UK Cooperative Extension Service

Kentucky State Fair Guidelines for 4-H Projects 2024

Bell County Cooperative Extension Service

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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Disabilities accommodated with prior notification.

DIVISION 6029 – 4-H ARTS

1. See General Rules applying to all 4-H exhibitors and general rules applying to 4-H exhibits listed previously in this catalog.

2. All classes are from Portfolio Pathways (Section A), Sketchbook Crossroads (Section B), and Getting Started in Art 4-H Core Curriculum except for Trends and Heritage Arts.

3. Junior: Any member aged 9-13. Senior: Any member aged 14-19.

4. Seniors must submit an artist statement. **Also, juniors who submit a heritage art item must also fill out an artist statement**. See the attached artist statement worksheet. This can be attached to the back of the item.

5. A county is limited to one entry per class. **Each Exhibitor may enter only two (2) classes per sections A, B, and C per year. This is a maximum of 6 per year.**

6. **All items must have been made since the last State Fair.**

7. Tags (4LO-11SO) must be attached to the lower right front corner of paintings, drawings, etc. For other exhibits, neatly secure the ID card where it can be seen by the public with tape, or punch a hole in the corner of the tag and attach it with a string or rubber band. For items with more than one piece, a description on the back of the ID card is suggested with the number of pieces, color, etc. In addition, label each item in an inconspicuous location; include a minimum of name and county (clothing label 4LO-12SO may be utilized).

8. Project entry must meet all the requirements for the class; otherwise, the entry will be disqualified.

9. Appropriate hangers for the project are hardware permanently attached to the project that can be displayed on metal grid work walls via a metal S hook, binder clip, or zip tie. ***NOTE: mat board and canvas can be displayed utilizing binder clips. We will have binder clips available at check-in for you.

10. Some classes have specific size requirements, for all others, the maximum size is 30"x30"

11. Frames with glass are not permitted.

12. Subject matter must be "family-friendly" in context.

13. Small items, which are easily separated or destroyed, may be placed in small plastic bags.

14. Reserve and Grand Champion will be selected from class champions in both the junior and senior categories.

SECTION A: Portfolio Pathways

Painting

727a.   Junior Acrylic: (pg.12) Using acrylic paint to create a painting.

727b.   Senior Acrylic: (pg.12) same as Junior.

728a.   Junior Watercolor: (pg.14) Using watercolors and a variety of techniques to complete a painting on watercolor paper.

728b.   Senior Watercolor: (pg. 14) same as Junior.

729a.   Junior Abstract: (pg.18) Using acrylic paints experiment with abstract designs to complete a painting.

729b.   Senior Abstract: (pg. 18) same as Junior

730a.   Junior Sand Painting: (pg.20) On sanded plywood or particle board. Explore painting with colored sand mixed with glue.

730b.   Senior Sand Painting: (pg.20) same as Junior.

731a.   Junior Self Portrait: (pg.22) Use a medium of your choice. Complete a self-portrait using any drawing or painting technique.

731b.   Senior Self Portrait: (pg. 22) same as Junior.

732a.   Junior Human Action: (pg.24) Using acrylic or watercolor paints, capture humans in action using vivid colors, lines, and texture when painting.

732b.   Senior Human Action: (pg.24) same as Junior.

733a.   Junior Oil Painting: (pg.26) Using oils on canvas or canvas board. Experiment with different techniques of laying oil to canvas to create a finished painting.

733b.   Senior Oil Painting: (pg.26) same as Junior.

734a.   Junior Oil Pastel: Using Oil pastels on canvas or canvas board, create a finished work of art.

734b.   Senior Oil Pastel: same as Junior.

Printing

736a.   Junior Blueprint Paper Print: (pg.40) On blueprint paper create a sun print; at least 5 ½ x 8 ½ in. using cyanotype or Light or sun-sensitive paper.

736b.   Senior Blueprint Paper Print: same as Junior.

738a.   Junior Wax Resist Print: (pg.44) Create intricate designs for printing using a wax resist method.

738b.   Senior Wax Resist Print: same as Junior.

739a   Junior Tire Stamp Print: (pg.46) Cut pieces of inner tube tire, glue them onto a wood block, and print using a stamp pad. Entry must include print and stamp.

739b   Senior Tire Stamp Print: same as Junior.

740a   Junior Linoleum Print: (pg.48) Create linoleum print using linoleum block on paper.

740b.   Senior Linoleum Print: same as Junior

Graphic Design

743a.   Junior 5 Color Design: (pg.62-63) Create (2) two 8"x 10" inch pieces. Five color designs are identical except for (1) one color. Change (1) one color to create a second design. Use paint, paper, or computer graphics program. Mount on a matt board.

743b.   Senior 5 Color Design: same as Junior

744a.   Junior Computer Drawing: (pg.70) Explore the use of computer tools and techniques to doodle, draw and replicate images. Print out a design showing the use of various tools.

744b.   Senior Computer Drawing: same as Junior.

Section B: Sketchbook Crossroads

Drawing

745a.   Junior Black Pencil Drawing: (pg.12) Draw using a black pencil.

745b.   Senior Black Pencil Drawing: same as Junior

746a.   Junior Two-Point Perspective: (pg. 16) On sketch paper, draw a two-point perspective that has a point at each end of a horizontal segment.

746b.   Senior Two Point Perspective: same as Junior.

747a.   Junior Circular Shape Object: (pg.18) Draw a circle then draw a subject of your choice inside the circle.

747b.   Senior Circular Shape Object: same as Junior.

748a.   Junior Colored Pencil: (pg.20) Draw with colored pencils.

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748b.   Senior Colored Pencil: same as Junior.

749a.   Junior Pen and Ink: (pg.22) Sketch animals or other objects using pen and ink. No markers.

749b.   Senior Pen and Ink: same as Junior

750a.   Junior Hand Lettering: (pg. 24) On 8 ½ by 11 paper, rewrite a quote, poem, or pledge using Calligraphy. Make sure to include the author on the piece.

750b.   Senior Hand Lettering: Same as Junior

751a.   Junior Cartooning: (pg.27) Cartooning is a simple process of making line drawings show sequential motion. Create your own cartoon character showing motion. Must create at least three blocks.

