

## TABLE OF CONTENTS

<b>Fair Rules &amp; Regulations</b> .....	2-3
<b>Calendar of Events</b> .....	4
<b>Superintendents &amp; Sponsors</b> .....	5
<b>4-H Livestock Rules &amp; Regulations</b> .....	6
<b>Herdsmanship, Rate of Gain, Hard Luck</b> .....	7
(Animal Science)	
<b>Beef</b> .....	7-9
(Market, Feeder, Breeding, Bucket Calf)	
<b>Meat Goats</b> .....	9
(Market, Breeding)	
<b>Sheep</b> .....	10
(Market, Breeding)	
<b>Hogs</b> .....	10-11
(Market, Breeding)	
<b>Horse</b> .....	11-12
<b>4-H Overall Livestock Showman</b> .....	13
<b>Poultry</b> .....	13
<b>Rabbits</b> .....	13
<b>Companion Animals</b> .....	13-14
<b>Cat</b> .....	14
<b>Dog</b> .....	14-15
<b>Veterinary &amp; Animal Science</b> .....	15
<b>Flops</b> .....	16
(Static)	
<b>Science, Engineering &amp; Technology</b> .....	16-21
(Aerospace, Computers, Robotics, Electricity, Geospatial, Woodworking, Welding, Energy, Misc. Engineering)	
<b>Environmental Education &amp; Earth Science</b> .....	21-27
(Wildlife, Shooting Sports, Other Natural Resources, Entomology, Forestry, Lapidary)	
<b>Plant Science</b> .....	27-33
(Horticulture, Floriculture, Houseplants, Landscape, Range, Agronomy, Weeds)	
<b>Safety</b> .....	33-34
<b>Food &amp; Nutrition</b> .....	34-37
<b>Consumer &amp; Family Science</b> .....	38-40
(Human Development, Consumer Management, Community Service)	
<b>Clothing</b> .....	40-45
(General Clothing, Sew for Fun, STEAM, Knitting, Crocheting, Weaving, Quilt Quest)	
<b>Fashion Show</b> .....	45-47
<b>Home Environment</b> .....	47-50
(Heirloom Treasures, Design Decisions, Design My Place, Sketchbook Crossroads, Portfolio Pathways, Heritage)	
<b>Citizenship, Entrepreneurship &amp; Leadership</b> .....	51-53
(Citizenship, ESI, Leadership, Jr. Leaders, You Design It)	
<b>Communications &amp; Expressive Arts</b> .....	53-56
(Communications, Photography, Theater Arts)	
<b>Contests</b> .....	56-60
(Shooting Sports, Public Speaking, Presentation, Performing Arts, Bicycle, Ice Cream, Livestock Judging)	
<b>Clover Kids</b> .....	60-61
<b>Clover Kids Contests</b> .....	61
<b>FFA</b> .....	62
<b>Open Class</b> .....	62

**WELCOME TO  
2022 MERRICK COUNTY FAIR  
JULY 30, 31 AUGUST 1-3  
4-H, FFA & OPEN CLASS EXHIBITS**

Merrick County Fairboard-308-940-0884

Merrick County Extension Office-308-946-3843

**YOUR MERRICK COUNTY AGRICULTURAL  
AND FAIR ASSOCIATION**

Russ Kucera.....President  
Isaac Jefferson.....Vice President  
Troy Wells.....Secretary  
Brad Wells.....Treasurer

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Tammy Stuhr, Extension Educator  
Steve Melvin, Extension Educator  
Cindie Hostler, Office Manager  
Kara L. Wells, Extension Assistant  
Sherry Siwinski, Office Aide

**FAIR SUPERINTENDENTS**

Tammy Stuhr – 4-H Division  
Steve and Darla Belitz – Open Class Farm Produce  
Theresa Lawrence and Eddra Ritta – Open Class Floral, Domestic & Education  
Karen Knight-Kutschkau and Jean Waggoner – Open Class Needlework, Fine Arts & Misc.

