

2022 SIOUX COUNTY FAIR BOOK



SIoux COUNTY FAIR YOUTH DIVISION

GENERAL RULES AND GUIDELINES

Revised: 2022

I. ELIGIBILITY: Youth Division

- a. ALL 4-H DIVISIONS except OPEN YOUTH LIVESTOCK CLASSES and FFA CLASSES.
- b. Must be enrolled in the Sioux County 4-H program
- c. Must be enrolled in the appropriate project.
- d. Non-4-H youth can enter in the Open Class division.

II. SIOUX COUNTY 4-H YOUTH HORSE SHOW

- a. Open to 4-H Exhibitors from any county.
- b. Show will adhere to Nebraska 4-H Horse Show Rules

III. OPEN YOUTH LIVESTOCK SHOW

- a. Show is open to all youth ages 5-18 by January 1st of the current year. Those youth ages 5-7 will be allowed to participate in given that an adult assists them and stays with them in the ring.
- b. Sioux County exhibitors will receive premiums based on their ribbon grouping.
- c. Out-of-county exhibitors will receive premiums based on their placing within a class. Premiums will be paid at the following rates:

	First	Second	Third	Fourth
Showmanship				
PeeWee & Junior	\$5.00	\$3.00	\$2.00	\$1.00
Intermediate	\$8.00	\$6.00	\$3.00	\$2.00
Senior	\$10.00	\$8.00	\$5.00	\$3.00
Other Classes	\$10.00	\$8.00	\$5.00	\$3.00

FAIR ENTRIES

I. LIVESTOCK

- a. All animals must be owned by the youth exhibitor or by the family or in the name of the ranch or farm.
- b. Each exhibitor shall be responsible for herdsmanship of their own exhibits, stall, or pen space and alley space.
- c. No professional groomers are permitted to help exhibitors.
- d. Animals should be shown by the exhibitor when possible. Substitute youth showmen must be approved by the show superintendent. Only animals entered by the exhibitor can be used for showmanship contests.

- e. Dress Code – Exhibitors showing beef, dairy, dairy goat, sheep, and swine are required to wear western clothing and hard sole shoes or boots. Horse exhibitors: See Horse Show Section.

II. GENERAL

- a. Any exhibitor who is found to have tampered with, doctored, or entered an exhibit that is his not his/her work will forfeit any premium, ribbon, and cash prizes and exhibitor will be placed on probation. A second offense will cause disqualification from further competition or participation in the youth division of the Sioux County Fair.
- b. All entries must be entered and in place by the deadlines set by each division. This information is available at the County Extension Office and it will also be publicized BUT it is the exhibitor's responsibility to obtain information.
- c. The judges will place all creditable exhibits in each class into four ribbon groups according to excellence. These ribbon groupings include:
 - i. Purple – Superior
 - ii. Blue – Excellent
 - iii. Red – Good
 - iv. White – Satisfactory
- d. In case of no competition, the judge will decide which ribbon placing the exhibit deserves. Trophy winners and/or exhibits designated for State Fair should be purple ribbon quality.
- e. Fair prizes will be awarded to 4-H members at the Annual Fun Feed. Prizes will be considered for the following categories: Family and Consumer (home environment, heritage, consumer management, human development), Healthy Living (cooking, safety, food preservation), Clothing (shopping in style, beyond the needle, sewing), Visual Arts (photography, sketchbook crossroads, portfolio pathway), SET (entomology, welding, wood science, conservation, computers, robotics, rockets, etc.), and Plant Science (horticulture and range). Final discretion is up to the 4-H Council.
- f. For livestock shows, 4-H prizes will be awarded to Sioux County 4-H members at the Annual Fun Feed. The ribbons received will be turned into a point value (Champion 5 points plus points for ribbon color, Reserve 3 points plus points for ribbon color, Purple =5, Blue =3, Red =2, and White=1) then added together for a total and divided by maximum points possible to create a percentage. The Champion and Reserve Champion points will be added if a youth member receives a Champion or Reserve Champion designation for the division. For example: Champion Stocker Feeder, Breeding Heifer, Breeding Bull, Market Beef, Bucket Calf, Breeding Lamb, Market Lamb, Top Bird, etc.). The member with the highest percentage will receive the prize. If there is a tie, the member that placed the best in Showmanship will be the recipient.
- g. The superintendent will determine eligibility/ineligibility of an exhibit in their division. All ineligible items will not be judged or displayed.
- h. A member cannot enroll in the same 4-H project area in more than one county or state in the same year.
- i. State Fair Eligibility Requirements for Exhibitors: Only classes with an asterisk (*) in front of the number are eligible for State Fair entry. An exhibitor must be a 4-H member enrolled in the project in which they are exhibiting in the county which he/she represents. In classes where presence of the 4-Her is required for judging purposes, such as animal exhibits, judging contests, presentations, and fashion show, a 4-H member must be age 10 by January 1st of the current year. For classes where the presence of the 4-Her is not required, the exhibitor must be age 8 by January 1st of the current year.
- j. Interview Judging will be conducted on all 4-H Static Exhibit Projects.

