

Foods for Iowa 4-H Fairs - Quick Reference Guide



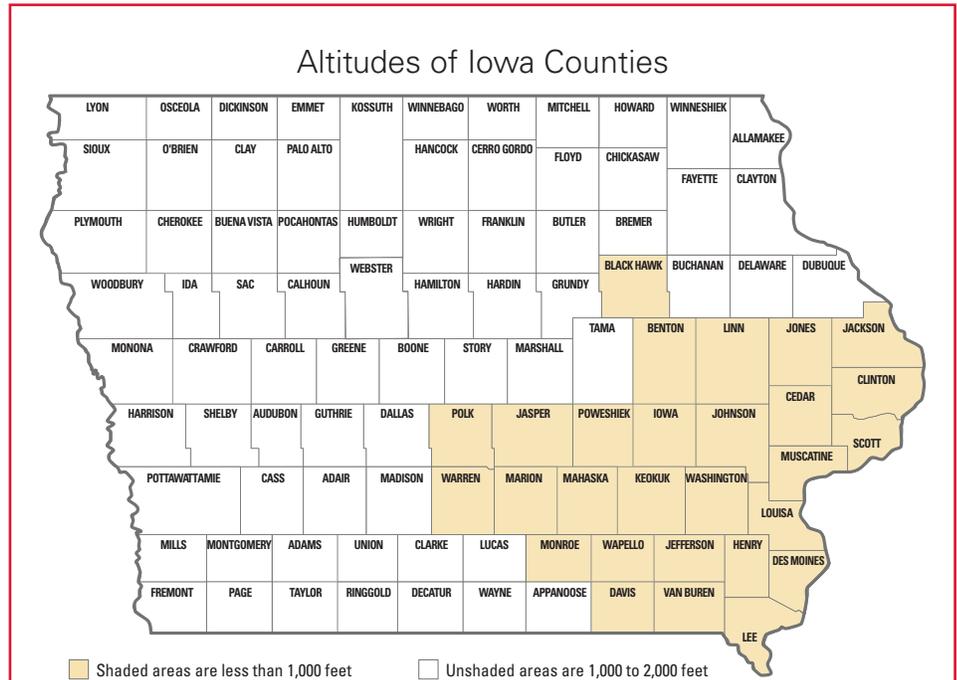
Food and nutrition exhibits involve fun and engaging food science and nutrition experiments such as planning a recipe, purchasing/

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 Publications
 - 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



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 5 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.

CALL: Monday through Friday
9 a.m.–noon, 1–4 p.m.
In Iowa: 1-800-262-3804
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.

See page 1 for list of approved recipe sources.

	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 	<ul style="list-style-type: none"> MUST be processed in a hot water bath. Use approved recipe source from Iowa State University Extension Outreach 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. Please attach the insert to your final report. Blossoms must not have been chemically sprayed.
MAPLE SYRUP	<ul style="list-style-type: none"> Maple syrup 		<ul style="list-style-type: none"> Heat to 185° F, place in sterilized jars. 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. Please attach the insert to your final report.
PRESERVED FRUITS	<ul style="list-style-type: none"> Whole or cut fruits 		<ul style="list-style-type: none"> May be packed in sugar syrup, water or fruit juice. Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP.
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" are generally discouraged. Example: snap beans, asparagus or cucumber spears, or carrots carefully hand-placed to produce a tight, vertical pack. This practice allows the food temperature to cool down too much if a hot pack process is intended and used. 	<ul style="list-style-type: none"> Must be processed in a pressure canner. Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP.
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. Alum not advised. 	<ul style="list-style-type: none"> Follow tested recipes exactly. Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP. Avoid using "fancy packs" that are not an approved recipe.
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 	<ul style="list-style-type: none"> Follow tested recipes exactly. Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP. Any recipe that you "make up" yourself CANNOT be used as a fair exhibit. May NOT contain any corn or black beans. If desired, you can add them at the time of serving.
TOMATO PRODUCTS	<ul style="list-style-type: none"> Tomatoes Tomato juice Tomato sauce Catsup Spaghetti sauce 	<ul style="list-style-type: none"> Fresh BBQ sauce (not canned) 	<ul style="list-style-type: none"> Must be acidified. Use 1T bottled lemon juice in a pint jar and 2T in a quart jar. Pressure can if recipe calls for it.
MEATS OR POULTRY	<ul style="list-style-type: none"> Beef Venison Chicken Pork 		<ul style="list-style-type: none"> Must be processed in a pressure canner. Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP.
DRIED FOODS	<ul style="list-style-type: none"> Fruits Vegetables 	<ul style="list-style-type: none"> Meats Jerky 	<ul style="list-style-type: none"> Must be dry. Must be stored in an airtight food grade container.

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 Fried foods Smoothies Nut butters Dips Salads Homemade noodles 	
FROSTING	<ul style="list-style-type: none"> Buttercream Cream cheese frosting with at least 2x as much powdered sugar as cream cheese Canned German chocolate frosting 	<ul style="list-style-type: none"> Cream cheese frosting that does not have at least 2x as much powdered sugar as cream cheese. Traditional German chocolate frosting made from scratch. 	<ul style="list-style-type: none"> Products may be exhibited without frosting.
PIES	<ul style="list-style-type: none"> Double crusted fruit pie Traditional recipe pecan pie 	<ul style="list-style-type: none"> Non-traditional pecan pie (recipe that includes added water or milk) Custard pies Pumpkin pies Meringue pies 	<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"> Must not 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. 	
QUICK BREADS	<ul style="list-style-type: none"> Bars Coffee cakes Muffins 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 above.
BISCUITS	<ul style="list-style-type: none"> Rolled biscuits 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 	<ul style="list-style-type: none"> Cake filled or topped with any product requiring refrigeration. Cake filled or topped with fresh fruit such as cheesecake or Swiss roll. 	<ul style="list-style-type: none"> May be frosted or unfrosted. Frosting is required if decorating skills are part of the goal.
COOKIES AND BARS	<ul style="list-style-type: none"> Drop Rolled Refrigerator Pressed Bar No-bake lemon Brownies, Scotcherros 		
GRANOLAS	<ul style="list-style-type: none"> Baked granola Cereal Trail mixes 		<ul style="list-style-type: none"> Must be baked. Must be dry and in an airtight food grade container.