751b.   Senior Cartooning: same as Junior.

Fiber Arts

752a.   Junior Felted Wool Applique: (pg31) Felt wool to create a design. Applique design to a felted wool item.

752b.   Senior Felted Wool Applique: same as Junior.

753a.   Junior Cotton Linter Bowl: (pg. 34) Experiment with cotton linter using molds and shaping the linter to form bowls. Enhance the cotton with colored pencils, threads, floss, and dried flowers to make a unique creation.

753b.   Senior Cotton Linter Bowl: same as Junior.

754a.   Junior Batik Fabric: (pg.37) Using natural fiber fabric. Create a unique fiber artwork using dyes and the wax resist method.

754b.   Senior Batik Fabric: same as Junior.

755a.   Junior Lap Loom Woven Item: (pg.40) Set up a lap Loom. Using several colors or types of yarn create a woven item of your choice.

755b.   Senior Lap Loom Woven Place Mat: same as Junior

Sculpting

757a.   Junior Clay: (pg.55) Create an item from clay <u>either</u> self-hardening <u>or</u> firing is required.

757b.   Senior Clay: same as Junior.

758a.   Junior Clay Bust: (pg.57) Sculpt a head with facial features out of clay.

758b.   Senior Clay Bust: same as Junior

759a.   Junior Mask: (pg.61) Create a mask using clay emphasizing unique form and texture to portray feelings.

759b.   Senior Mask: same as Junior.

760a.   Junior Cardboard Sculpture: (pg.65) Create a piece of textured relief sculpture using corrugated cardboard stacked and glued together. Sculpt with an Exacto® knife.

760b.   Senior Cardboard Sculpture: same as Junior.

761a.   Junior Wire Sculpture: (pg.67) Using wire and other materials (nylon cloth, beads, etc.) to create a freestanding sculpture.

761b.   Senior Wire Sculpture: same as Junior.

762a.   Junior Plaster of Paris Carving: (pg.69) Using a plaster of paris block, carve a form.

762b.   Senior Plaster of Paris Carving: same as Junior.

Section C: Art Trends and Heritage Arts

This section will highlight the latest trends in art while honoring our heritage.
Documentation of the Heritage Arts Classes in the artist statement is REQUIRED for both Junior and Senior Classes! If required documentation is not attached the item will be disqualified. You may enter two entries per year in this section.

Trends

763a.   Junior Art Trends – Mixed Media Canvas. Mixed media is defined as employing more than one medium. Examples include decoupage and paint; pencil and watercolors; fabric, paint, and paper. The canvas size is open to the artist.

763b.   Senior Art Trends—Mixed Media Canvas: Same as above.

763c.   Junior Basket Making - Natural materials, any size, shape, or design. Non-natural materials may be woven into the design.

763d.   Senior Basket Making - Natural materials, any size, shape, or design. Non-natural materials may be woven into the design.

763e.   Junior Jewelry – One piece of jewelry created by youth (Jewelry quality only). No kits or pony beads allowed.

763f.   Senior Jewelry – One set (at least two items) of jewelry created by youth (Jewelry quality only). No kits or pony beads allowed. No elastic material is used to string beads. Examples: earring(s) and necklace or bracelet and necklace, etc.

763g.   Junior Leather Craft - Item made from leather. May or may not be tooled. Kits allowed.

763h.   Senior Leather Craft - same as above. No kits allowed.

Heritage Arts

According to various sources, heritage can refer to practices or characteristics that are passed down through the years, from one generation to the next. Kentucky 4-H believes in celebrating one's heritage through recognition of art that may be representative of one's culture. Examples may include: baskets, brooms, wood carvings, metal art, mini barn quilts, etc.

764a   Junior Heritage Arts

764b.   Senior Heritage Arts

ARTIST STATEMENT

To be completed by <u>Seniors</u> for every/each piece of art. To be completed by <u>Juniors</u> submitting a Heritage Art piece.

Name:	
County:	
Class:	
Title of Work:	
Materials Used:	
Explanation of where you got your inspiration or ideas from in creating this work.	
Explanation of elements and principles of design that pertain to your work.	
What kind of message were you trying to communicate?	
How does this represent you as an artist?	
Heritage Crafts: Please tell the history of the piece including why and where it was first created.	

Division 6021 - 4-H ELECTRIC
Torey Earle – Extension Specialist for 4-H Youth Development

1. See General Rules applying to all 4-H exhibitors and general rules applying to all 4-H exhibits other than livestock.

2. Exhibits must be made based on the appropriate units in the 4-HCCS Electric Excitement project books. **Projects entered using Snap Circuits® kits will be disqualified.**

3. One exhibit per county per class. Exhibitor is limited to one entry in the 4-H Electric division.

4. All exhibits requiring bulbs must have the correct size.

5. Use of molded plug-ins is **not prohibited but** discouraged.

6. Any electric project observed or judged to be unsafe or potentially harmful to the public or surrounds will be disqualified immediately and disabled for further use.

7. Effective strain relief should be provided for all wire to terminal connections. Knots, clamps, connectors, or staples are acceptable when used appropriately.

8. A class champion will be selected for each individual class and one Grand and one Reserve Champion rosette selected from the entire exhibit.

9. 4-H electric exhibits will be divided into the following classes:

MAGIC OF ELECTRICITY (4HCCS BU-06848) (All exhibits must be DC powered).

645 Battery powered series and parallel circuits (Circuits must include both series and parallel, a simple switch and can be no more than 9 volts).

646 Homemade Galvanometer (Must be able to detect the presence of an electrical current).

647 Electromagnetic Circuits (Must be a working electromagnet with a simple switch and can be no more than 9 volts).

648 Simple homemade DC motor (Rotor must turn under its own power).

INVESTIGATING ELECTRICITY (4HCCS BU-06849) (all exhibits must be DC powered)

649 Battery powered series or parallel circuit (Circuit may be either series or parallel, must contain either a momentary and/or three-way switch, a circuit diagram with explanation and can be no more than 9 volts).

650 Original design soldered circuit project (Circuit must contain an on/off switch, a motion or tilt activated switch, a light and sound producing device and must be powered by 9 volts.

