

DEPARTMENT J-25 FOODS



Diane Watkins Oberle -357-6598
Superintendent

The Foods Review will be held on Thursday before Fair Week, from 12-3 PM at the Barron County Government Center Rooms 110A and 110B. Foods Revue is not a requirement to exhibit at the fair.

1. Classes #1 and #2 are to be brought to the County 4-H Foods Revue to be judged. All other food entries will be brought to the county fair to be judged and displayed.
2. Bring small food items on paper plates in ziplock bags to the fair. Attach entry tag and recipe securely to the outside of the ziplock bag. For Cakes and Breads, bring the whole product for judging; a piece will be cut and the rest returned.
3. All food preparations shall be made from basic ingredients (not package mixes) unless otherwise stated.
4. All food items will be disposed of by Barron County Fair staff. Exhibitors must pick up all ribbons and tags at entry release time.
5. For information call Bonnie Richter at the Barron County Extension Office – 537-6250.

FOODS REVIEW

- Division A:** Cloverbud Foods Review
- Division B:** Grades 3 & 4 (Six Easy Bites)
- Division C:** Grades 5 & 6 (Tasty Tidbits)
- Division D:** Grades 7-9 (You're the Chef)
- Division E:** Grades 10-13 (Foodworks)

CLASS NUMBER

1. Select one activity or experiment from your project literature (see box above), and set up as an action exhibit at the Foods Revue.
2. Display a complete place setting of a nutritious meal or snack. Exhibit must include 1 prepared food and a menu; themes are encouraged (i.e. birthday party, romantic dinner, picnic lunch,

FOODS & NUTRITION

DIVISIONS B-C-D-E ONLY

after school snack, etc.)

PREMIUMS FOR ITEMS ABOVE:
Blue \$3.00 Red \$2.50 White \$2.25 Pink \$2.00

Items listed below are judged at the county fair on Tuesday of Fair Week from 1-6 pm

Please attach entry tag and recipe to outside of ziplock bag.

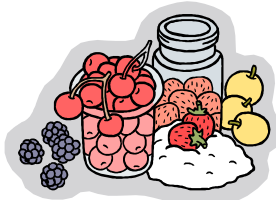
CLASS NUMBER

3. Cookies, 3, chocolate chip
4. Cookies, 3, peanut butter
5. Cookies, 3, molasses
6. Cookies, 3, refrigerator (shaped in roll & sliced)
7. Cookies, 3, cut-out (rolled)
8. Brownie, 3, unfrosted
9. Brownie, 3, microwaved, unfrosted
10. Granola bar, 2
11. Muffins, 3, plain
12. Muffins, 3, from mix, with adaptations
13. Muffins, 3, with fruit
14. Muffins, 3, with whole grains
15. Muffins, 3, with vegetables
16. Muffins, 3, cornmeal
17. Muffins, 3, microwaved
18. Pancakes, 3, cold
19. Waffles, 3, cold
20. Pretzels, 3
21. Coffeecake, quick
22. Coffeecake, made with yeast
23. Cake, Bundt
24. Cake, yellow, made from scratch
25. Cake, chocolate, made from scratch
26. Cake, white, made from scratch
27. Cake, microwaved
28. Cake, angel food
29. Cake, chiffon
30. Cake, pound
31. Cake, sponge
32. Cake, adapted recipe to lower fat
33. Cupcakes, 3, unfrosted
34. Biscuits, 3, baking powder, dropped
35. Biscuits, 3, baking powder, rolled
36. Popovers, 3
37. Rolls, 3, yeast
38. Rolls, 3, fancy
39. Rolls, 3, wheat
40. Rolls, 3, fancy (bread machine)
41. Bread, small loaf, steamed brown
42. Bread, 1 loaf, yeast, white
43. Bread, 1 loaf, yeast, wheat
44. Bread, 1 loaf, yeast, rye
45. Bread, 1 loaf, yeast, multigrain
46. Bread, 1 loaf, yeast, bread machine
47. Bread, quick bread, 1 mini loaf, zucchini
48. Bread, quick bread, 1 mini loaf, banana
49. Bread, quick bread, 1 mini loaf, cranberry