III. NUMBER OF EXHIBITS PER CLASS

- a. Livestock and Horse – No limit on number of entries BUT an exhibitor cannot earn more than two premiums in each class.
- b. Home Economics – No limit at county level, but State fair entries are limited by the State Fair rules.

IV. EXHIBITOR RELEASE TIMES

- a. Art Hall – Released at 3:00 pm on the Sunday of Fair.
- b. Horses, livestock, and other animals released after respective shows.

V. PREMIUMS

- a. Premiums will be paid at the following rates to county youth.

Division	Purple	Blue	Red	White
Beef	\$15.00	\$12.00	\$7.00	\$3.00
Horse	\$5.00	\$3.00	\$2.00	\$1.00
Dairy Cattle	\$15.00	\$12.00	\$7.00	\$3.00
Sheep & Goats	\$5.00	\$3.00	\$2.00	\$1.00
Swine	\$8.50	\$6.50	\$3.50	\$2.00
Small Animals	\$5.00	\$4.00	\$3.00	\$2.00
Static Exhibits	\$5.00	\$4.00	\$3.00	\$2.00

Clover Kid Exhibits will each receive a \$1.00 premium.

VI. Protest Committee

- a. The respective division committee has the authority to make appropriate decisions based on the Sioux County Fair book, and these will be adhered to by all.
- b. A committee shall be appointed to serve as a grievance committee. They will meet when needed, to act upon concerns. All protests must be submitted in writing and signed.
- c. Written protests must be submitted to the county fair division committees.
- d. 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 person committee may contact for further clarification
 - vii. Procedures and/or steps carried out by person involved prior to submission to the fair superintendent
- e. 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, prior to making 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.
 - f. In cases 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.
 - g. The management reserves the right to withhold premiums and/or awards. The exhibitor may also be excluded from the show if action warrants.
 - h. Protests will not be accepted after the exhibit is released from the Sioux County Fair.

VII. Disclaimer of Responsibility for Exhibits at the Sioux County Fair

- a. Exhibits at the Sioux County Fair are entered and displayed at the risk of the exhibitor. University of Nebraska-Lincoln Extension in Sioux County, in association with the Sioux County Agricultural Society, accepts exhibits and will exercise due care to protect them. However, University of Nebraska-Lincoln Extension or the Sioux County Agricultural Society or the Sioux County 4-H Council cannot accept responsibility for loss or damage due to the conditions imposed by crowds, the arrangement of the buildings in which displays are housed and the number of exhibits. People who have exhibits of great sentimental and/or monetary value should carefully consider whether such exhibits should be exposed to the hazards of fair.
- b. While the greatest possible care will be exercised by the management to protect patrons of the county fair, each individual will be held personally responsible for any injury.

VIII. Drugs and Alcohol Policy

- a. Use or possession of alcoholic beverages or drugs (except for medical purposes) by any exhibitor who is participating in the youth section of the Sioux County Fair will result in immediate disqualification of that exhibitor's entry.