All connections in the circuit must soldered and a circuit diagram with explanation must be included).

WIRED FOR POWER (4HCCS BU-06850) (all exhibits must be AC powered and be able to be safely connected and disconnected from a standard 120-volt duplex outlet).

651   Display of wire sizes and types with description and example of usage (display must contain at least 12 different examples)

652   Simple household or farm use circuit (Circuit must contain one single pole switch controlling one electrical load device. Circuit should be mounted on a sturdy mounting surface and free standing. Wiring should be done with Romex NM-B 12-gauge wire and clamped or stapled appropriately. A circuit diagram with explanation must be included)

653   Complex household or farm use circuit (Circuit must contain at least two three-way switches, and may also contain a four-way switch, controlling one electrical load device. The circuit must also contain a working duplex electrical outlet. Circuit should be mounted on a sturdy mounting surface and free standing. Wiring should be done with Romex NM-B 12-gauge wire and clamped or stapled appropriately. A circuit diagram with explanation must be included)

654   Table, desk, vanity or floor lamp, any purpose – original design only. (Pop Can Lamp kits will be disqualified)

ENTERING ELECTRONICS (4HCCS BU-06851) (exhibits may be either DC or AC powered. AC powered exhibits must be able to be safely connected and disconnected from a standard 120-volt duplex outlet).

655   Basic electronic circuits without solid-state components (from project book).

656   Basic electronic circuits with solid-state components (from kit).

657   Basic electronic circuits with solid-state components (original circuit design, must include circuit diagram and explanation).

GREEN ENERGY

658A   Wind powered energy project (original design).

658B   Solar powered energy project (original design).

658C   Water powered energy project (original design).

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Martin-Gatton
College of Agriculture,
Food and Environment

4-H ENTOMOLOGY & HONEY
Division 6026 – 4-H ENTOMOLOGY & HONEY
Blake Newton - Staff Consultant

See General Rules applying to all 4-H exhibitors and 4-H exhibits other than livestock listed previously in this catalog.

Each county may have one entry per class. An exhibitor may enter only one class in Entomology and no more than two entries in Honey (one extracted, one chunk).

ENTOMOLOGY

Specifications for Pinned-Insect Exhibits: 687A, 688A, 689A, 690A, and 691A and Insect Photography Exhibits: 687B, 688B, 689B, 690B, 691B

Pinned-Insect Exhibits:

1. Folding cardboard insect-collection boxes available through University of Kentucky (Martin-Gatton College of Agriculture, Food, and Environment Department of Entomology) should be used. Homemade or purchased cardboard or wooden exhibit boxes may be used instead, but must have protective lids that can easily be opened and that don't damage the specimens inside. They must be approximately 9 inches by 12 inches* (cardboard) or 18 inches x 24 inches (wooden) and approximately 3 ½ inches thick. All boxes must have foam bottoms (such as 8 millimeter or 3/8 inch thick EVA foam available at hobby shops). Wooden boxes should have Plexiglas or glass covers and boxes must be easily opened (for instance; if a screw is used to secure Plexiglas tops, use a thumbscrew fastener instead of a fastener that requires a tool). (*For cardboard boxes, any size with a footprint about the size of a standard sheet of printer paper or a little larger is acceptable.)
2. Specimens are to be arranged so the box can be exhibited horizontally. 4-Hers may attach wires to the back of wooden boxes to help make them easier to display.
3. Identification labels available from your County Extension Office must be used, or custom labels may be printed if they conform exactly to the font, font size, and font color of the official labels. Labels should be printed onto white cardstock. The exhibit identification card should be placed on the front of the box (each box). Instructions for pinning and labeling are included in your project literature.
4. One half of the specimens may be from the previous year's collection or from anywhere in the United States; one half or more must be Kentucky insects collected since the last Kentucky State Fair. No insects that were originally collected from countries outside of the United States will be judged.
5. For the first through fifth year projects, a display collection catalog must be in an envelope attached to the back of the display box. Envelopes should be attached to permit their being opened easily to remove catalogue from them without moving the exhibit.
6. Most specimens in the display cases should be pinned, and the use of vials is discouraged. If vials are used, they may account for no more than 2% of a collection. Vials must be securely wired or pinned to the pinning bottoms.
7. The inclusion of non-insect specimens (spiders, e.g.) is encouraged, but because this is primarily an insect collection, and because non-insects do not preserve well on insect pins, points will be deducted if there are more than one specimen from each non-insect class.
8. Pinned entomology exhibits are judged on the following categories: Orders, Species, Common Names, Labels, Condition of Specimens, Overall Appearance, Life Cycle Representation, Catalog of Specimens. Check with county 4-H Agent for point distribution on score sheet.

9.   Exhibits will be penalized if they do not:
   a.   Use insect pins for pinning insects.
   b.   Use the 4-H entomology identification labels.
   c.   Use display boxes that are approximately 9 inches x 12 inches x 3½ inches cardboard boxes or wooden boxes that are approximately 18 inches x 24 inches x 3 ½ inches.
   d.   Fulfill the requirements of the particular exhibit under which it is entered.
   e.   Have the insects arranged so the box can be exhibited horizontally.
   f.   Have the display collection catalogue in an envelope attached to the back of the display box through fifth year projects.
10.   No extra credit will be given for specimens exhibited beyond the numbers listed in the current project books.
11.   4-Hers entering fifth year cannot use the same exhibit that has been judged in any previous State Fair.