50. Bread, quick bread, microwaved, 1 mini loaf
51. Bread, quick bread, 1 mini loaf, any other
52. Pie, crust, baked (from scratch)
53. Pie, double crust, apple (no canned pie filling or purchased crusts) mini size
54. Pie, double crust, cherry (no canned pie filling or purchased crusts) mini size
55. Mix, trail or party (1 cup in ziplock bag)
56. Mix, hot chocolate (1 cup in ziplock bag)
57. Master Mix, biscuit (1 cup in ziplock bag), bring baked biscuit along.
58. Master Mix, muffins (1 cup in ziplock bag), bring baked muffin along
59. Donuts, raised, 3
60. Donut holes, 3
61. Rosettes, 3
62. Holiday cookies, 3
63. Candy, fudge, 3 pieces
64. Candy, peanut brittle, 3 pieces
65. Candy, molded, 3 pieces
66. International cookie or bar, 3
67. International dessert, non-refrigerated
68. International bread, 1 loaf
69. Lefse, 2 rounds
70. Poster (11" x 14") on how to read food labels
71. Poster (11" x 14") on food pyramid
72. Poster (11" x 14") on food safety rules
73. Poster (11" x 14") or 5-page booklet on healthy snacks
74. Small Basket of healthy snack foods.
75. Theme Gift Basket. Creative basket or gift basket to include at least two preserved food items. Quarts or pints may be used. Dehydrated foods may be included. For dehydrated food amounts, refer to the dehydrated foods section. Non-perishable food items only. Basket not to exceed 11x16x15 and wrapped in clear plastic.
76. Poster (11"x14") on cooking substitutions, food and/or measurement.
77. Poster defining cooking terms.
78. Booklet of family favorite recipes or handmade recipe book. Minimum of 3 categories in each.

PREMIUMS FOR ITEMS 3-77
 Blue \$2.00 Red \$1.75 White \$1.50 Pink \$1.25

FOOD PRESERVATION



1. All exhibits will be conference judged on Tuesday of Fair Week in the Youth Expo Building from 1-6 pm. The judge may open jars if necessary.

2. Open to Food Preservation Project members and FHA Chapters or any other youth organization in Barron County having adult leadership and doing equivalent work, with an educational program approved by the Barron County Fair Board of Directors.
3. A regulation jar must be used for each exhibit (one which has the name bonded on the glass, either pint or quart, AND is non-colored) All metal rings are to be removed from the jars.
4. Approved canning methods must be used or the product **WILL BE DISQUALIFIED**. All vegetables and all meats must be pressure canned to qualify. Tomatoes must not be canned by open kettle method and must have lemon juice treatment. **ALL CANNING MUST HAVE BEEN DONE SINCE THE PRIOR YEAR'S FAIR.**
5. Jam and jelly must be in standard jar with self-sealing lid; no paraffin.
6. Use UW-Extension Bulletins: B0430 Canning Fruits Safely; B3345 Canning Meat & Poultry; B3570 Canning Salsa Safely; B1159 Canning Vegetables Safely; B3347 Drying Foods at Home; B2267 Pickles & Relishes; B2909 Jams & Jellies; B2605 Tomatoes-Tart & Tasty.
7. There is no limit as to how many exhibits can be shown, but only 1 per lot number.
8. A 3x5 card with the following information must be attached to entry tag or it will be disqualified.
 - Age
 - Name of Product
 - Date Canned
 - Method of Preparation (check)
 - Hot Pack Cold Pack
 - Method of Processing (check)
 - Boiling Water Pressure Canner
 - Time of Processing _____
 - [Indicate how much lemon juice or acid was added to tomato products]