**2022 4-H LEADERS EXECUTIVE COUNCIL**

Anna Detlefsen, President  
Heath Reimers, Vice President  
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Londyn Fisher, Jr. Leader East Representative  
Makenna Mottl, Jr. Leader West Representative  
Emma Brandes, Jr. Leader Central Representative  
Lane Mottl, Jr. Leader At-Large Representative

**RULES AND REGULATIONS  
MERRICK COUNTY'S 69th  
FREE FAIR**

1. Exhibits will get their entry card at each department where they wish to enter articles.
2. Open Class entries should be made **Sunday, July 31, 1:00 - 4:00 p.m.**
3. 4-H static exhibits will be entered on **Thursday, July 28, 1:00 p.m. - 5:00 p.m., Friday July 29, 8:00 a.m.-5:00 p.m., and Saturday, July 30, 8:00 a.m. - 12:00 p.m.**
  - Livestock exhibits will be entered Sunday, July 31
    - Youth poultry and rabbits must be in place by 10:00 a.m.
    - Youth hogs must be in place by 11:00 a.m.
    - Youth sheep and goats must be in place by 1:00 p.m.
    - Youth market beef must be in place by 2:30 p.m.
    - Youth breeding beef must be in place by 3:30 p.m.
    - Youth bucket calves must be in place by 4:00 p.m.
5. No ribbon will be given out until animals are properly checked-in with the superintendent of that area. Animals judged according to merit.
6. All livestock owners will have their pens cleaned by 8:00 a.m. each day and put pen cleanings in the designated area.
7. Exhibit building will be open Monday, Tuesday, and Wednesday from 8:00 a.m. - 9:00 p.m.
8. 4-H and Open Class exhibits will be released from 8:00 a.m. - 10:00 a.m. on Thursday. Premiums will be paid at that time for Open Class only.

**IF YOU WANT SPACE** - Either for exhibits or commercial booths, arrangements must be made at once! Even if you had a booth or exhibit last year, you must make a new reservation this year. Contact Russ Kucera 308-940-1013.

## 4-H AND FFA DEPARTMENT

- 1) It is the policy of the University of Nebraska - Lincoln, Institute of Agriculture and Natural Resources and Merrick County 4-H Council not to discriminate based on sex, age, handicap, race, color, religion, marital status, veteran status, national or ethnic origin or sexual orientation.
- 2) All exhibits are at the exhibitor's risk. The Merrick County Ag Society and Merrick County 4-H Council are not responsible for any damage, loss or death to an exhibit or animal.
- 3) If a project item or animal is shown at another county's fair as a 4-H or FFA project, it is **NOT** eligible for competition in Merrick County. It will be disqualified.
- 4) Judges will place awards based on merit. They will be instructed to use the group method similar to the plan followed by the Nebraska State Fair, whereby exhibits of nearly equal merit will receive equal ribbons. The judge's decision will be final in all classes. Awards will be given according to the rules and regulations set forth in this premium list.

**Purple - Superior Blue - Excellent Red - Good White - Needs Improvement Orange- Flops Lime Green- Afterschool Project**

- 5) **4-H AGE REGULATIONS** - The age regulations for Merrick County 4-H membership as determined by the Merrick County 4-H Executive Council shall be that a member must be 8 years of age on December 31st of the previous year (turn 9 during the current year) and the last year of eligibility is 4-H age 18 on December 31st (or the calendar year the member becomes 19).
- 6) FFA members may exhibit livestock until the age of 21. Enrollment must be confirmed with the FFA Advisor. Annual quality assurance training through Youth for the Quality Care of Animals (YQCA) must be completed online at yqca.org by July 11.
- 7) 4-H and FFA members show together in livestock, crops, and plant science. The total number of animals shown is indicated at the beginning of each species area. 4-H and FFA will follow the rules according to this fairbook.

**CLOVER KIDS GUIDELINES:** Clover Kids classes can be found on page 60.

- a) The 4-H Clover Kid Program is for youth between the ages 5 - 7 years old by January 1 of the current calendar year. 4-H Clover Kid exhibitors must be enrolled as a 4-H member by June 15.
- b) Clover Kid animal exhibits are to be no more than six months of age and no more than 350 pounds at time of show, with the exception of small animals (dog, cat, etc.) Age, size, and temperament of animal projects must be appropriate for the exhibitor's age and size. Clover Kids will only show in showmanship classes, no market or breeding classes. The horse project is not available for Clover Kids.
- c) Clover Kids may exhibit at the county fair and participate in 4-H contests receiving special ribbons with a premium of \$1.00. However, they will not be eligible for participation in the Livestock Sale, and will not be considered for any incentive, championship, trophy, medal, or plaque competition on an individual basis. They will be considered as part of a club competition in such activities as herdsmanship, performing arts or club contest.

**ELIGIBILITY REQUIREMENTS FOR EXHIBITORS:** An exhibitor must be a 4-H member enrolled in the project they are exhibiting.

