Nutrition Newsletter



April 2024

See What's Cooking...

Howdy from Texas! Welcome to our April Foods Newsletter...no fooling! We hope that this finds you experimenting and perfecting your recipes that you plan to use for your food entry.

I have been enjoying some different foods while enjoying some family time in Texas. I am sharing a couple of recipes from Texas.

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.

Registration should be in the 4-H Family May/June Newsletter.

TEXAS CHILI

2 lbs. ground chuck
1 cup chopped onion
1 clove garlic, minced
1 1/2 tsps. salt
1 tsp. paprika
1 tsp. oregano
3/8 cup chili powder
1 15 oz. can tomato sauce
2 cups water
1 16 oz. can ranch style pinto beans

Brown meat with onion, garlic and seasonings. Add remaining ingredients and simmer for at least one hour. Serves 8

We sure had a great learning experience at the February County Foods meeting at Kelsey's Country Kitchen. Thanks everyone for joining in!! Kelsey and Melissa did a great job and we are so appreciative that they allowed us this opportunity to share their expertise! For those unable to attend, we added the recipes to this newsletter. Please try them out!

4-H Foods Committee:

Please feel free to contact us with your questions. We are happy to help.

Sheila VanderZanden (Resource Leader)	920-540-3894	s.vanderzanden44@gmail.com
Bill Koleske	920-757-6222	wmjschev@gmail.com
Alicia Schroeder		as3creeks@gmail.com
Jean Schroeder	920-660-3842	js3creeks@gmail.com
Sarah & Weston Spiegel	920-759-9247	05spiegels@gmail.com
Rebekah & Tammy Stille	920-997-0363	tammy@stilles.org
Penny Pudlo (Fair Superintendent)	920-832-4077	tpmapudlo@att.net

See What's Cooking... (continued)

I also encourage you to make a pie for the **Pie Contest on June 28, 2024.**

Bring your baked pie to the Action Center Stage, Building #7 between 1-3 p.m. on Friday, June 28. No pre-registration is necessary.

For more information contact: s.vanderzanden44@gmail.com



Two Divisions:

- 4-H Division-Open to all Outagamie County 4-H Clubs, Youth Leaders and Leaders Organization. One pie per group or club
- Open to the public, one pie per person, no commercial business.

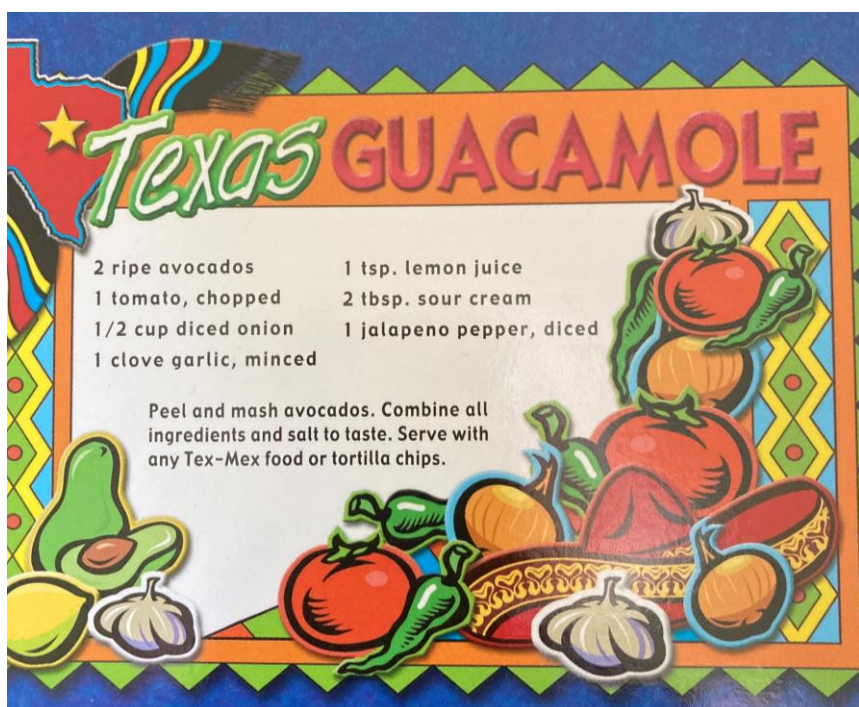
Simple Rules:

1. Fruit Pies Only, single, or double homemade crust
2. Must use an 8 or 9" disposable pie tin.
3. Include recipe on a 3 x 5 card (optional)
4. Pies will not be returned.
5. Judging to start at 3:00 with 4-H Division

First place winner in each division will receive:

- Rights to claim the "Best Pie" at the 2024 Outagamie County Fair
- An engraved pie plate
- Their name added to the winner's banner!