FOOD PRESERVATION UNIT 1

DIVISION F: GRADES 3-5
DIVISION G: GRADES 6-8

CLASS NUMBER

1. Applesauce, 1 jar
2. Apples, quartered or halved, 1 jar
3. Peaches

4. Rhubarb, 1 jar
5. Red or Black Raspberries, 1 jar
6. Pears
7. Other fruit, 1 jar
8. Tomato juice, 1 jar
9. Tomatoes, whole or quartered
10. Salsa
11. Other tomato product
12. Jam - any variety, 1 jar cooked
13. Jelly - any variety, 1 jar
14. Dill pickles
15. Beet pickles
16. Sweet pickles
17. Fruit pickles
18. Pickled vegetables
19. Sauerkraut
20. Relish
21. Pie filling - thickened by approved product or not thickened
22. Fruit syrups
23. Fruit juices
24. Fruit butters
25. Display of containers used for freezing, give explanation of each and include advantages and disadvantages of each.
26. Poster (11"x14") on advantages and disadvantages of freezers.
27. Poster (11"x14") on cost comparisons of purchasing freezer, chest compared to upright.
28. Poster (11"x14") on vegetables and fruits suitable for freezing.
29. Poster (11"x14") on qualities of good food containers.

PREMIUMS FOR ABOVE:

Blue \$2.00; Red \$1.75; White \$1.50; Pink \$1.25

14. Sweet Corn, off cob, 1 jar
15. Other vegetables
16. Jam – any variety, 1 jar cooked
17. Jelly – any variety, 1 jar
18. Beet pickles
19. Dill pickles, 1 jar, specify on labeled fermented or unfermented
20. Sweet pickles, any variety, 1 jar
21. Bread and butter pickles, 1 jar
22. Pickled vegetables
23. Sauerkraut
24. Relish
25. Pie filling – thickened by approved product or not thickened.
26. Fruit syrups
27. Fruit juices
28. Fruit butters
29. Canned meat – 1 jar
30. Display of containers used for freezing, give explanation of each and include advantages and disadvantages of each.
31. Poster (11"x14") on advantages and disadvantages of freezers.
32. Poster (11"x14") on cost comparisons of purchasing freezer, chest compared to upright.
33. Poster (11"x14") on vegetables and fruits suitable for freezing.
34. Poster (11"x14") on qualities of good food containers.

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FOOD PRESERVATION - DEHYDRATION

**FOOD PRESERVATION – UNIT 2
DIVISION H: Grades 9-13**

**DIVISION I: CLOVERBUD
DIVISION J: GRADES 3-5
DIVISION K: GRADES 6-8
DIVISION L: GRADES 9-13**

CLASS NUMBER

1. Applesauce, 1 jar
2. Apples, quartered or halved, 1 jar
3. Peaches
4. Rhubarb, 1 jar
5. Red or Black Raspberries, 1 jar
6. Pears
7. Other fruit, 1 jar
8. Tomato juice, 1 jar
9. Tomatoes, whole or quartered
10. Salsa
11. Other tomato product
12. Green Beans, cut, 1 jar
13. Yellow Wax Beans, cut, 1 jar

- Open to 4-H members enrolled in Food Preservation.
- All foods must have been dehydrated within the last year. Exhibit ½ cup of dehydrated product.
- All exhibits must be labeled in a small, tightly closed, clear plastic food storage bag.
- It is not necessary to use a canning jar.
- Include the following information on your label.

- Tape or glue the following information to the container.
- Product: _____
- Date Dehydrated: _____
- Drying Time: _____
- Fresh weight or volume: _____
- Pretreatment, if necessary (explain what was done and why).
- Method of dehydration, oven, commercial dehydrator, home dehydrator (solar is not recommended).

CLASS NUMBER

1. Fruit leather, 5 in square
2. Banana, 7 slices
3. Apple, plain, 7 slices
4. Peaches, 7 slices
5. Strawberries, 7 slices
6. Pears, 7 slices
7. Berries
8. Trail mix, at least 3 different fruits
9. Any other fruit
10. Beans
11. Peas
12. Carrots, slices
13. Beets, cubed
14. Onion, chopped
15. Celery, sliced
16. Parsley
17. Any other vegetable, label contents
18. Any herb, label contents
19. Dry soup
20. Meat jerky, 2 pieces

PREMIUMS FOR ABOVE

Blue \$2.00 Red \$1.75

White \$1.50 Pink \$1.25

CAKE DECORATING



Diane Watkins Oberli-Superintendent

- **The Cake Revue will be held on Friday before Fair Week, 1:30 p.m., at the Rice Lake Senior Center.**
- All cakes must be real cake with frosting and the greatest majority of cake covered with edible decorations. Use decorating tips for cakes, including cut up cakes. Do not use all coconut, for example, as decorations.
- All edible frostings may be used.