- 8) All 4-H exhibits that do not conform to the specifications, rules and regulations set forth in this premium list will drop one ribbon placing.
- 9) Be sure to check the number of entries per project and entry number for each division. **All projects other than livestock have only one entry per class number.**
- 10) Premiums will be paid when the 4-H member submits a completed Achievement Application to the Extension Office **by October 1**. Premium money will be available at the year-end 4-H Achievement Celebration. If premium money is not picked up by December 1, monies will be turned back to the Merrick County Ag Society.
- 11) An \* indicates an exhibit is eligible for State Fair. All items eligible for State Fair must receive a purple ribbon. The last year of eligibility is the calendar year the member becomes 19 years of age.
- 12) All exhibitors showing any animals are required to wear the required 4-H/FFA T-Shirt, black/blue jeans, and closed toe shoes. Hats, caps or other headgear are prohibited. Exhibitors in the horse show will wear a long white sleeve shirt or blouse, dark blue jeans, boots, hat and a 4-H armband. The 4-H armband may be purchased for \$3.00.
- 13) An exhibit or exhibitor must be at least purple ribbon quality before a rosette or award is awarded, and the judge must deem it worthy of the award.
- 14) Substance Abuse - Use or possession of tobacco, alcoholic beverages, or drugs (except for medical purposes) by any exhibitor who is participating in 4-H/FFA at the Merrick County Fair will result in immediate disqualification of that exhibitor's entry.
- 15) **PROTESTS**
  - a) The respective division superintendent has the authority to make appropriate decisions based on the Premium List, and these will be adhered to by all.
  - b) A committee shall be appointed to serve as a protest group. They will meet daily if needed to act upon concerns. All protests must be submitted in writing and signed. Written protests must be submitted to the Extension Educator. He/She will then convene the committee for their deliberation.
  - c) The written protest must include:
    - i) Names of persons involved.
    - ii) Nature of concerns.
    - iii) Situation and documentation.
    - iv) Recommendations for correction.
    - v) Specific action, rule, etc. in question.
    - vi) Additional persons committee may contact for further clarification. **(two Fairboard, two 4-H Council)**
    - vii) Procedures and/or steps carried out by person involved prior to submission to the Extension Educator.
  - d) The committee will review the written protest. They may discuss the situation with affected persons and show officials to include county fair management if appropriate, to make a final decision. The committee will recommend appropriate action to management in writing. The recommendations will be followed and communicated both verbally and in writing to the group or individual affected.
  - e) In case of protest the exhibitor may be allowed to show but results of showing will be subject to change based on the outcome of the protest process. This allows for smooth operation of the show and facilitates appropriate processing.
  - f) The management reserves the right to withhold premium and/or award. The exhibitor may also be excluded from the show if action warrants.
  - g) The appeals process is limited to the 4-H/FFA exhibitor, 4-H/FFA parent or registered 4-H volunteer leader.
  - h) Protests will not be accepted after the exhibit is released from the 4-H Division.

**4-H PRE-FAIR ACTIVITIES AND  
2022 MERRICK COUNTY FAIR**

**All dates, times, and contest/show formats are subject to change. Stay up to date on changes at [merrick.unl.edu](http://merrick.unl.edu).**