Come and have fun entering the contest, watching and sampling...while they last!!



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.

See you at the Fair!!



Member Spotlight

Hi. I am Eleanor Groenjes and I will be sharing my Pistachio Fluff recipe.



Pistachio Fluff

2 boxes pistachio pudding (3.4 oz each)
1 can crushed pineapple (20 oz can)
1 container Cool Whip (12 oz)
Marshmallows, optional

Mix all ingredients together.
Let sit for a couple of hours (in refrigerator).

I am in Smile Awhile 4-H club and in 7th grade. In my free time I like to play outside with my brothers and run cross country. I also like to read and go camping. I like to make this recipe on the weekends so that I can put some in my lunch for school. It does not take long to make and is really

easy. My grandma gave this recipe to me.

- Eleanor Groenjes

A Note from your Foods Fair Superintendents:

Greetings Foods and Nutrition and Food Preservation members. The Outagamie County Fair is fast approaching. Entry/judging day is Tuesday, June 25th noon to 6pm. We know many of you have been preparing for the day. In this newsletter article we discuss key items to remember to help Fair entry day and your judging experience be a success.

1. **Read the guidelines in the Fair Premium Book carefully.** How many items do you need? Size of the pan you should use? Should you bring a corner piece? No frosting or frosting? Individual serving? Do you need to include the recipe? Food Preservation entries need to have metal screw bands removed and must be labeled with processing information. Refer to the Fair Premium guide for instructions. Entries brought in a zip-lock bag need to have proper amounts.
2. **Which items should I bring?** Foods and Nutrition members, when you need to bring a plate of 3, find three that are the same size, color, shape, and texture. When you need a corner piece, $\frac{1}{4}$ cake, or $\frac{1}{3}$ loaf, select the portion that has nice color and texture.

Continued on next page

A Note from your Foods Fair Superintendents Continued...

For Food Preservation entries look for items where the food has beautiful color, are cut the same size, and packed into the jar nicely. Jars should be clean and not sticky.

- 3. Know your recipe!** The judge will ask you many questions about your food item and how you made it in order to find out what you have learned. Foods and Nutrition members know the ingredients you used. Know the steps of how you made it. Why did you choose this item? Some food entries require you to bring a written recipe. For Food Preservation members how did you prepare the vegetables and fruit for preserving? What process did you use?
- 4. Know terms/directions in your recipe.** The recipe may say blend, combine, cream, fold, or sift. What does that mean? What does it mean to knead the dough? By asking you questions, the judge can gain an understanding of your knowledge. For Food Preservation what is the method of preparation you used or the method of processing?
- 5. Transporting your items safely to the Fair.** I would like to spend a little more time speaking about this tip. How will you get your food items to the Fair safely? A number of the entries can be transported to the Fair right in the pan they were baked in. You will have an opportunity to cut it to the required size at the check in table. Cover the pan with a top, foil or plastic wrap. Place cookies, rolls, muffins, and doughnuts in a safe covered container. Bring a few extra just in case one breaks. Soups could be transported in a thermos. Cold foods could be brought in a cooler. Wrap the hot foods container in newspaper or a towel. Some casserole dishes come with an insulated carrying case. Food Preservation jars could be placed in a box with newspapers, paper towels, or towels placed between the jars so they do not hit each other and possibly break.
- 6. Check in.** Once you arrive at the Foods and Nutrition/Food Preservation judging area we have a check in table. Here we will look at your entry tags. Make sure you have them with you. At this table, Foods and Nutrition members will be provided with a tray or bowl to place your food item on/in. If you haven't cut your food item to the required size this is where you may do that. Here is where you can select the items you want to show the judge. For Food Preservation we will check entry tags also, have them with you. Your items will be checked that they are properly labeled with the required processing information and that bands have been removed.
- 7. Presentation!** Presentation of your foods entries is important. The first way your entry is judged is by the appearance. The judge looks at your food entries and canning entries with her eyes first. At the check in table Foods and Nutrition members are able to place your food item on the tray or in the bowl the way you want it to be seen by the judge. Your entry should look appealing.