FOOD AND NUTRITION

RULES

- A. **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 entry tag and recipe at the corner of the bag. For non-food entries, please attach the entry tag to the upper right-hand corner of the entry. Additional information including recipes and supplemental information should be identified with 4-H'ers name and county.
- B. **Criteria for Judging-Exhibits:** Exhibits will be judged according to score sheets available at your local Extension office or at <http://4h.unl.edu/fairbook>. 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, commercially prepared seasoning mixes for food preservation, and other pre-made mixes entered in other categories will be lowered a ribbon placing.
- C. **Food Projects:** Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. The County Fair is not responsible for non-disposable containers, lost bread boards, china, or glassware.
- D. **Ingredients:** 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.
- E. **Food Safety:** 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:
- Egg or cream fillings and cream cheese frostings
 - Any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc.)
 - Melted cheese on top of food exhibit (cheese mixed into baked goods is considered safe and will be accepted)
 - Uncooked fruit toppings (i.e., fresh fruit tart).

GENERAL

- *E350001** **Food Science Explorations** – (SF152) - Open to any 4-H'er enrolled in a Foods and Nutrition projects. Show the connection between food and science as it relates to food preparation, food safety, or food production. Exhibit may be a poster or foam core board (not to exceed 22" x 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.
- *E350002** **Foods and Nutrition Poster, Scrapbook or Photo Display** – (SF122) - Open to any 4-H'er enrolled in a Foods and 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" x 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.
- *D350003** **Physical Activity & Health Poster, Scrapbook or Photo Display** – (SF122) - Open to any 4-H'er enrolled in a Foods & Nutrition project 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" x 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.
- *E350004** **Cooking Basics Recipe File** - (SF251) - 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 2018. Exhibits that include recipes with alcohol (wine, beer, rum, etc.) will be disqualified.

COOKING 101

County Project Only – Not eligible for State Fair competition.

- E401901** **Cookies** (any recipe, 4 on a paper plate)
- E401902** **Muffins** (any recipe, 4 on a paper plate)
- E401903** **No Bake Cookies** (any recipe, 4 on a paper plate)
- E401904** **Cereal Bar Cookie** (any cereal based recipe made in pan and cut into bars or squares for serving.)
- E401905** **Granola Bar** (any recipe, 4 on a paper plate)
- E401906** **Brownies** (any recipe, 4 on a paper plate)
- E401907** **Snack Mix** (any recipe, at least 1 cup in self-sealing plastic bag)
- E401910** **Other Cooking 101 Exhibit**

COOKING 201

- *E410001** **Loaf Quick Bread** - (SF123) - any recipe, at least ¾ 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 8 ½" x 4 ½" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
- *E410002** **Creative Mixes** - (SF142) - any recipe, at least ¾ 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 poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade 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?
- *E410003** **Biscuits or Scones** - (SF136) - 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.
- *E410004** **Healthy Baked Product** - (SF124) - any recipe, at least ¾ of baked product or 4 muffins/cookies on a paper plate or 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.)
- *E410005** **Coffee Cake** - (SF129) - any recipe or shape, non-yeast product - at least ¾ 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.
- *E410006** **Baking with Whole Grains** - (SF134) - 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.)
- *E410007** **Non-Traditional Baked Product** - (SF133) - exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in 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

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.

- *E411001** **White Bread** - (SF138) - any yeast recipe, at least ¾ of a standard loaf displayed on a paper plate.
- *E411002** **Whole Wheat or Mixed Grain Bread** - (SF138) - any yeast recipe, at least ¾ of a standard loaf displayed on a paper plate.
- *E411003** **Specialty rolls** - (SF138) - 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.

- *E411004 **Dinner Rolls** - (SF138) - any yeast recipe, 4 rolls on a paper plate. May be cloverleaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.
- *E411005 **Specialty Breads** - (SF141) - 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.
- *E411006 **Shortened Cake** - (SF137) - Must exhibit at least ¾ of the cake (recipe must not be 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).

COOKING 401

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.