Feb. 10 (Thurs.)	6 p.m.	Junior Indoor Archery Contest - 4-H Building
Feb. 26 (Sat.)	1 p.m.-3 p.m.	Market Beef Weigh-in & Rate-of-Gain - Central City Veterinary Clinic
Feb. 17 (Thurs.)	6 p.m.	Intermediate & Senior Indoor Archery Contest - 4-H Building
April 4 (Mon.)	6:30 p.m.	Public Speaking & Presentation Contests - 4-H Building
April 23 (Sat.)	1 p.m.	Shotgun Contest - Sportsman's Club
May 6 (Fri.)	5 p.m.	ALL District/State Horse Entry Forms, ID's, and Levels Testing <b>DUE</b> to Extension Office
May 19 (Thurs.)	5 p.m.-7 p.m.	Market Sheep & Goat Weigh-in & Rate-of-Gain Contest - Indoor Arena
June 6 (Mon.)	5 p.m.-7 p.m.	Market Beef Weigh-in ( <i>last one</i> ) - Central City Veterinary Clinic
June 13 (Mon.)	5 p.m.-7 p.m.	Market Sheep & Goat Weigh-in ( <i>last one</i> ) - Indoor Arena
June 15 (Wed.)	5 p.m.	<b>ALL 4-H and FFA</b> Required County Animal ID's <b>DUE</b> to the Extension Office
		<b>ALL 4-H and FFA</b> State Fair Livestock DNA Envelopes <b>DUE</b> to the Extension Office
July 11 (Mon.)	5 p.m.	<b>ALL 4-H and FFA</b> Static, Animal, Clothing Pre-entries <b>DUE</b> to the Extension Office
		<b>ALL 4-H and FFA</b> YQCA training complete
		Vaccination records <b>DUE</b> for cats, dogs and ferrets
July 23 (Sat.)	10 a.m.	Ice Cream Roll Contest - 4-H Building
July 26 (Tue.)	8:00 a.m.	Clothing Construction & Fashion Show Judging - 4-H Building
	7:30 p.m.	4-H Night - 4-H Building
	7:30 p.m.	Performing Arts - 4-H Building
July 28 (Thurs.)	1 p.m.-5 p.m.	Static Check-in - 4-H Building
July 29 (Fri.)	8 a.m.-5 p.m.	Static Check-in - 4-H Building
July 30 (Sat.)	6:30 a.m.-4 p.m.	4-H Food Stand Open
	6 a.m.-7 a.m.	Horse Show Check-in - Indoor Arena
	7 a.m.	Horse Show - Indoor Arena
	8 a.m.-12 p.m.	Static Check-in - 4-H Building
July 31 (Sun.)	8 a.m.-8 p.m.	4-H Food Stand Open, 4-H Building closed for Judging
	8 a.m.-11 a.m.	Hog Weigh-in & Check-in - Hog Barn
	8 a.m.-10 a.m.	Poultry & Rabbit Check-in - Poultry and Rabbit Barn
	11 a.m.	Poultry & Rabbit Show - Indoor Arena
	11 a.m.-1 p.m.	Goat & Sheep Weigh-in & Check-in - Southside Livestock Barn
	1 p.m.-2:30 p.m.	Market Beef Weigh-in & Check-in - Northside Livestock Barn
	1 p.m.-4 p.m.	Open Class Exhibit Check-in - 4-H Building
	2:30-3:30 p.m.	Breeding Beef Check-in, DUE Beef Production Books - Northside Livestock Barn
	3:30-4 p.m.	Bucket Calf Check-in, DUE Clover Kids Record/Story - Northside Livestock Barn
	4 p.m.	Livestock Judging Contest - Indoor Arena
August 1 (Mon.)	7 a.m.-9 p.m.	4-H Food Stand Open, 4-H Building Open
	7:30 a.m.	Hog Show: 4-H Showmanship, Clover Kids, FFA Showmanship, Market, Breeding - Indoor Arena
	1:30 p.m.	Meat Goat Show: 4-H Showmanship, Clover Kids, FFA Showmanship, Market, Breeding
	3:00 p.m.	Sheep Show or immediately following Meat Goat Show: 4-H Showmanship, Clover Kids, FFA Showmanship, Market, Breeding - Indoor Arena
August 2 (Tue.)	7 a.m.-9 p.m.	4-H Food Stand Open, 4-H Building Open
	8 a.m.	Beef Show: 4-H Showmanship, FFA Showmanship, Clover Kids, Bucket Calves, Feeder Calves, Market, Breeding - Indoor Arena
August 3 (Wed.)	7 a.m.-9 p.m.	4-H Food Stand Open
	8 a.m.	Dog Show & Check-in - Annex Building
	10 a.m.	Bicycle Rodeo Contest - Airport
	11 a.m.	Dog Agility - Indoor Arena
	12 p.m.	County Kid's Pet Show Sponsored by Merrick County 4-H Jr. Leaders.
		Any child may bring any <b>pet</b> to show. Show will be held at the Annex Building. Please register pet 15 minutes prior to the show. Pets must be taken home immediately after.
	12:30 p.m.	Cat & Companion Animal Check-in - Indoor Arena
	1 p.m.	Cat & Companion Animal Show - Indoor Arena
	2 p.m.	4-H Overall Livestock Showman Contest - Indoor Arena
	5:45 p.m.	4-H & FFA Member Group Picture - Indoor Arena
	6 p.m.	Livestock Sale - Indoor Arena
	8 p.m.	Release ALL Static Exhibits - 4-H Building
August 4 (Thur.)	1 a.m.-10 a.m.	Release ALL Livestock
	6 a.m.-10 a.m.	Release ALL Poultry & Rabbit
	7 a.m.-8:30 a.m.	FREE EXHIBITOR & FAMILY BREAKFAST sponsored by CC Area Chamber of Commerce
	8 a.m.-10 a.m.	Release ALL Static Exhibits
	12 p.m.	Extension Office Closed - Fair Recovery
August 5 (Fri.)	8 a.m.-5 p.m.	Extension Office Closed - Fair Recovery