Insect Photography Exhibits:
1.   Images will be submitted on a USB memory device (such as a "thumb drive") with no other data except for the images and folders. The USB device must be identified externally with a tag or label, showing "4-Her's last name-County-Lot Number-Class Number-Entry Number". The single root folder will be labeled with the same information. Images will be contained inside this folder. Example folder name: Doe-Fayette-6026-687a-24531
2.   Each image will be .jpg format, 1920 X 1080 pixels. Vertical or horizontal black bars may be present to allow for cropped images.
3.   Each image will have a filename that matches the following: "lastname-county-#.jpg" where "#" indicates the number of the image inside the folder. Example filename: Doe-Fayette-1.jpg
4.   Each image will include a 400 X 225 pixel (or larger if necessary) white notation box with important information about the photo. This notation field may be placed anywhere inside the image, including inside black bars (if present). Fonts may vary based on the 4-Her's software, but we recommend Ariel, 18 pt, black, non-bold. The notation field will include the following information, with one space between each line:

   [4-Her's Name, County, Lot Number, Class Number]
   [Date of original photograph]/[Location of original photograph. Location may be in the form of a street/city/zip code address or GPS coordinates.]
   [Brand and type of camera or camera phone]
   [Settings, including type of lens, relevant camera settings, and "flash" or "no flash"]
   [Insect Order – Common Name]

5.   First year entomology photography exhibits are judged on the following categories: Orders, Species, Common Names, Labels, Quality of Photograph. Check with county 4-H Agent for point distribution on score sheet.
6.   Digital insect collections will be penalized if they:
   a.   Consist of images that were created by someone other than the 4-Her
   b.   Are not submitted and labeled according to guidelines
7.   No extra credit will be given for photographs submitted beyond the numbers listed in the current project books.

4-H Entomology Pinned and Photography Exhibits will be divided into the following classes:

687A First year project: up to three cardboard boxes approximately 9 inches x 12 inches, or up to two 18 inches x 24 inches wooden boxes, with minimum of 25 insects, maximum 50 insects, from at least four orders. Identification beyond order is not necessary. All specimens must have date and locality label.

687B First year project: minimum of 25 insect photographs, maximum 50 photographs, from at least four orders. Identification

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beyond order is not necessary. All photographs must have notation field.

688A Second year project: up to three cardboard boxes approximately 9 inches x 12 inches, or up to two 18 inches x 24 inches wooden boxes, with minimum of eight orders and not less than 50 insects, nor more than 100 insects. Half of the insects should be identified with a common name.

688B Second year project: 50-100 photographs total, minimum of 8 orders, at least one-half identified with a common name. Specifications for exhibits are the same as for 687B except that no images from the first-year photography project may be reused for this project.

689A Third year project: three cardboard boxes approximately 9 inches x 12 inches, or two 18 inches x 24 inches wooden boxes, with a minimum of 10 orders and 100 insects, a maximum of 150 insects.

689B Third year project: 100-150 photographs total, minimum of 10 orders, all identified with common names except immature stages. Photos of at least one arthropod egg, nymph, larva, and pupa—identified to order, no common name needed—should be included as a part of the 100-150 photos. Specifications for exhibits are the same as for 688B except:

Each image will include a 400 X 300 pixel (or larger if necessary) white notation box with important information about the photo. This notation field may be placed anywhere inside the image, including inside black bars (if present). Fonts may vary based on the 4-Her's software, but we recommend Ariel, 18 pt, black, non-bold, or larger. The notation field will include the following information, with one space between each line:

[4-Her's Name, County, Lot Number, Class Number]
[Date of original photograph]/[Location of original photograph. Location may be in the form of a street/city/zip code address or GPS coordinates.]
[Brand and type of camera or camera phone]
[Settings, including type of lens, relevant camera settings, and "flash" or "no flash"]
[Insect Order – Common Name (if applicable)]
[Life stage identified for all non-adult arthropods]

Third year entomology photography exhibits are judged on the following categories: Diversity, Inclusion of life stages, Identification, Labels, Quality of Photographs. Check with county 4-H Agent for point distribution on score sheet.

Identification to order (or class for non-insect arthropods) is necessary for any eggs, nymphs, larvae, pupae, and adult insects in the project; common name identification is necessary for all adult arthropods in the project.

No images from previous insect photography projects may be reused for this project.

690A Fourth year project: three 9 inches x 13 inches official cardboard boxes, or two 18 inches x 24 inches wooden boxes, with minimum of 12 orders and 150 insects, no maximum. An addition cardboard or wooden box with an example of insect damage, the stage of the insect causing the damage and any other stage of the insect that helps identify the problem. Include information in the display that tells how the insect is controlled. Life cycle of two insects may be displayed if desired.

690A Fourth year project: three cardboard boxes approximately 9 inches x 12 inches, or two 18 inches x 24 inches wooden

boxes, with minimum of 12 orders and 150 insects, no maximum. An addition cardboard or wooden box with an example of insect damage, the stage of the insect causing the damage and any other stage of the insect that helps identify the problem. Include information in the display that tells how the insect is controlled. Life cycle of two insects may be displayed if desired.

690C Junior Level Entomology Video Project: 1-3 minute entomology video submitted to social media platform (YouTube), focusing on one insect or insect relative (including arachnids, centipedes, millipedes, and crustaceans) that lives in Kentucky. Specifications:

   a. Video may be created on any video-editing platform and may include editing, cuts, text, special effects, filters, still images, music, and narration.
   b. The final video will be uploaded by the 4-Her onto YouTube, either to an account managed by local County Extension staff or to an account managed by the 4-Her. If the County Office is managing the account, they will provide a link to the video to blaken@uky.edu. If the 4-Her chooses to upload the video with privacy settings, the final video may be shared as a link to blaken@uky.edu (for YouTube videos) prior to St. Fair project submission deadlines.
   c. The video should begin with an introduction from the 4-Her which includes the following information: First Name, County Name, Name of Project ("Junior Level Kentucky 4-H Entomology Video Project"), Common Name of Insect (or insect relative), Scientific Order Name of Insect (or insect relative).
   d. The 4-Her may appear in the video if they elect to do so and if they have a H-328 photo consent form on file (https://entomology.ca.uky.edu/file/photo-imageconsentformh328pdf). The inclusion of 4-H logos (such as on a T-shirt, or on a County Extension sign) in the video is encouraged. Videos may be used by the University of Kentucky on websites or social media for education or entertainment purposes.
   e. The video should focus on a single kind of native or non-native insect or insect relative that lives wild in Kentucky. The video does not have to focus on a single species, but needs to be more specific than the Order level. For instance, a video on "wolf spiders" would be acceptable, but "spiders" would be too general for this project. Similarly, "lady beetles" would be an appropriate topic, but "beetles" is too general.
   f. The video may cover any factual information about the creature including: habitat, feeding strategies, defense, range, life cycle, impacts to humans, conservation status. Additional content, (such as folklore, humor, or personal experiences with the creatures) may be included, but should account for less than 50% of the content. Information may be delivered via narration (live or overdubbed), text/subtitles, or a combination.
   g. Any media used in the video must be generated by the 4-Her. Images, video clips, music or sound clips from other creators should not be used, with the exception of background music licensed for use by individual social-media platforms.