- *E412001 **Double Crust Fruit Pie** - (SF144) - 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.
- *E412002 **Family Food Traditions** - (SF145) - any recipe, at least ¾ 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.
- *E412003 **Ethnic Food Exhibit** - (SF146) - any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate or 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.
- *E412004 **Candy** - (SF147) - 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 not cooked; dipped, molded, made in the microwave or other methods of candy preparation. Recipe must be included.
- *E412005 **Foam Cake** - (SF138) - 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).
- *E412006 **Specialty Pastry** - (SF143) - any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate or 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

GENERAL RULES

- A. **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.
- B. **Jars:** Do not need to be the same brand. Jelly glasses or half pint jars may be used for jellies and preserves. The jars are not to be decorated 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.
- C. **Current Project** - All canning must be the result of this year's 4-H project.

- D. **Criteria for Judging** - Exhibits will be judged according to score sheets available at your local Extension office or at <https://unl.app.box.com/s/hb22obghktomfulqnw5rd9o8aghew4vr/folder/3497987382>. 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.
- E. **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 food 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.
- F. **Recipe/Support 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
 - 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-0>
- G. 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, water bath canner or dried)
 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). Recipe and source of recipe (if a publication, include name and date).

UNIT 1 FREEZING PROJECT MANUAL

- *E406001 Baked Item made with Frozen Produce** – (SF155) - any recipe, at least $\frac{3}{4}$ 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 PROJECT MANUAL

- *E407001 Dried Fruits** – (SF154) - exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum $\frac{1}{4}$ 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 exhibit together.
- *E407004 Dried Vegetables** - (SF149) - exhibit 3 different samples of 3 different dried vegetables. Place each food ($\frac{1}{4}$ 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 ($\frac{1}{4}$ 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 MANUAL

- *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 PROJECT MANUAL

- *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.

Resources:

- Cooking 101 – Learn how to use MyPlate; Learn how to avoid spreading germs while cooking; Learn how to measure and mix ingredients; Learn how to test baked goods for doneness; Learn how to brown meat: Learn how to set the table for a family meal
https://4hcurriculum.unl.edu/index.php/main/program_project/194
- Cooking 201: Understand and prevent foodborne illnesses; Learn how to thaw foods; Learn proper knife techniques; Learn how to read Nutrition Fact labels; Learn how to make soups, rice, pasta, and other foods
https://4hcurriculum.unl.edu/index.php/main/program_project/195
- Cooking 301: Practice making bread, grilling meats, vegetables, and fruit; Learn how to and practice making butter; Learn about yeast, gluten, and different types of fats
https://4hcurriculum.unl.edu/index.php/main/program_project/196

- Cooking 401: Learn about herbs and spices; Learn how to make ethnic foods; Practice making cakes, candy, pastries, and pies https://4hcurriculum.unl.edu/index.php/main/program_project/197

CAKE DECORATING

County Project Only – Not eligible for State Fair competition.

- E420001** **Cupcakes**
- E420002** **One Layer Decorated Cake**
- E420003** **Two Layer Decorated Cake**
- E420004** **Two or Three-Tiered, Stacked Cake:** Or combination tiered and stacked. Each tier or stack must be two layers. Plastic separators must be used
- E420005** **Cake Decorated with Fondant**
- E420006** **Novelty Cake: Using character or shaped pan.**
- E420007** **Original Shaped Cake:** From a cut-up cake backed in a round, square, heart, rectangle or combination to make a new shape.
- E420008** **Sample Cake Board:** Demonstrating at least one technique from three different categories:
- Borders
 - Message
 - Drop Flower with Center
 - Leaves
 - Figure Piping
 - Side Decorations
- E420009** **Cake Portfolio Book:** Include pictures of five cakes decorated by the 4-H'er. Can be exhibited in multiple years but must contain five new pictures from the previous twelve months each time. Each picture should have accompanying information including: a) occasion for cake, b) type of frosting, c) tips name and number used, and d) technique used.
- E420010** **Other Cake Decorating**