## SUPERINTENDENTS

- Foods – Angela Blomstedt
- Sew for Fun, STEAM Clothing 1, 2, 3, Quilt Quest – Amy Greving & Nicole Greving
- Beyond the Needle, Knitting, Crochet, Weaving – Darcy Ray & Candice Muller
- Fashion Show – Kendra Jefferson & Jamie Wright
- Home Environment – Kelly & Doug McHargue
- Consumer & Family Sciences – Nikki Ferraro
- Clover Kids – Jr. Leaders
- SET, Ag & Earth Sciences – Beth Johnson
- Plant Science – Bailey Jefferson
- Horse – Russ & Carolyn Kucera
- Hog – Brian Jefferson & Isaac Jefferson
- Meat Goat & Sheep – Craig Nelson & Jon Root
- Beef – Kane Brandes & Ryan Kucera
- Poultry & Rabbits – Mollie Nielsen
- Herdsmanship – Dylan Ferris
- Overall Livestock Showman – Mikaela Stuart & Alex Stocker
- Cat & Companion Animal – Mollie Nielsen
- Dog – Kim & Travis Stuhmer
- Bicycle Rodeo – Jen Myers
- Livestock Judging Contest – Payden Woodruff, Darcy Ray & Jen Myers
- FFA – Juliana Kroger, Payden Woodruff, Jessica Brondel, Alex Stocker, Katie Hornung
- Shotgun – Craig Nelson & Aaron Heins
- Indoor Archery – Sara Umstead & Brian Thomas
- Outdoor Archery – Aaron Blanchard
- Air Pistol & Small Bore – TBD
- BB Gun & Rifle – TBD
- Hunting Skills – TBD

## THANK YOU TO THE FOLLOWING BUSINESSES & INDIVIDUALS FOR SPONSORING 2022 AWARDS & INCENTIVES

- AKRS
- Bader & Sons' Feedyard
- Bank of Clarks
- Bill and Missy Hillmer Family
- Bill's Volume Sales
- Brandes Brothers
- Brian and Kendra Jefferson
- Central Car Wash
- Central City FFA
- Central City Mall
- Central City Scale
- Central True Value Hardware
- Charlie & Lois Schank Memorial
- Christensen Insurance
- Citizens Bank & Trust Co.
- Cornerstone Bank
- Darrel Widman In Memory of Twila Widman
- Dennis Valentine
- Dinsdale Bros. Inc.
- Dr. Jerome and Doris Gacke
- Eagles Club
- Earl & Harriet Meyer Family Memorial
- Equitable Bank
- Eye Care Associates
- Farm Bureau Insurance - Shannon Hannappel
- Farm Credit Services of America
- Fontanelle - Glen Larson
- Four Seasons Ag, Inc.
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- Frontier Co-op
- Gavilon Grain
- Green Plains Renewable Energy Central City
- Greg & Karen Senkbile
- Grosshans, Inc.
- Hans Service LLC
- JAG Acres, Inc.
- Janovec Memorial
- Judi Samuelson Family In Memory of Dan Samuelson
- Justin & Hillary Ferris Family
- Linda Gilson Memorial
- Marilyn Heins
- Matt & Becky Mottl
- Merrick Foundation
- Merrick Medical
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- Miller Cattle Co.
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- R.A.D. Shop
- Silver Creek Insurance Agency
- State Farm Insurance
- Stoltenberg Irrigation, Inc.
- Sullivan Agency
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- Tom & Eve Reimers
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- Walts Aerial Spraying

# FOOD & NUTRITION

## Superintendent Angela Blomstedt

The purpose of Food & Nutrition exhibits is to encourage the knowledge about healthy eating and safe cooking practices. This category has multiple projects that allow 4-H'ers to progress over numerous years. In addition, 4-H'ers will learn different types of cooking methods to improve their knowledge of cuisine.