- May enter two cakes at Cake Revue.
- Square, circle or rectangular shaped pans should be used to cut and form an object or character.
- Except for beginning divisions, all cakes should be exhibited out of pan.
- No decorating tips are to be used by grades 3 and 4.
- Participants should sign up in the beginning category, if it is their first year in cake decorating.
- Cake, ribbons and photos will be displayed on an 11"x14" poster at the Barron County Fair.
- Cupcakes, cookies and borders will be exhibited at the fair.
- Total of 5 items can be entered, but a minimum of one cake must be entered.

DIVISION M: BEGINNING CAKE DECORATING

GRADES 3 AND 4 (WITH 0-1 YEAR OF EXPERIENCE)

CLASS NUMBER

1. Cut-up frosted cake, decorated with edible trimmings
2. Any other one layer cake. Trimmed and decorated with edible materials.
3. Decorate 3 round cupcakes (without tips) differently and bring on a plate.
4. Decorate 3 same shaped cookies (without tips) and bring on a plate.
5. Scrapbook of cake decorating activities (1-2 pages).
6. Poster detailing the supplies, recipe, and procedure for making frosting.

GRADES 5 AND 6 (WITH 0-1 YEAR EXPERIENCE)

CLASS NUMBER

7. Cut-up frosted cake decorated with edible materials.
8. Any other one layer cake decorated with appropriate tips.
9. Formed pan cake with majority covered with suitable tips.
10. Any other one layer cake trimmed and decorated with edible materials/and/or tips
11. Decorate 3 round cupcakes differently and bring on a plate.
12. Decorate 3 same shaped cookies differently and bring on a plate.
13. Pre-make a minimum of 3 types of cake borders 10" long using tips. Bring on cookie sheet or other

appropriate surface.

14. Pre-make 3 types of frosting flowers that are uniform. Examples: 3 roses, uniform shape, size and color with leaves.
15. Scrapbook of cake decorating activities, minimum of 2 pages.
16. Pre-make a color flow exhibit or design, minimum 5x7 size.
17. Poster (size 11x22) detailing the supplies, recipe, and procedure of making frosting.
18. Poster (size 11x22) detailing varieties of 5 different tips and their use.

GRADES 7-9 (WITH 0-1 YEAR EXPERIENCE)

CLASS NUMBER

19. Cut-up cake - decorated with appropriate tips
20. Formed pan cakes with majority covered with suitable tips.
21. Any other one layer cake decorated with appropriate tips.
22. Any other one layer cake trimmed and decorated with edible materials and/or tips.
23. Decorate 3 round cupcakes differently and bring on a plate.
24. Decorate 3 same shaped cookies differently and bring on a plate.
25. Pre-make a minimum of 3 types of cake borders 10" long using tips – bring on cookie sheet or other appropriate surface.
26. Pre-make 3 types of frosting flowers that are uniform. Examples: 3 roses, uniform shape, size and color with leaves.
27. Scrapbook of cake decorating activities, minimum of 2 pages.
28. Pre-make a color flow exhibit or design, minimum 5x7 size.
29. Poster (size 11x22) detailing the supplies, recipe and procedure of making frosting.
30. Poster (size 11x22) detailing varieties of 10 different tips and their use.

GRADES 10-13 (WITH 0-1 YEAR EXPERIENCE)

CLASS NUMBER

31. Cut up cake decorated with a minimum of 3 tips and/or techniques.
32. Formed pan cake with majority covered with suitable tips.
33. Decorated cake with smooth surface and borders.
34. Any other cake trimmed and decorated with edible materials and/or tips.
35. Decorate 3 round cupcakes differently and bring on a plate.
36. Decorate 3 same shaped cookies differently and bring on a plate.
37. Pre-make a minimum of 3 types of cake borders 10" long using tips – bring on cookie sheet or

other appropriate surface.