691 Fifth year project (may be repeated for successive years of eligibility but must be a different exhibit. No exhibit that has been judged in any previous State Fair may be entered): Any type of display that pertains to experiences beyond those of previous projects. Special collections of native and/or exotic butterflies, beetles to some other insect order; a study in depth of one insect or small group of insects: a display of insect camouflage: a display of plastic embedded insects: a collection of insect larvae and nymphs are examples. Charts, photographs, models or any other visual aids may be used. 4-Hers are encouraged to write a short (1 or 2 paragraphs) statement developing the theme of their fifth year display.

691B 4-Her may repeat the fourth year project with all new photographs, or submit a creative digital project that is different from the previous projects. Examples may include: a documentary on a beneficial or pest insect based on video footage and photos curated by the 4-Her; a webpage covering an aspect of entomology, featuring the 4-Hers digital photographs; a short online social-media course that teaches viewers about some aspect of entomology. This project may be repeated for successive years of eligibility but must be a different exhibit each year (or a repeat of the 4th year project with new photos).

691C Senior Level Entomology Video Project: 1-3 minute entomology video submitted to social media platform (YouTube), focusing on one insect or insect relative (including arachnids, centipedes, millipedes, and crustaceans) that lives in Kentucky. Specifications: same as 690C except for Senior level.

HONEY

Honey will show better in oval, flat sided to square clear glass jars. 4-Hers must use standard honey jars purchased from a bee supply vendor. Wide-mouth honey jars may be used. The jars and lids must be clean. Fill jars to the "fill line". The "fill line" is the continuous ring that circles the jar and not necessarily the threads that help hold the lid. Note that jars must be glass, with the exception being the cut comb honey.

Note: Two jars must be submitted for the following classes.

Display cases for capped honey may be made by 4-Hers or bought from a store, but they must be bee-proof and have a removable top in order for the judge to check moisture. One frame per container.

Observation hives shall be secure from opening to the satisfaction of the Bees and Honey superintendent. This shall include the top of the observation hive and all holes and openings. Openings should be secure by screws or locks. Observation hives may be picked up after the end of judging (which is the Tuesday prior to the official first day of the State Fair).

692	**Two one pound glass Queenline or Classic jars of white extracted honey**
693	**Two one pound glass Queenline or Classic jars of light amber extracted honey**
694	**Two one pound glass Queenline or Classic jars of amber extracted honey**
695	**Two one pound glass Queenline or Classic jars of dark amber extracted honey**
696	**Two wide mouth pints or Classic jars of chunk honey, any color.**
697	**Any frame of capped honey suitable for comb honey (Light)**
698	**Any frame of capped honey suitable for comb honey (Amber)**
699	**Any frame of capped honey suitable for extraction (Light)**
700	**Any frame of capped honey suitable for extraction (Amber)**
701	**Best display of one-frame observation hive of honey bees consisting of worker bees, a properly marked queen, and brood.**

Note: The total weight of a one-pound jar includes the weight of the glass jar.

A Grand Champion and Reserve Champion will be selected for the Entomology Division and also for the Honey Division.

DIVISION 6035 - 4-H FOOD EXHIBITS
Isaac Hilpp – Senior Extension Specialist for 4-H Youth Development

1. **Classes in Division:** Classes 841—858.

2. **Number of Entries Permitted:**
    a. A county may submit ONE entry per class.
    b. Member may enter up to 3 classes in the Food Division. (This means: a member's name could appear up to 3 times on the county's Food Division invoice.)

3. **General Rules:**
    a. See "General Rules Applying to All 4-H Exhibitors in the Kentucky State Fair" at www.kystatefair.org. Click on "Competition," then "Premium Book", then 4-H Exhibits.
    b. **Item must meet all requirements for the class**; otherwise, the entry will be disqualified.
    c. Items entered must have been completed by the exhibitor within the current program year.
    d. The decision of the judges is final.

4. **Unique Rules or Instructions:**
    a. Recipes: Entries are to be made using recipes specified in the class description. All recipes can be found in the **4-H Fair Recipe Book--Food** in the **4-H Cooking 101-401 Series** or contact your county Extension agent for 4-H YD.
    b. Place the baked product on a disposable plate. Place the plate inside a re-closable zip-type bag to maintain freshness and prevent damage. (Exhibit will not be disqualified if the plate is not inside the bag.
    c. Use of plastic film or aluminum foil to wrap product is discouraged but will not cause the product to be disqualified.
    d. To prevent damage, wrapped cakes should be transported in a sturdy container such as a cardboard box. *Containers, pie pans, etc. will NOT be returned to the exhibitor.*

5. **Additional Documentation Required:** none

6. **Labeling:**
    a. <u>Identification Card</u> (4LO-11SO): The State Fair Entry system will generate this label. Attach the label securely to the outside wrapper of each food entry**.**

7. **Entry Instructions:** All exhibits are entered through the State Fair's electronic submission system by the county Extension staff.

8. **Awards:**
    a. Each entry that meets class requirements will receive a ribbon.
    b. A class champion will be named in each class.
    c. An overall grand champion and a reserve champion will be selected.

9. **Class Descriptions:** 4-H food entries will be divided into the following levels and classes:

All recipes are located in the **4-H Fair Recipe Book--Food** and also in the publication identified in the class description.

Muffins
841   Three **Oatmeal Muffins:** Use recipe in **4-H Cooking 101**, p. 54.
842   Three **Cheese Muffins**: Use recipe in **4-H Cooking 201**, p. 49.

Biscuits
843   Three **Rolled Biscuits**: Use recipe in *4-H Cooking 201*, p. 50.
844   Three **Scones:** raisins may be substituted for dried cranberries. Use the recipe in the *4-H Fair Recipe Book--Food*

Quick Breads
845   Three **Cornmeal Muffins**: Use the recipe in the *4-H Fair Recipe Book--Food* at
846   Three pieces of **Coffeecake with Topping**: Use recipe in *4-H Cooking 101*, p. 59. Nuts are optional.