We know you can do this! You have been planning, practicing, and preparing for entry day. Smile and relax. Show the judge all that you have learned in your Foods and Nutrition/Food Preservation 4-H project. This is an educational experience and the judge will provide feedback. We are looking forward to seeing all of you on Fair entry day, Tuesday, June 25th!

Wishing you all the Best of Luck!

Joanne and Penny

Fair Superintendents

Recipes from our See What's Cooking Event...

Chicken Noodle Soup

1 T olive oil	2 t black pepper
1 med yellow onion, diced	1 ½ t kosher salt
1 cup sliced carrots	1 t dried oregano
1 cup diced celery	1 t minced fresh thyme
2 T minced garlic	2 bay leaves
8 cups chicken broth	6 oz or about 1 ½ c egg noodles
2 pounds boneless, skinless chicken breasts	

In a large Dutch oven, over medium heat, add oil. Stir in the onion, carrots, and celery and sauté for 4 minutes. Add the garlic and sauté an additional minute.

Add the broth, chicken breast, salt, pepper, oregano, thyme, and bay leaves. Cover with the lid slightly askew, simmer over medium-low heat until the chicken is tender and easily shreds into the broth. Using 2 forks, shred the chicken into the broth.

Bring soup to a simmer and add the egg noodles, boil for 6-7 minutes, or until pasta is al dente.

Serve warm with your favorite bread or crackers on the side.

Yield: 4 servings

Baked Potato Soup

2 lbs. red potatoes, quartered	1 t salt
½ lbs. bacon, diced	1 t pepper
1 c yellow onion, diced	6 oz. butter
1 c celery, diced	6 oz. flour
1 quart water	1 c whipping cream
2 oz. Chicken base	½ c parsley, chopped
1 quart milk	

Boil potatoes in water for 10 minutes. Drain and set aside. In a large, heavy pot, sauté bacon, onion, and celery over medium-high heat until celery is tender.

Drain bacon grease and return bacon, onion, and celery to pot. Add milk, water, chicken base, salt and pepper.

Heat over medium-high heat until very hot. Do NOT boil. In a heavy, large saucepan, melt margarine and add flour (called a roux). Mix well. Allow to bubble, stirring 1 minute.

While constantly stirring soup, add the flour and margarine mixture (roux) slowly. Continue stirring soup until thick and creamy. Add in the heavy cream. Stir in potatoes and parsley.

Serve while hot. Garnish with shredded Colby cheese, fried bacon bits, and chopped green onion or all three.

Yield: 12 servings

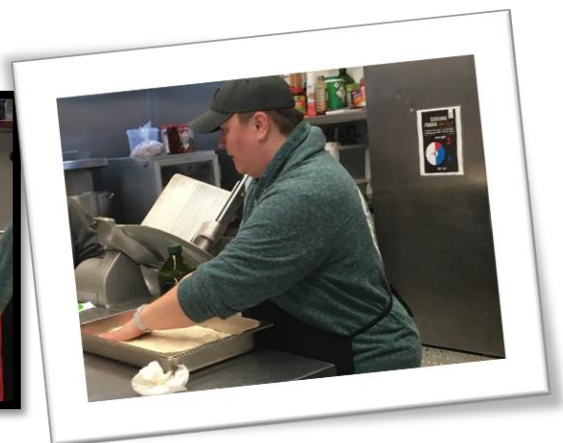
Garlic Cheddar Focaccia

600 g all-purpose flour
500 g warm water (105°-115°)
15 g salt
15 g yeast
10 g sugar
Olive oil
Granulated garlic
Shredded cheddar cheese

Combine flour, water, salt, yeast, and sugar in a bowl. Stir until no dry flour remains.
Coat the surface of the dough with olive oil. Allow to rise for 1 hour.
Transfer dough to an oiled 9x13 pan and gently spread dough toward corners.
Coat entire dough surface with oil. Let rise for 1-2 hours until bubbly.
Preheat oven to 425°.
Use fingertips to dimple the dough.
Sprinkle dough with garlic and a thin layer of shredded cheese.
Bake for 20-25 minutes or until golden brown and cooked through.

We learned that it is important to WEIGH bread ingredients. You will get a more consistent product.

