

Foods for Iowa 4-H Fairs - Quick Reference Guide



Food and nutrition exhibits involve fun and engaging food science and nutrition experiments such as planning a meal, purchasing/comparing cost analysis, examining food characteristics, serving tasty and nutritious meals as well as discovering interaction of various food ingredients in a recipe. Exhibits should be prepared with food safety in mind. Using unsafe ingredients or recipes could cause judges who evaluate exhibits to become ill. Plan ahead for a successful fair experience. Use these guidelines to help you select an acceptable product for exhibit, find an approved recipe source, and identify the appropriate preparation method.

Approved Recipe Sources

Home preserved food must be prepared using current, tested recipe from one of these sources.

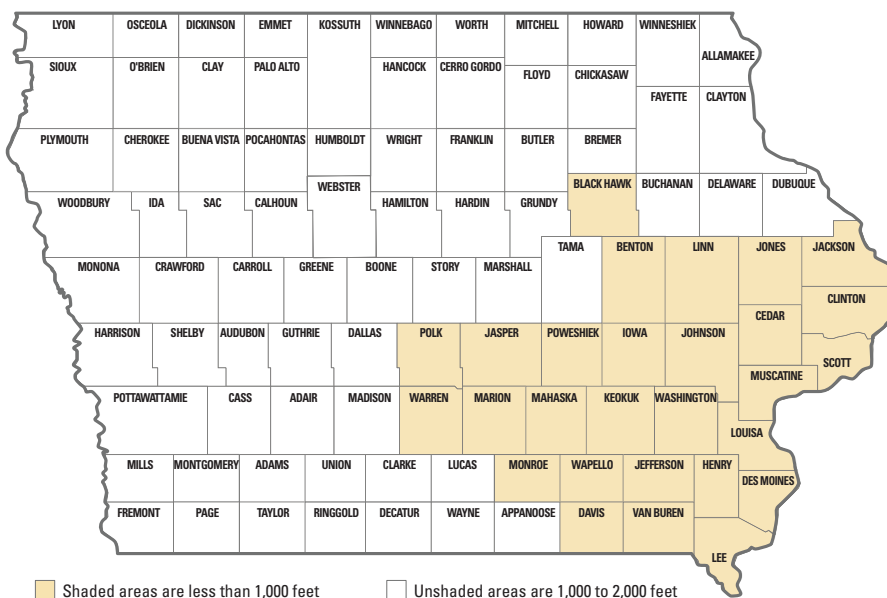
1. Preserve the Taste of Summer
 - Canning and Freezing Tomatoes (PM 638) store.extension.iastate.edu/Product/3990
 - Canning Fruits (PM 1043) store.extension.iastate.edu/Product/4366
 - Canning Vegetables (PM 1044) store.extension.iastate.edu/Product/4367
 - Canning Salsa (HS 21) store.extension.iastate.edu/Product/14173
 - Freezing Fruits and Vegetables (PM 1045) store.extension.iastate.edu/Product/4369
 - Making Fruit Spreads (PM 1366) store.extension.iastate.edu/Product/4785
 - Making Pickles and Pickle Products (PM 1368) store.extension.iastate.edu/Product/4787
 - Canning Meats, Poultry, Wild Game and Fish (PM 3021) store.extension.iastate.edu/Product/13757
2. Ball Blue Book (published after 2009) www.freshpreserving.com/recipes/
3. National Center for Home Food Preservation - www.uga.edu/nchfp/
 - Judging Home Preserved Foods - nchfp.uga.edu/publications/nchfp/tech_bull/0Judging_Preserved_full.pdf
4. USDA Complete Guide to Home Canning (2015) - nchfp.uga.edu/publications/usda/INTRO_HomeCanrev0715.pdf
5. So Easy to Preserve (University of Georgia) www.soeasytopreserve.com
6. Mrs. Wages - www.mrs.wages.com

Reference

* Storing Maple Syrup, Michigan State University msue.anr.msu.edu/news/storing_maple_syrup

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Altitudes of Iowa Counties



Canning and Processing Reminders

If pressure canning is necessary, be sure to use a pressure canner not a pressure cooker. A canner will hold at least 4 quart-sized jars.

Adjust processing time for altitude, if needed. See above map.