Cookies
847   Three **Chewy Granola Bars** (gluten-free): Use recipe in *4-H Cooking 101*, p. 35.
848   Three **Brownies**: Use recipe in *4-H Cooking 101*, p. 67. Nuts are optional.
849   Three **Snickerdoodle Cookies**: Use the recipe in **4-H Cooking 201**, p. 88

Cakes
850   Half of one 8" or 9" layer **Rich Chocolate Cake** (no icing): Use recipe in *4-H Cooking 301*, p. 116.
851   Half of one 8" or 9" layer **Carrot or Zucchini Cake** (no icing): Use recipe in *4-H Cooking 301*, p. 119. May use carrots or zucchini.
852   One-fourth of a **Basic Chiffon Cake**: Use recipe in *4-H Cooking 401*, p. 118. Do not use variations.

Pies
853   One whole **Double Crust Apple Pie**: Use recipes in *4-H Cooking 401*, p. 105 and 97 or in the **4-H Fair Recipe Book—Food**. Leave pie in the disposable pie pan and place all in a zip-type plastic bag. May use spice variation if desired.

Yeast Breads
854   Three **Cinnamon Twists** (no icing): Use recipe in *4-H Cooking 301*, p. 42 & 44.
855   Three **Soft Pretzels**: Use recipe in *4-H Cooking 301*, p. 48. Use any one topping listed.
856   One loaf **Oatmeal Bread**: Use recipe in *4-H Cooking 401*, p. 25.

Bread Made in a Bread Machine
857   One loaf **Honey Whole Wheat Bread** made in a bread machine: Use the recipe in the *4-H Fair Recipe Book—Food*. May be a 1-pound, 1½-pound, or 2-pound loaf.

Candy
858   Three pieces **Classic Chocolate Fudge** (size: about one inch square): Use recipe in *4-H Cooking 401*, p. 89. Nuts are optional.

Adapted Food
859   Adapted Recipe and supporting documents: Using a recipe from another 4-H Food Exhibits Class youth adapt the recipe to meet a dietary restriction. Entry will consist of: the food item, the original recipe, and an explanation of the adaption that includes 1) what the adaption is, 2) How this meets a dietary need, 3) the new recipe.

Revised 9/19/23

Recipes for Food Division

Updated 10-1-2018

For fair competition, Kentucky 4-H members are to use the recipes specified below. Most of the recipes are part of the **4-H Cooking 101 – 401** series, available from https://shop4-h.org/collections/healthy-living-foods-curriculum. Each project book explains a variety of cooking skills in easy-to-follow steps. Members who have little or no experience in cooking are encouraged to start with **4-H Cooking 101**. The higher the number on the book, the more advanced the skills. It is important to read and follow the recipe to produce a high quality product. Ovens vary; baking times may need to be adjusted if the product appears to be getting overdone or does not appear done.

Muffins

841   Three **Oatmeal Muffins**: use the recipe in **4-H Cooking 101**, p. 54.

842   Three **Cheese Muffins:** Use the recipe in **4-H Cooking 201**, p. 49.

Biscuits

843   Three **Rolled Biscuits**: Use the recipe in **4-H Cooking 201**, p. 50.

844   Three **Scones**: Raisins may be substituted for dried cranberries. Use the recipe in this publication.

Quick Breads

845   Three **Cornmeal Muffins**: use the recipe in this publication.

846   Three pieces of **Coffeecake with Topping**: Use the recipe in **4-H Cooking 101**, p. 59. Nuts are optional.

Cookies

847   Three **Chewy Granola Bars** (gluten-free): Use the recipe in **4-H Cooking 101**, p. 35.

848   Three **Brownies**: Use the recipe in **4-H Cooking 101**, p. 67. Nuts are optional.

849   Three **Snickerdoodle Cookies**: Use the recipe in **4-H Cooking 201**, p. 88.

Cakes

850   Half of one 8" or 9" layer **Rich Chocolate Cake** (no icing): Use the recipe in **4-H Cooking 301**, p. 116.

851   Half of one 8" or 9" layer **Carrot or Zucchini Cake** (no Icing): Use the recipe in **4-H Cooking 301**, p. 119. May use carrots or zucchini.

852   One-fourth of **Basic Chiffon Cake**: Use the recipe in **4-H Cooking 401**, p. 118. Do not use variations.

Pies

853   One whole **Double Crust Apple Pie**: Use the recipes in **4-H Cooking 401**, pp. 105 and 97. May use spice variation if desired. Leave the pie in the disposable pie pan.

Yeast Bread

854   Three **Cinnamon Twists** (no icing): Use the recipe in **4-H Cooking 301**, pp. 42 and 44.

855   Three **Soft Pretzels**: Use the recipe in **4-H Cooking 301**, p. 48. Use any one topping listed.

856   One loaf **Oatmeal Bread**: Use the recipe in **4-H Cooking 401**, p. 25.

Bread Made in a Bread Machine

857   One loaf **Honey Whole Wheat Bread** made in a bread machine: Use the recipe in this publication. May be 1-pound loaf, 1 1/2 pound loaf or 2-pound loaf.

Candy

858   Three pieces **Classic Chocolate Fudge** (size: about one-inch square): Use the recipe in **4-H Cooking 401**, p. 89. Nuts are optional.

Learn more at www.kentucky4h.org or contact your county extension office.