**Thank you to Kelsey and Melissa
at Kelsey's Kountry Kitchen for hosting!!**





Emergency Substitutions

Instead Of	Amount	Use
Baking powder	1 t	¼ t baking soda plus ½ t cream of tartar
Balsamic vinegar	1 t	1 t sherry or vinegar
Bread crumbs, dry	¼ cup	¼ cup finely crushed cracker crumbs, corn flakes or quick-cooking or old-fashioned oats
Broth Chicken, beef, or vegetable	1 cup	1 t chicken, beef, or vegetable bouillon granules (or 1 cube) dissolved in 1 cup boiling water
Brown sugar, packed	1 cup	1 cup granulated sugar plus 2 T molasses or dark corn syrup
Bulgur, cooked	1 cup	1 cup cooked couscous or brown rice
Buttermilk or sour milk	1 cup	1 T lemon juice or white vinegar plus enough milk to make 1 cup; let stand a few minutes. Or one cup plain yogurt.
Corn syrup	1 cup	Light: 1 cup sugar plus ¼ cup water Dark: 1 cup corn syrup; ¾ cup light corn syrup plus ¼ cup molasses; or 1 cup maple-flavored syrup
Cornstarch	1 T	2 T all-purpose flour or 4 t quick-cooking tapioca
Fats, solid	Any amount	Butter, margarine, lard, shortening, vegetable oil, or spread with at least 65 percent fat.
Garlic, finely chopped	1 medium clove	1/8 t garlic powder or ¼ t instant minced garlic
Gingerroot, grated or finely chopped	1 t	¾ t ground ginger
Herbs, chopped fresh	1 T	¾ to 1 t dried herbs
Honey	1 cup	1 ¼ cups sugar plus ¼ cup water or apple juice
Jicama, chopped	½ cup	½ cup water chestnuts
Leeks, sliced	½ cup	½ cup sliced or green onions
Lemon juice, fresh	1 T	1 T bottled lemon juice or white vinegar
Lemon peel, grated	1 t	1 t dried lemon peel
Milk, Regular or low fat	1 cup	½ cup evaporated milk plus ½ cup water; or nonfat dry milk prepared as directed on package
Mustard, yellow	1 T	1 t ground mustard
Poultry seasoning	1 t	¼ t ground thyme plus ¾ t ground sage
Pumpkin or apple pie spice	1 t	Mix ½ t ground cinnamon, ¼ t ground ginger, 1/8 t ground allspice and 1/8 t ground nutmeg.
Raisins	½ cup	½ cup currants, dried cherries, dried cranberry, chopped dates or chopped prune
Red pepper sauce	3 or 4 drops	1/8 t ground red pepper (cayenne)
Sesame seed	1 T	1 T finely chopped blanched almonds
Tomato juice	1 cup	½ cup tomato sauce plus ½ cup water
Yeast, regular or quick active dry	1 package (1/4 oz)	2 ¼ t regular or quick active dry; or 1 package (0.6oz) compressed cake yeast
Yogurt, plain	1 cup	1 cup sour cream

Why did the vegetable call the plumber? It had a leek.
 What's a potato's favorite animal? An alli-tator.

Recipe from a committee member... Mr. Bill Koleske

Cheesy Cream of Cauliflower Soup

2 T Olive oil
1 lg. shallot (or 1 med Onion), thinly sliced
1 med. head Cauliflower, broken into florets
4 c. chicken broth
1 can evaporated milk

4-6 oz. melting cheese
salt & pepper
½ c. chopped parsley or cilantro
16-24 croutons (homemade, optional)

1. In a soup pot or Dutch oven, sauté the sliced shallot in the olive oil until translucent.
2. Add the chicken broth and cauliflower. Simmer for 10-15 minutes or until the cauliflower is soft.
3. Using an immersion blender, blend the hot broth and cauliflower until somewhat smooth. (If you do not have an immersion blender, allow the soup to cool and then blend or mash.)
4. Add the milk and cheese and heat through, stirring fairly constantly, until the cheese melts. Do not continue to cook to avoid scorching.
5. Taste and adjust the seasoning with salt and pepper. If you have used purchased chicken broth, you may not need to add salt. If you prefer, use white pepper to avoid dark spots in the soup.
6. Serve hot, topped with garnishes such as cilantro, bacon, and homemade croutons (recipe follows).