**Eligibility requirements for Exhibitors: An exhibitor must be a 4-H member enrolled in the project they are exhibiting.**

1. Only one entry per class number.
2. Supporting Information - Each exhibit must include the recipe. Recipe may be handwritten, photocopied, or typed. Place food on the appropriately sized plate or container and put in self-sealing bag. Attach recipe at the corner of the bag. Additional information including recipes and supplemental information should be identified with 4-H'ers name and county.
3. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered a ribbon placing. Commercially prepared mixes are ONLY allowed in Cooking 201 Creative Mix Class. Prepared baking mixes, biscuit mixes, and other pre-made mixes entered in other categories will be lowered a ribbon placing.
4. Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag.
5. Any ingredient that the 4-H'er uses must be able to be purchased by the 4-H'er. Ingredients such as beer, whiskey, rum, etc. may NOT be used in any recipe file or food exhibit. Exhibits that include alcohol will be disqualified.
6. Exhibits are on display for several days. Please think FOOD SAFETY! Items that require refrigeration will not be accepted, judged, or displayed as exhibits must be safe to eat when entered, whether they are tasted or not. Glazes, frostings and other sugar based toppings are considered safe due to their high sugar content. Egg glazes on yeast breads and pie crusts BEFORE baking are acceptable. Eggs incorporated into baked goods and crusts are considered safe. The following food ingredients are considered unsafe for fair exhibits and will be disqualified:
  - o Egg or cream fillings and cream cheese frostings
  - o Any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc)
  - o Melted cheese on top of food exhibit (cheese mixed into baked goods is considered safe and will be accepted).
  - o Uncooked fruit toppings (i.e., fresh fruit tart).

**DECORATED FOOD ITEMS-** one entry per class number.

1. Any individual enrolled in a foods project may exhibit in this area.
2. Decorated cakes and decorated gingerbread houses are considered as two different kinds of entries. If a 4-H'er is exhibiting a gingerbread house for the first time, it is entered in the beginning division (one year of gingerbread house) regardless of any previous cake decorating experience. All decorated items should be placed on a base 15" x 15" or smaller, unless otherwise indicated. Cakes may be flat, cut up or layer types.

PREMIUM: Purple \$2.00; Blue \$1.50; Red \$1.00; White \$.50

Beginning Division:

**E-400-001.** Graham Cracker Gingerbread House (first year) to be made and exhibited prior to exhibiting Decorated Gingerbread House. Base of 10" x 10" or smaller

**E-400-002.** Decorated Gingerbread House - House must be made of gingerbread with edible items and parts and on a base (cardboard, tray, etc.)

**E-400-003.** Decorated Cake or a plate of 4 Cupcakes - (candy may be used as part of the decoration)

**E-400-004.** Decorated Box, Bowl, Block, etc. (candy may be used as part of the decoration)

**E-400-005.** Any Other Decorated Food Item

Advanced Division

**E-400-006.** Decorated Gingerbread House - House must be made of gingerbread with edible items and parts on a base (cardboard, tray, etc.)

**E-400-007.** Decorated Cake or a plate of 4 Cupcakes

**E-400-008.** Decorated Box, Bowl, Block, etc.

**E-400-009.** Any Other Decorated Food Item

**GENERAL FOODS**

PREMIUM: Purple \$2.50; Blue \$2.00; Red \$1.50; White \$1.00

**\*E-350-001.** Food Science Explorations - Open to any 4-H'er enrolled in a Foods and Nutrition project. Show the connection between food and science as it relates to food preparation, food safety, food preservation or food production. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), computer-based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

**\*E-350-002.** Foods and Nutrition Poster, Scrapbook, or Photo Display - Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation project. The project should involve a nutrition or food preparation technique or explore a career related to the food industry (caterer, restaurant owner, food scientist, registered dietitian, etc.) This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), computer-based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

**\*E-350-003.** Physical Activity and Health Poster, Scrapbook, or Photo Display - Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation project. The project should involve a physical activity or explore a career-related to physical activity or health (personal trainer, sports coach, physical therapist, etc.) This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), computer-based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

**\*E-350-004.** Cooking Basics Recipe File - A collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year the 4-H'er is in the project, with year clearly marked on recipes. Display in a recipe file or binder. Be sure to include the number of servings or yield of each recipe. This may be a continued recipe file project from the previously used 4-H curriculum before 2020. Exhibits that include recipes with alcohol (wine, beer, rum, etc.) will be disqualified.

**COOKING 101-** one entry per class number. Include recipe with exhibit.

PREMIUM: Purple \$1.50; Blue \$1.25; Red \$1.00; White \$.50

**E-401-901.** Cookies (any recipe, 4 on a paper plate)

**E-401-902.** Muffins (any recipe, 4 on a paper plate)

**E-401-903.** No Bake Cookies (any recipe, 4 on a paper plate)

**E-401-904.** Cereal Bar Cookie (any cereal based recipe made in pan and cut into bars or squares for serving.)

**E-401-905.** Granola Bar (any recipe, 4 on a paper plate)

**E-401-906.** Brownies (any recipe, 4 on a paper plate)

**E-401-907.** Snack Mix (any recipe, at least 1 cup in self-sealing plastic bag)

**COOKING 201-** one entry per class number. Include recipe with exhibit.

PREMIUM: Purple \$2.00; Blue \$1.50; Red \$1.00; White \$.50

**\*E-410-001.** Loaf Quick Bread (any recipe) - at least 3/4 of a standard loaf displayed on a paper plate. Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. A standard quick bread loaf measures approximately 8½" x 4½" or 9"x5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.