RECIPE: Carol's Oatmeal Muffins

From **4-H Cooking 101**, page 54

Yield: 10-12 muffins

Ingredients

1 1/3 cups all-purpose flour
3/4 cup rolled oats, quick cooking or regular
1/3 cup granulated sugar
2 teaspoons baking powder
1/4 teaspoon salt
1 egg
3/4 cup milk
1/4 cup oil

Equipment

Non-stick cooking spray
Large mixing bowl
Mixing spoon
Measuring cups
Measuring spoons
Small bowl and fork
Muffin pan
Wire rack
Hot pads

Order of Work

1. Preheat the oven to 400 degrees F. Lightly coat the muffin pan with non-stick cooking spray.
2. Measure flour, oatmeal, sugar, baking powder, and salt into the large bowl. Mix with a spoon.
3. Break the egg into the small bowl and beat it lightly with the fork. Then stir in the vegetable oil and milk.
4. Add the egg mixture to the dry mixture in the large bowl.
5. With a large spoon, mix only about 25 times, just enough to get the dry ingredients wet. The dough is supposed to be lumpy. If you mix too much, your muffins will be tough.
6. Carefully spoon the batter into prepared muffin pan. Fill each cup two-thirds full.
7. Bake for 20 minutes or until golden brown. Remove pan from the oven with hot pads. Let muffins cool slightly; then remove them from the pan and place them on a wire rack to cool.

Nutrition Facts per Muffin: 148 calories, 6 g fat, 152 mg sodium, 21 g carbohydrate, 1 g fiber, 3 g protein, 42 mg calcium

- **Baking Tip:** This recipe is based on use of a standard size muffin pan. If a mini size pan is used, reduce the cooking time to 9 to 11 minutes or until golden brown.
- Dark baking pans cook products faster than light colored pans.

From all of the muffins baked, select three to enter in the fair that are uniform in appearance.

For the fair:

- After the muffins cool, place three uniform muffins on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.

Baked products by Cathy Weaver
Photographs by Eric Comley

RECIPE: Cheese Muffins

From **4-H Cooking 201**, page 49

Yield: 12 muffins

Ingredients

2 cups all-purpose flour
1 tablespoon baking powder
1 tablespoon sugar
1/2 teaspoon salt
1 teaspoon powdered mustard
1/2 teaspoon garlic powder
1 egg, slightly beaten
1 cup milk
1/4 cup oil
1/2 cup shredded cheddar cheese

Equipment

Muffin pan
Baking cup liners, optional
Non-stick cooking spray
Flour sifter
Mixing bowls, large and small
Measuring spoons
Measuring cups
Mixing spoon
Rubber scraper

Order of Work

1. Preheat oven to 375 degrees F. Lightly coat muffin pan with non-stick cooking spray or place a baking liner in each muffin cup.
2. Place the flour sifter in the mixing bowl. Measure flour and pour into sifter. Add baking powder, sugar, salt, mustard, and garlic powder to the flour in the sifter. Sift together into the mixing bowl.
3. Combine slightly beaten egg, milk, and vegetable oil in the small mixing bowl.
4. Add liquid ingredients to dry ingredients. Stir together until dry ingredients are just moist, but the batter is still lumpy. Stir in shredded cheese.
5. Fill muffin cups 1/2 full.
6. Bake for 20 minutes. Remove from oven. Best when served slightly warm.

Nutrition Facts per Muffin: 157 calories, 7 g fat, 278 mg sodium, 18 g carbohydrate, 1 g fiber, 4 g protein, 86 mg calcium

Baking Tip: This recipe is based on use of a standard size muffin pan. If a mini size pan is used, reduce the cooking time to 9 to 11 minutes or until golden brown.

Which muffins are uniform in appearance?

For the fair:

- From all of the muffins baked, select three that are uniform in appearance.
- After the muffins cool, place three muffins on a disposable plate. Place the plate in a re-closeable zip-type plastic bag.

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Baked products by Cathy Weaver
Photographs by Eric Comley

Learn more at www.kentucky4h.org or contact your county extension office.

RECIPE: Rolled Biscuits

From **4-H Cooking 201**, page 50   Yield: 12 biscuits

Ingredients
2 cups all-purpose flour
1 tablespoon baking powder
3/4 teaspoon salt
1/3 cup butter or margarine, chilled
3/4 cup low-fat milk
Extra flour for kneading

Equipment
Flour sifter
Mixing bowl
Measuring cups, dry and liquid
Measuring spoons
Pastry blender or fork
Baking sheet
Biscuit or cookie cutter

Order of Work

1. Preheat oven to 450 degrees F.
2. Sift flour once and then measure it. Add to mixing bowl. Add baking powder and salt. Stir.
3. Measure the fat and add to flour mixture. Cut the fat into the flour mixture with fork or pastry blender until well mixed.
4. Make a hole in the center of the flour mixture. Slowly add milk and stir, using just enough to make dough soft but not sticky. Stir just enough to wet the flour.
5. Sprinkle 3-4 tablespoons of flour on a clean, dry surface and spread the flour with your hand. Turn dough onto the floured surface. Knead dough a few times. To knead the dough, rub some flour onto your hands. Use the heel of your hand to push the dough away from you, and then fold it back over itself. Give the dough a little turn, push and turn again. Repeat 6-8 more times. Over-kneading the dough or adding too much flour will make the biscuits tough.
6. Roll or pat dough to 3/4-inch thickness. Dip the biscuit cutter into the flour. Use the biscuit cutter to cut the dough or cut it into 2-inch squares with a knife. Place biscuits on ungreased baking sheet about 2 inches apart. Gather the dough scraps and reshape. Cut biscuits and add to baking sheet.
7. Bake about 10-12 minutes or until golden brown.

Nutrition Facts per Biscuit: 128 calories, 5 g fat, 331 mg sodium, 17 g carbohydrate, 1 g fiber, 3 g protein, 43 mg calcium

Baking Tips:

- Use a 2" round cookie cutter.
- A biscuit forms flaky layers on the inside.

For the fair:

- Use of a 2" biscuit cutter is preferred.
- After the biscuits have completely cooled, place 3 biscuits on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.