Resource

Contact Iowa State University Extension and Outreach **AnswerLine** with any questions! Tell them you are calling in reference to a 4-H exhibit. Calls are answered Monday through Friday, 9 a.m.–noon, 1–4 p.m.

CALL: In Iowa: 1-800-262-3804 or (515) 296-5883
In Minnesota: 1-800-854-1678
In South Dakota: 1-888-393-6336
Relay Iowa (hearing impaired) 1-800-735-2942

EMAIL: answer@iastate.edu

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Preserved Foods

Home preserved food must be prepared using current, tested recipes to qualify as a fair exhibit.

	ACCEPTABLE EXAMPLES	UNACCEPTABLE EXAMPLES	METHOD NOTES
JAMS AND JELLIES	<ul style="list-style-type: none"> Fruit jelly Violet blossom Corn cob Pepper jelly Tomato jam Pectin package recipes 	<ul style="list-style-type: none"> Flower blossoms that have been sprayed with chemicals Recipes made with Jell-O® Jars sealed with paraffin 	<ul style="list-style-type: none"> Use approved recipe source from Preserve the Taste of Summer (PTTS)¹, Ball^{®2}, National Center for Home Food Preservation (NCHFP)³, USDA canning guide⁴, or So Easy to Preserve (SETP)⁵. Recipes from the insert of the pectin packages are also acceptable. Follow tested recipes exactly and include them in the final report.
MAPLE SYRUP	<ul style="list-style-type: none"> Maple syrup 		<ul style="list-style-type: none"> Heat to 185° F, place in sterilized jars* (<i>*see reference on page 1</i>). Roll jar so syrup is in contact with all parts.
SWEET SPREADS	<ul style="list-style-type: none"> Fruit butter Conserves Preserves Marmalades 	<ul style="list-style-type: none"> Recipes made with Jell-O® Recipes that require refrigeration 	<ul style="list-style-type: none"> Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP. Recipes from the insert of the pectin packages are also acceptable. Follow tested recipes exactly and include them in the final report.
PRESERVED FRUITS	<ul style="list-style-type: none"> Whole or cut fruits 		<ul style="list-style-type: none"> Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP. May be packed in sugar syrup, water or fruit juice. Follow tested recipes exactly and include them in the final report.
LOW ACID VEGETABLES	<ul style="list-style-type: none"> Beans Carrots Corn Soups Vegetable with meat 	<ul style="list-style-type: none"> Do not pack for artistic affect ("fancy packs" or hand-placing the vegetables to produce a tight, vertical pack) unless the recipe directly states to pack this way 	<ul style="list-style-type: none"> Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP. If recipe calls for a peeled vegetable, it must be peeled. Follow tested recipes exactly and include them in the final report.
PICKLES AND RELISHES	<ul style="list-style-type: none"> Cucumber Beets Asparagus Carrots 	<ul style="list-style-type: none"> Do not pack for artistic affect ("fancy packs" or hand-placing the vegetables to produce a tight, vertical pack) unless the recipe directly states to pack this way Alum not advised 	<ul style="list-style-type: none"> Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP. Follow tested recipes exactly and include them in the final report.
SALSA	<ul style="list-style-type: none"> Canned mild salsa Canned hot salsa Canned fruit salsa 	<ul style="list-style-type: none"> Fresh salsa Pico de gallo Recipe that a participant creates CANNOT be used as a fair exhibit 	<ul style="list-style-type: none"> Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP. May NOT contain black beans. If desired, you can add them at the time of serving. Follow tested recipes exactly and include them in the final report.
TOMATO PRODUCTS	<ul style="list-style-type: none"> Tomatoes Tomato juice Tomato sauce Ketchup Spaghetti sauce BBQ sauce (canned) 	<ul style="list-style-type: none"> Fresh BBQ sauce (not canned) 	<ul style="list-style-type: none"> Must be acidified according to NCHFP standards: Per quart of tomatoes, add 2 tablespoons of bottled lemon juice or 1/2 tsp of citric acid. Per pint of tomatoes, add 1 tablespoon bottled lemon juice or 1/2 tsp of citric acid. Acid can be added directly to the jars before filling with product. Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP.
MEATS OR POULTRY	<ul style="list-style-type: none"> Beef Venison Chicken Pork 	<ul style="list-style-type: none"> Jerky 	<ul style="list-style-type: none"> Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP. Either raw pack or hot pack are acceptable. Follow tested recipes exactly and include them in the final report.
DRIED FOODS	<ul style="list-style-type: none"> Fruits Vegetables 	<ul style="list-style-type: none"> Meats, including jerky 	<ul style="list-style-type: none"> Must be dry. Must be stored in an airtight food grade container. Follow tested recipes exactly and include them in the final report.