**\*E-410-002.** Creative Mixes - any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. Examples include poppyseed quick bread from a cake mix, cake mix cookies, sweet rolls made from ready-made bread dough, monkey breads from biscuit dough, streusel coffee cake from a cake mix, etc. Write what you learned about making this product using a mix instead of a homemade recipe or recipe "from scratch". Does it make it better or easier to use a convenience product or mix? Why or why not?

**\*E-410-003.** Biscuits or Scones- four biscuits or scones on a small paper plate. This may be any type of biscuit or scone: rolled or dropped. Any recipe may be used, but it must be a non-yeast product baked from scratch.

- \*E-410-004.** Healthy Baked Product- any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate. May be baked in a disposable pan. Recipe must contain a fruit or vegetable as part of the ingredients (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.).
- \*E-410-005.** Coffeecake- any recipe or shape, non-yeast product -at least 3/4 of baked product on a paper plate or in a disposable pan. Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.
- \*E-410-006.** Baking with Whole Grains- any recipe, at least ¾ of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)
- \*E-410-007.** Non-Traditional Baked Product- exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in a convection oven, baked item made in microwave, etc.) Entry must be at least ¾ baked product, or 4 muffins or cookies on a paper plate or in a disposable pan. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

**COOKING 301-** one entry per class number. Include recipe with exhibit.

1. Any bread item prepared or baked using a bread machine should be entered under the Cooking 201, Non-Traditional Baked Product. All exhibits made in the Cooking 301 or Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

PREMIUM: Purple \$2.00; Blue \$1.50; Red \$1.00; White \$.50

- \*E-411-001.** White Bread- any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- \*E-411-002.** Whole Wheat or Mixed Grain Bread- any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- \*E-411-003.** Specialty Rolls-any yeast recipe, 4 rolls on a paper plate. May be sweet rolls, English muffins, kolaches, bagels, or any other similar recipe that makes individual portions.
- \*E-411-004.** Dinner Rolls-any yeast recipe, 4 rolls on a paper plate. May be cloverleaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.
- \*E-411-005.** Specialty Bread- any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least ¾ of a full-sized baked product. May be baked in a disposable pan.
- \*E-411-006.** Shortened Cake - At least ¾ of the cake (not from a cake mix). Shortened cakes use fat for flavor and texture and recipes usually begin by beating fat with sugar by creaming and include leavening agents in the recipe. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed). {Must exhibit at least 3/4 of the cake (recipe must not be from a cake mix)}

**COOKING 401 -** one entry per class number. Include recipe with exhibit.

1. Any bread item prepared or baked using a bread machine should be entered under the Cooking 201. All exhibits made in the Cooking 301 or Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

PREMIUM: Purple \$2.00; Blue \$1.50; Red \$1.00; White \$.50

- \*E-412-001.** Double Crust Fruit Pie- made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crusts. May be a double crust, crumb, cut-out, or lattice topping. Using an 8-or 9-inch disposable pie pan is recommended.
- \*E-412-002.** Family Food Traditions- any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Any baked item associated with family tradition and heritage. Entry must include (A) recipe, (B) tradition or heritage associated with preparing, serving the food, (C) where or who the traditional recipe came from.
- \*E-412-003.** Ethnic Food Exhibit- any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. The name of the country, culture or region should be included as part of the supporting information with the recipe, as well as some background information about the country or culture the food item is representing.
- \*E-412-004.** Candy- any recipe, 4 pieces of candy on a paper plate or ½ cup. No items containing cream cheese will be accepted (Example: cream cheese mints). Candy may be cooked or no cook; dipped, molded, made in the microwave or other methods of candy preparation. Recipe must be included.
- \*E-412-005.** Foam Cake- original recipe (no mixes) of at least ¾ of the cake. Foam cakes are cakes that have a high ratio of eggs to flour and fall into three categories: angel food cakes or meringues; sponge or jelly roll cakes; and chiffon cakes. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).
- \*E-412-006.** Specialty Pastry- any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Baked items such as pie tarts, puff pastry, phyllo doughs, biscotti, choux, croissants, Danish, strudels. Phyllo dough may be pre-made or from scratch. Pastries made with cream or egg-based fillings will be disqualified.