38. Pre-make 3 types of frosting flowers that are uniform. Examples: 3 roses, uniform shape, size and color with leaves.
39. Scrapbook of cake decorating activities, minimum of 2 pages.
40. Pre-make a color flow exhibit or design, minimum 5x7 size.
41. Poster (size 11x22) detailing the supplies, recipe and procedure of making frosting.
42. Poster (size 11x22) detailing varieties of 10 different tips and their use.

PREMIUMS FOR ABOVE:

Blue \$3.00 Red \$2.50 White \$2.00 Pink \$1.50

DIVISION N: INTERMEDIATE CAKE DECORATING

GRADES 5 AND 6 (WITH 2 OR MORE YEARS EXPERIENCE)

CLASS NUMBER

1. Cut-up Cake decorated with minimum of 3 tip used.
2. Formed pan cake with majority covered with suitable tips
3. Any other one layer cake with minimum of 3 tips used
4. Any other cake trimmed and decorated with edible materials and/or tips.
5. Decorate 3 round cupcakes differently and bring on a plate.
6. Decorate 3 same shaped cookies differently and bring on a plate.
7. Pre-make a minimum of 3 types of cake borders 10" long using tips – bring on cookie sheet or other appropriate surface.
8. Pre-make 3 types of frosting flowers that are uniform. Examples: 3 roses, uniform shape, size and color with leaves.
9. Scrapbook of cake decorating activities, minimum of 2 pages.
10. Pre-make a color flow exhibit or design, minimum 5x7 size.
11. Poster (size 11x22) detailing the supplies, recipe and procedures of making frosting.
12. Poster (size 11x22) detailing varieties of 10 different tips and their use.

GRADES 7-9 (WITH 2 OR MORE YEARS EXPERIENCE)

CLASS NUMBER

13. Cut-up cake decorated with a minimum of 4 tips and/or techniques.
14. Decorated cake smooth surface, borders and flowers.

15. Formed pan cake with majority covered with suitable tips.
 16. Tiered Cake with separators for special occasion with a minimum of 4 tips and/or techniques.
 17. Any other cake trimmed and decorated with edible materials and/or tips.
 18. Decorate 3 round cupcakes differently and bring on a plate.
 19. Decorate 3 same shaped cookies differently and bring on a plate.
 20. Pre-make a minimum of 3 types of cake borders 10" long using tips – bring on cookie sheet or other appropriate surface.
 21. Pre-make 3 types of frosting flowers that are uniform. Examples: 3 roses, uniform shape, size and color with leaves.
 22. Scrapbook of cake decorating activities, minimum of 2 pages.
 23. Pre-make a color flow exhibit or design, minimum 5x7 size.
 24. Poster (size 11x22) detailing the supplies, recipe and procedure of making frosting.
 25. Poster (size 11x22) detailing varieties of 10 different tips and their use.
10. Pre-make a color flow exhibit or design, minimum 5x7 size.
 11. Poster (size 11x22) detailing the supplies, recipe and procedure of making frosting.
 12. Poster size (11x22) detailing varieties of 10 different tips and their use.

PREMIUMS FOR ABOVE:

Blue \$3.00 Red \$2.50 White \$2.00 Pink \$1.50

PREMIUMS FOR ABOVE:

Blue \$3.00 Red \$2.50 White \$2.00 Pink \$1.50

**DIVISION O: ADVANCED CAKE
DECORATING**

GRADES 10-13 (WITH 2 OR MORE YEARS EXPERIENCE)

CLASS NUMBER

1. Tiered cake with separators for special occasions with a minimum of 5 tips and/or techniques
2. Two layered cake decorated with a minimum of 5 advanced tips and/or techniques
3. Any other cake with a minimum of 5 advanced tips and/or techniques
4. Any other cake trimmed and decorated with edible materials/and/or tips.
5. Decorate 3 round cupcakes differently and bring on a plate.
6. Decorate 3 same shaped cookies differently and bring on a plate.
7. Pre-make a minimum of 3 types of cake borders 10" long using tips – bring on cookie sheet or other appropriate surface.
8. Pre-make 3 types of frosting flowers that are uniform. Examples: 3 roses, uniform shape, size and color with leaves.
9. Scrapbook of cake decorating activities, minimum of 2 pages.