

# Food Preservation

## Rules

**1. Processing Methods:** Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jam, preserves and marmalades, fruit, tomatoes and pickled products must be processed in a boiling water bath. (Tomatoes may be processed in a pressure canner.) All non-acid vegetables and meats must be processed in a pressure canner. Improperly canned or potentially hazardous food items will be disqualified. Spoiled or unsealed container disqualifies entry.

**2. Jars:** do not need to be the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated by the exhibitor in any way. Canning jars must be used - others will be disqualified. No one-fourth pint jars allowed. Leave jar rings on for fair display, it helps protect the seal. No zinc lids.

**3. Current Project:** All canning must be the result of this year's 4-H project.

**4. Criteria for Judging:** Exhibits will be judged according to score sheets available at your local Extension office or the State Fairbook at <https://4hfairbook.unl.edu/fairbookview.php/rules>. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered one class ribbon. Check with your local extension office or this site <https://food.unl.edu/canning#elevation> for your county's altitude and how that affects food processing times and pounds of pressure.

**5. Labeling:** Jars should be labeled with the name of the food item, name of the 4-H'er, county, and date of processing on the bottom of each jar. Each bag containing dried foods should also be labeled with the name of the food item, the name of the 4-H'er, county and drying date. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep exhibit containing the 3 self-sealing bags together.

**6. Recipe/Supporting Information?:** Recipe must be included, and may be handwritten, photocopied or typed. Commercially prepared seasoning mixes are not allowed. Current USDA guidelines for food preservation methods MUST be followed. Suggested sources of recipes include:

- 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)
- USDA Guide to Home Canning [https://nchfp.uga.edu/publications/publications\\_usda.html](https://nchfp.uga.edu/publications/publications_usda.html)
- Nebraska Extension's Food Website <https://food.unl.edu/food-safety>: or Extension publications from other states
- Ball Blue Book (published after 2009) or online: <https://www.freshpreserving.com/recipes>

**7. All exhibits must include the 4-H Food Preservation Card attached to the project as the required supporting information or include following information with exhibit:**

1. Name of product
2. Date preserved
3. Method of preservation (pressure canner or water bath canner)
4. Type of pack (raw pack or hot pack)
5. Altitude (and altitude adjustment, if needed)
6. Processing time
7. Number of pounds of pressure (if pressure canner used)
8. Drying method and drying time (for dried food exhibits).
9. Recipe and source of recipe (if a publication, include name and date).

## Class

### UNIT 1 FREEZING

**E406001 - Baked Item made with Frozen Produce** - (SF155) - any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe MUST include a food item preserved by the freezing method done by the 4-H'er. Ex. Peach pie, blueberry muffins, zucchini bread, etc.). Supporting information must include both the recipe for the produce that was frozen as part of this project AND the baked food item.

### UNIT 2 DRYING

**E407001 - Dried Fruits** - (SF154) - exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum 1/4 cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

**E407002 - Fruit Leather** - (SF154) - exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

**E407003 - Vegetable Leather** - (SF154) - exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4" sample of each leather together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

**E407004 - Dried Vegetables** - (SF149) - exhibit 3 different samples of 3 different dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.

**E407005 - Dried Herbs** - (SF149) - exhibit 3 different samples of 3 different dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.

**E407006 - Baked Item made with Dried Produce/Herbs** - (SF156) - any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe MUST include a dried produce/herb item made by the 4-H'er. Ex. Granola bar made with dried fruits, dried cranberry cookies, Italian herb bread, lemon thyme cookies. Supporting information must include both the recipe for the dried produce/herb AND the baked food item.

### UNIT 3 BOILING WATER CANNING

**E408001 - 1 Jar Fruit Exhibit** - (SF150) - exhibit one jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.

**E408002 - 3 Jar Fruit Exhibit** - (SF150) - exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, ex. Applesauce, canned apples, apple pie filling, etc. Entry must be processed in a boiling water bath according to current USDA recommendations.

**E408003 - 1 Jar Tomato Exhibit** - (SF150) - exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.

**E408004 - 3 Jar Tomato Exhibit** - (SF150) - exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a boiling water bath according to current USDA recommendations.

**E408005 - 1 Jar Pickled Exhibit** - (SF150) - one jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations.

**E408006 - 3 Jar Pickled Exhibit** - (SF150) - exhibit 3 jars of different kinds of canned pickled and/or fermented products. Entry must be processed in a boiling water bath according to current USDA recommendations.

**E408007 - 1 Jar Jelled Exhibit** - (SF153) - exhibit one jar of a jam, jelly or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations.

**E408008 - 3 Jar Jelled Exhibit** - (SF153) - exhibit 3 different kinds of jelled products. Entry may be made up of either pints or half pints. Entry must be processed in a boiling water bath according to current USDA recommendations.

#### **UNIT 4 PRESSURE CANNING**

**E414001 - 1 Jar Vegetable or Meat Exhibit** - (SF150) - exhibit one jar of a canned vegetable or meat. Include only vegetables or meats canned in a pressure canner according to current USDA recommendations.

**E414002 - 3 Jar Vegetable Exhibit** - (SF150) - exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.

**E414003 - 3 Jar Meat Exhibit** - (SF150) - exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.

**E414004 - Quick Dinner** - (SF151) - exhibit a minimum of 3 jars to a maximum of 5 jars plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3" X 5" file card and attach to one of the jars. Entry must be processed according to current USDA recommendations.

**E414005 - 1 Jar Tomato Exhibit** - (SF150) - exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.

**E414006 - 3 Jar Tomato Exhibit** - (SF150) - exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a pressure canner according to current USDA recommendations.