**FOOD PRESERVATION -** one entry per class number. Include recipe with exhibit.

#### GUIDELINES

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 the Extension office or at <https://4hfairbook.unl.edu/fairbookview.php/rules>. Incomplete exhibits will be lowered one ribbon class. Canned food items not processed according to altitude in the county will be lowered one class ribbon. Check with the extension office or <https://food.unl.edu/canning#elevation> for 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:
  - a. 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)
  - b. USDA Guide to Home Canning [https://nchfp.uga.edu/publications/publications\\_usda.html](https://nchfp.uga.edu/publications/publications_usda.html)
  - c. Nebraska Extension's Food Website <https://food.unl.edu/food-safety> or Extension publications from other states
  - d. 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:

**4-H Food Preservation Card**  
(Please attach this card to each item preserved.)

Name: \_\_\_\_\_ County: \_\_\_\_\_

Name of Product: \_\_\_\_\_ Date Preserved: \_\_\_\_\_

**Processing Method (check one):**  
 Boiling Water Canner, indicate type of pack (check one):  raw pack OR  hot pack  
 Processing time: \_\_\_\_\_ Altitude: \_\_\_\_\_

Pressure Canner, indicate type of gauge (check one):  weighted gauge OR  dial gauge  
 Product was canned at \_\_\_\_\_ pounds pressure at \_\_\_\_\_ altitude.  
 Processing time: \_\_\_\_\_ packed hot:  or packed cold:

Dehydration: Dehydrator OR Other, please specify (ie: oven, solar, etc.): \_\_\_\_\_  
 Approximate drying time: \_\_\_\_\_

Include instructions/recipe for product on back of this card. 4-H'ers must include the source of the recipe/instructions. 4-H'ers must use approved USDA recipes/instructions. Include pre-treatment for dried products.

PREMIUM: Purple \$3.00; Blue \$2.50; Red \$2.00; White \$1.00

#### UNIT 1 FREEZING

**\*E-407-001.** Baked Item Made with Frozen Produce- 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-Her. 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-** Use a rubber band or "twisty" to keep exhibit together.

**\*E-407-002.** Dried Fruits- 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.

**\*E-407-003.** 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.

**\*E-407-004.** Vegetable Leather- 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.

**\*E-407-005.** Dried Vegetables- exhibit 3 different samples of 3 different dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag.

**\*E-407-006.** Dried Herbs- exhibit 3 different samples of 3 different dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag.

**\*E-407-007.** Baked Item Made with Dried Produce/Herbs- 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-Her. 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-** Entry must be processed in a boiling water bath according to current USDA recommendations.

**\*E-407-008.** 1 Jar Fruit Exhibit- exhibit one jar of a canned fruit.

**\*E-407-009.** 3 Jar Fruit Exhibit- exhibit 3 jars of different canned fruits. May be three different techniques for the same type of product, ex. Applesauce, canned apples, apple pie filling, etc.

**\*E-407-010.** 1 Jar Tomato Exhibit- exhibit one jar of a canned tomato product.

**\*E-407-011.** 3 Jar Tomato Exhibit- exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.).

**\*E-407-012.** 1 Jar Pickled Exhibit- one jar of pickled and/or fermented product.

**\*E-407-013.** 3 Jar Pickled Exhibit- exhibit 3 jars of different kinds of canned pickled and/or fermented products.

**\*E-407-014.** 1 Jar Jelled Exhibit- exhibit one jar of jam, jelly or marmalade.

**\*E-407-015.** 3 Jar Jelled Exhibit- exhibit 3 different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size).

**UNIT 4 PRESSURE CANNING -** All Entries must be processed according to current USDA recommendations.

**\*E-407-016.** 1 Jar Vegetable or Meat Exhibit- exhibit one jar of a canned vegetable or meat.

**\*E-407-017.** 3 Jar Vegetable or Meat Exhibit- exhibit 3 jars of different kinds of canned vegetables.

**\*E-407-018.** 3 Jar Meat Exhibit- exhibit 3 jars of different kinds of canned meats.

**\*E-407-019.** 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 a 3" X 5" file card and attach to one of the jars.

**\*E-407-020.** 1 Jar Tomato Exhibit- exhibit one jar of a canned tomato product.

**\*E-407-021.** 3 Jar Tomato Exhibit- exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.).