Homemade Croutons:

- Preheat oven to 350°.
- While the broth and cauliflower cook, cut two or more slices of Italian bread into cubes.
- Put about 2 T. of olive oil in a large bowl. Toss the bread cubes in the olive oil, moving quickly to distribute the oil among the cubes.
- Optional – you could add a seasoning or dried herb mix and toss the cubes again.
- Distribute cubes in a single layer on a cookie sheet and bake for 10 minutes. Turn off the oven, turn over the croutons for even cooking, and return to the still warm oven to continue toasting. The croutons will be warm and ready when the soup is ready.

Dates to Remember:

May 25 - Fair Entries due

June 3 - Foods Revue Entries due
(details are on the next page)

June 25 - Noon-6 pm Entry/Judging at the Fair

June 30 - 1 pm - Foods Revue at the Fair



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)

2024 4-H Foods Revue Event Information

Where: Outagamie County Fairgrounds
4-H Action Center (Building #7)

When: Sunday, June 30 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 this event!

How do I participate? Register at <https://forms.gle/LQezzG2yjhEmQS1Q9> by June 3

Attached to this email are additional hints and information

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



What do you call a band of berries practicing music?

.....a jam session

What does a chocolate bar do when something is funny?

..... It snickers!

What do you call an ice cream cone in each hand?

..... a balanced diet

FOOD QUIZZES FROM FAMILY LEARNING DAY

TEST YOUR KNOWLEDGE ON THE EASY QUIZ...

1. The more sugar added to the dough, the ___ the cookies will be.	a. Less crisp b. More crisp
2. Flavor of cookies ___ affected by how fresh the ingredients are.	a. Is b. Is not
3. The texture of cookies is mostly determined by ___.	a. Baking time b. Ingredients c. Techniques
4. Careful measurement of ingredients ___essential to achieve good cookie flavor.	a. Is b. Is not
5. What is the most common source of eggs?	a. Ducks b. Quail c. Geese d. Chickens
6. Eggs will absorb aromas.	a. True b. False
7. What foodborne illness can be found in eggs?	a. Botulism b. Trichinosis c. Salmonella
8. If a fire happens, should I use baking powder or baking soda?	a. Baking powder b. Baking soda
9. What is the cooking time for a hard cooked egg?	a. 1-3 minutes b. 3-5 minutes c. 5-7 minutes
10. Pizza dough is similar to bread dough.	a. True b. False
11. Is a tomato a fruit or vegetable?	a. Vegetable b. Fruit
12. What is the most popular cheese for pizza?	a. Parmesan b. Mozzarella c. Cheddar
13. To cook quickly over high heat in a small amount of fat is...	a. Simmer b. Sear c. Sauté
14. Broth is a flavorful liquid made from bone and meat from animals and fish.	a. True b. False
15. To measure a liquid, you use a glass or plastic cup with a spout.	a. True b. False
16. What is the technique of cutting vegetables or fruits into thin strips?	a. Chopped b. Julienne c. Sliced
17. An appliance of pureeing, slicing, grading, and chopping food is a ___.	a. Blender b. Food Processor c. Air Fryer
18. To let ingredients sit in a flavorful liquid in order to let the flavors penetrate is ___.	a. Tenderizing b. Marinate c. Straining



**Congratulations to the winners of a Culvers Gift Card
Tucker VDH (Buchanan Badgers) & Julianna (B-Square)**



Test your knowledge on the HARD Quiz...

1. The more sugar is added to the dough, the __ the cookies will be.	A. Less crisp B. More crisp
2. Flavor of cookies __ affected by how fresh the ingredients are.	A. Is B. Is not
3. The texture of cookies is mostly determined by ____.	A. Baking time B. Ingredients C. Techniques
4. Careful measurement of ingredients __ essential to achieve good cookie flavor.	A. Is B. Is Not
5. What is the most common source of eggs?	A. Ducks B. Quail C. Geese D. Chickens
6. Eggs will absorb aromas.	A. True B. False
7. Pasteurized eggs can be sold in how many forms?	A. 1 B. 2 C. 3 D. 4
8. How are dried eggs used?	A. Hotels B. Cafes C. Baking
9. What foodborne illness can be found in eggs?	A. Botulism B. Trichinosis C. Salmonella
10. Which part of the egg is used to make an emulsion?	A. Egg white B. Egg Yolk C. Egg white & egg yolk
11. If a fire happens, I should use baking powder instead of baking soda.	A. True B. False
12. What is the cooking time for a soft-cooked egg?	A. 1-3 minutes B. 3-5 minutes C. 5-7 minutes
13. Pizza dough is similar to bread dough.	A. True B. False
14. Sprinkle flour on your sheet tray to prevent the pizza from sticking.	A. True B. False
15. What is the most popular cheese for pizza?	A. Parmesan B. Mozzarella C. Cheddar
16. Which war basically brought pizza to the world?	A. Civil War B. WW I C. WW II D. Vietnam War
17. Common sandwiches often use these kinds of vegetables.	A. Fresh B. Pickled C. Cooked D. All of the above
18. Boiling is cooking a liquid at its highest possible temperature. What is that temperature?	A. 200° B. 212°