Baked Goods and Confections

	ACCEPTABLE EXAMPLES	UNACCEPTABLE EXAMPLES	METHOD NOTES	
PERISHABLE FOOD	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Foods served hot Foods that require refrigeration Foods containing alcohol Foods served or made in containers that are not food-grade 	<ul style="list-style-type: none"> Fried foods Smoothies Nut butters Dips Salads Homemade noodles 	<ul style="list-style-type: none"> Items (except those containing alcohol) that cannot be brought to the fair can be exhibited as a written project. Project can include pictures, explanation of steps, and evaluation of others at home of product quality.
PIES	<ul style="list-style-type: none"> Double crusted fruit pie Traditional recipe pecan pie Dutch apple pie 	<ul style="list-style-type: none"> Non-traditional pecan pie (recipe that includes added water or milk) Custard, pumpkin, or meringue pies Unbaked fruit pies Products made with a butter-sugar mixture topping that is baked less than 45 minutes, e.g., apple or rhubarb crisps 		<ul style="list-style-type: none"> Fruit must be cooked.
PASTRIES	<ul style="list-style-type: none"> Croissants Danishes Strudels Turnovers 	<ul style="list-style-type: none"> Cream or custard filled 		<ul style="list-style-type: none"> Fruit must be cooked.
CANDIES	<ul style="list-style-type: none"> Cream cheese mints Fudge Taffy 	<ul style="list-style-type: none"> Candies that require refrigeration 		<ul style="list-style-type: none"> Texture must be dry enough that it does not require refrigeration.
YEAST BREADS	<ul style="list-style-type: none"> White, Wheat, Rye Pretzels Rolls Breads with cheese that is fully incorporated (not visually detectable) 	<ul style="list-style-type: none"> Breads containing meat, salsa, vegetables, beans, fresh herbs or layers of cheese inside or on top of the product Breads leavened by wild microorganisms such as sourdough, friendship bread, etc. 		
QUICK BREADS	<ul style="list-style-type: none"> Coffee cakes Muffins Biscuits Scones Banana, Pumpkin, Zucchini breads 	<ul style="list-style-type: none"> Quick breads containing meat, salsa, vegetables, beans, fresh herbs, or layers of cheese 		<ul style="list-style-type: none"> May be frosted or unfrosted. See frosting guidelines below. Vegetables MUST be shredded finely.
BISCUITS	<ul style="list-style-type: none"> Rolled or dropped biscuits Scones 	<ul style="list-style-type: none"> Biscuits containing meat, salsa, vegetables, beans, fresh herbs, or layers of cheese 		
CAKES	<ul style="list-style-type: none"> Foam Sponge Shortened Cupcakes Angel food Pound cake Chocolate cake Carrot cake 	<ul style="list-style-type: none"> Cake filled or topped with any product requiring refrigeration Cake filled, garnished, or topped with fresh fruit Fruit filled cakes containing chunks of fruit 		<ul style="list-style-type: none"> May be frosted or unfrosted. Frosting is required if decorating skills are part of the goal. See frosting guidelines below. Carrots in carrot cake MUST be shredded finely.
FROSTING	<ul style="list-style-type: none"> Traditional Buttercream Caramel topping Commercially processed frostings, e.g., German chocolate, cream cheese 	<ul style="list-style-type: none"> Traditional German chocolate frosting made from scratch Cream cheese frosting made from scratch Ganache 7-minute frosting 		<ul style="list-style-type: none"> Products may be exhibited without frosting.
COOKIES AND BARS	<ul style="list-style-type: none"> Drop, rolled, pressed, or refrigerator Black bean brownies (commercially processed beans) Brownies, Scotcheroots 			
CEREAL GRAINS	<ul style="list-style-type: none"> Baked granola Cereal Trail mixes Crackers (containing no herbs) 			<ul style="list-style-type: none"> Must be baked. Must be dry and in an airtight food grade container.
FLAVORED OILS/ VINEGARS	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Homemade salad dressings Flavored vinegars with fruit peels in the product Vinegar or oils with added herbs or garlic 		