

FOOD PRESERVATION - DIVISION 407

Processing Methods – Current USDA processing methods and altitude adjustments **MUST** be followed for all food preservation. Jams, 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.

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 4-H'er 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.**

All canning **MUST** be the result of this year's 4-H project.

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, 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.

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: 1) 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning); 2) USDA Guide to Home Canning; 3) Nebraska Extension's Food Website or extension publications from other states; 4) Ball Blue Book (published after 2009) or online at <https://www.freshpreserving.com/recipes>.

ALL exhibits must include the 4-H Food Preservation Card attached to the project as required supporting information or include the following information with the 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).

The fair board is **NOT** responsible for lost, damaged or broken exhibits.

UNIT 1 FREEZING PROJECT MANUAL

Class

- *1. **Baked Item Made With Frozen Produce** - Any recipe, at least ¾ 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. Examples include 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 PROJECT MANUAL

Class

- *2. **Dried Fruits** - Exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum of ¼ cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- *3. **Fruit Leather** - 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.
- *4. **Vegetable Leather** - Exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4" sample of each leather in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- *5. **Dried Vegetables** - Exhibit 3 different samples of 3 different dried vegetables. Place each food (¼ cup of each vegetable) in a separate self-sealing bag. Use a "twisty" to keep exhibit together.
- *6. **Dried Herbs** - Exhibit 3 different samples of 3 different dried herbs. Place each food (¼ cup of each herb) in a separate self-sealing bag. Use a "twisty" to keep exhibit together.
- *7. **Baked Item Made With Dried Produce/Herbs** - Any recipe, at least ¾ 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. Examples include 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 MANUAL

Class

- *8. **1 Jar Fruit Exhibit** – Exhibit 1 jar of a canned fruit. Entry **MUST** be processed in a boiling water bath according to current USDA recommendations.
- *9. **3 Jar Fruit Exhibit** - 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.
- *10. **1 Jar Tomato Exhibit** - Exhibit 1 jar of a canned tomato product. Entry **MUST** be processed in a boiling water bath according to current USDA recommendations.
- *11. **3 Jar Tomato Exhibit** - 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.
- *12. **1 Jar Pickled Exhibit** - Exhibit 1 jar of a pickled and/or fermented product. Entry **MUST** be processed in a boiling water bath according to current USDA recommendations.
- *13. **3 Jar Pickled Exhibit** - 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.
- *14. **1 Jar Jelled Exhibit** - Exhibit 1 jar of a jam, jelly or marmalade. Entry **MUST** be processed in a boiling water bath according to current USDA recommendations.
- *15. **3 Jar Jelled Exhibit** - Exhibit 3 jars of 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 PROJECT MANUAL

Class

- *16. **1 Jar Vegetable or Meat Exhibit** - Exhibit 1 jar of a canned vegetable or meat. Include only vegetables and meats canned in a pressure canner according to current USDA recommendations.
- *17. **3 Jar Vegetable Exhibit** - Exhibit 3 jars of different kinds of canned vegetables. Include **ONLY** vegetables canned in a pressure canner according to current USDA recommendations.
- *18. **3 Jar Meat Exhibit** - Exhibit 3 jars of different kinds of canned meats. Include **ONLY** meats canned in a pressure canner according to current USDA recommendations.
- *19. **Quick Dinner** - 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 3"x5" file card and attach to one of the jars. Entry **MUST** be processed according to current USDA recommendations.
- *20. **1 Jar Tomato Exhibit** - Exhibit 1 jar of a canned tomato product. Entry **MUST** be processed in a pressure canner according to current USDA recommendations.
- *21. **3 Jar Tomato Exhibit** - 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.