19. What is broiling?	A. Uses radiation from a heat source located below the food B. Uses radiation from a heat source located above the food
20. The "Greek" Pizza had cheese.	A. True B. False
21. Pizza dough is similar to bread dough.	A. True B. False
22. Which raw dough product is a specialty of Central American or Spanish culture?	A. Calzone B. Empanada C. Stromboli



Congratulations to the winners of a Culvers Gift Card
Jenna S. (Fast Trackers) and Joshua M. (Wide Awake Forward)



Quiz Answers
Easy Test

1. B
2. A
3. A
4. A
5. D
6. A
7. C
8. B
9. C
10. A
11. B
12. B
13. C
14. A
15. A
16. B
17. B
18. B

COOKING TERMS
THAT YOU SHOULD KNOW:

Chiffonade - To shred leafy foods, such as lettuce or herbs, very finely with a knife

Cream - To beat solid fat (often shortening or butter) with sugar until lightened in texture and very well combined

Griddle - a flat, heated surface used for cooking

Julienne - To cut food finely into matchsticks

Marinate - To let ingredients sit in a flavorful liquid in order for the flavors to penetrate

Mince - To chop as finely as possible. Garlic, ginger, and herbs are the most commonly minced foods because they are intensely flavored. Mincing allows them to be better distributed in mixtures.

Puree - To blend into a smooth paste

Whip - To incorporate air into an ingredient by beating rapidly, often with a whisk

Blanch - To quickly boil foods, often vegetables. Blanching often only partially cooks foods.

Cooking is
LOVE
 made
 edible.

Quiz Answers
Hard Test

1. B
2. A
3. A
4. A
5. D
6. A
7. B
8. C
9. C
10. B
11. B
12. B
13. A
14. B
15. B
16. C
17. D
18. B
19. B
20. B
21. A
22. B

What's orange
 and sounds
 like a parrot?



A Carrot



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)
62. Vegetarian dish

OTHER FOOD ENTRIES

63. Any other food item not listed
64. Breakfast entrée – individual serving
65. Fruit syrup – any berry – one pint
66. International/ethnic food – individual serving – include recipe with nationality of food stated on card
67. Pasta, homemade – any variety – individual serving
68. Salad dressing, homemade
69. 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. Meat 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

Cake Decorating Suggestions:

- Cakes (8" square or round, 9x13, double layer, cut-out, or molded pan
- Cake should be no larger than 20x20 and no taller than 18 inches.
- Cake pops bouquet (minimum of 5)
- Cookies, plate of 3
- Cookie bouquet of at least 3 cookies
- Cupcakes, plate of 3
- Cupcake cake, 20-30 cupcakes
- Non-frosting props, decorations, and sprinkles are allowed on a creative theme cake.
- Gingerbread house (no kits allowed)
 - Should be no larger than 20x20 and no taller than 18"
 - Minimum of 3 cake decorating techniques

CLASS C– Cake Decorating

- All cakes must be real cake, out of baking pan on a suitable cardboard or board no more than 1 ½" larger than the border.
- Trays are provided for cookies and cupcakes.
- Entries should use a minimum of 3 decorating techniques.
- Fondant is an approved cake decorating technique.
- Wedding, anniversary, and doll cakes may use pillars, doll, silk or fresh 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.

- Lot Numbers
- 300. Entry 1
 - 301. Entry 2
 - 302. Entry 3
 - 303. Entry 4
 - 304. Entry 5
 - 305. Entry 6