Baked products by Cathy Weaver
Photographs by Eric Comley

RECIPE: Cranberry Scones

Recipe adapted for use in Kentucky 4-H from **Super Star Chef Kneads a Little Dough,** Kentucky Cooperative Extension Service

Yield: 16 wedges

Ingredients

3 cups self-rising flour
1 teaspoon orange peel, grated
1 cup dried cranberries
(or substitute raisins for dried cranberries)
1/3 to 1/2 cup buttermilk
1/2 cup sugar
1/2 cup cold butter
1 egg

Equipment

Non-stick cooking spray
Cookie sheet
Large mixing bowl
Measuring spoons
Measuring cups, dry and liquid
Spatula or mixing spoon
Pastry blender or fork
Knife for cutting
Ruler

Order of Work

1. Preheat oven to 400 degrees F. Lightly coat cookie sheet with cooking spray.
2. In a large mixing bowl, combine flour, sugar and orange peel. Mix well. Cut in butter with a pastry blender or fork until mixture resembles coarse crumbs. Gently stir in cranberries (or raisins).
3. Place egg in a 1-cup measuring cup and beat well. In the same measuring cup, add buttermilk to make 2/3 cup. Add to flour mixture and stir gently until dry ingredients begin to cling together, do not add more liquid.
4. Press dough gently together on a lightly floured surface to form a ball. Divide dough in half. Place both halves on a greased cookie sheet and flatten each into a 6-inch round. Cut each into 8 wedges. Separate wedges slightly, to about 1/2 inch apart.
5. Bake at 400 degrees for 20 to 25 minutes or until golden brown. Cool on cookie sheet 5 minutes before serving.

Nutrition Facts per Wedge: 150 calories, 6 g fat (36%), 22 g carbohydrates, 3 g protein

Baking Tip: To "cut in" butter, use a pastry blender or fork.

- If using a fork, push the tines down through the butter to work it into the flour. Continue until the pieces of butter are the size of small peas.
- To use a pastry blender, hold the handle and press the blades into the butter while rotating your wrist from side to side. Move the pastry blender around in the bowl until the pieces of butter are the size of small peas. The mixture will have a crumbly texture.

For the fair:

- After the scones have completely cooled, place 3 scones on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.

Baked products by Cathy Weaver
Photographs by Eric Comley

RECIPE: Cornmeal Muffins

Recipe adapted for use by Kentucky 4-H from **Southern Style Cornbread** published by Martha White Foods

Yield: 12 Muffins

Ingredients

1 egg, beaten
1 1/3 cups milk or 1 3/4 cups buttermilk
1/4 cup oil or melted shortening
2 cups self-rising cornmeal mix*

Equipment

12-cup muffin pan
Cooking spray
Small bowl
Large mixing bowl
Measuring cups
Spoon for mixing

Order of Work

1. Preheat oven to 450 degrees F. Spray a 12-cup muffin tin with non-stick spray.
2. In a small bowl, beat the egg slightly.
3. Measure the remaining ingredients and pour them into a large mixing bowl.
4. Add the beaten egg to the large bowl.
5. Mix just enough to blend the ingredients but is still lumpy. (If the batter is smooth, it has probably been mixed too much.)
6. Fill the sprayed muffin cups two-thirds full of batter. Do not use paper or foil liners.
7. Bake at 450 degrees F for 15 to 20 minutes or until golden brown.

Nutrition Facts per Muffin: 240 calories, 10 g fat, 640 mg sodium, 33 g carbohydrate, 3 g fiber, 5 g protein, 30 mg cholesterol

Baking Tip: *Be sure to read the package to make sure that you are using *self-rising cornmeal mix.* It is usually packaged in a bag that is similar to that in which flour is sold. Self-rising cornmeal mix has flour and leavening already added. (Boxed corn muffin mix like that made by Jiffy is not the appropriate product to use in this recipe.)

Baked products by Cathy Weaver
Photographs by Eric Comley

For the fair:

- This recipe is based on use of a standard size muffin pan. If using a mini size tin, reduce cooking time to 8 to 10 minutes or until golden brown.
- After the muffins cool, place them on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.

RECIPE: Coffeecake with Topping

From **4-H Cooking 101**, page 59   Yield: 9-12 servings

Ingredients

Topping:
1/4 cup firmly packed brown sugar
1 teaspoon cinnamon
1 tablespoon all-purpose flour
1 tablespoon butter or margarine
1/2 cup chopped nuts (optional)

Coffeecake batter:
1 egg
1/2 cup granulated sugar
1/2 cup milk
2 tablespoons melted fat or oil
1 cup sifted all-purpose flour
1/2 teaspoon salt
2 teaspoons baking powder

Equipment

Non-stick cooking spray
Flour sifter
Waxed paper
Measuring cups
Spatula or knife
Measuring spoons
Mixing bowls, 1 large, 2 small
Pastry blender or fork
Whisk or fork
2 mixing spoons
Scraper
Small pan for melting fat
Baking pan (8" X 8")
Wire rack
Hot pads
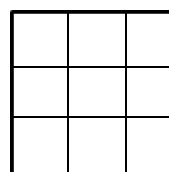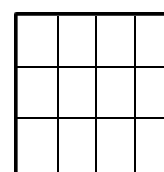
9 pieces   12 pieces

Order of Work

1. Make the topping first. Measure the brown sugar, cinnamon, and flour into the small mixing bowl and mix well.
2. Measure the fat. Cut it into the flour-sugar-cinnamon mixture. Ask someone to show you how to do this.
3. Add nuts (if you are using them) and mix well. Set topping aside until you need it.
4. Preheat the oven to 375^0 F.
5. Lightly coat the baking pan with non-stick cooking spray.
6. Break the egg into the mixing bowl, and beat with a whisk or fork.
7. Add the sugar, milk, and melted fat or oil to the egg, and stir until all is mixed.
8. Sift the flour once; then measure it. Add to second small mixing bowl. Add salt and baking powder. Stir flour mixture.
9. Add flour mixture to the egg mixture, and stir only until dry ingredients are wet. The batter will look lumpy. Too much mixing causes tunnels.
10. Put into the prepared pan. (Use the rubber scraper so that you won't waste batter.)
11. Use the mixing spoon to sprinkle the topping evenly over the top of the batter in the pan.
12. Put into the preheated oven. Bake about 25 minutes. The coffeecake will spring bake when lightly touched and begin to pull away from the edge of the pan when it is done. The top will be a golden color dotted with the dark brown topping.
13. Take out of the oven. Allow pan to cool. Cut cake into pieces while it is still in the pan. Use turner to remove cake pieces from the pan. Serve warm.

Nutrition Facts per Serving: 148 calories, 7 g fat, 224 mg sodium, 21 g carbohydrate, 1 g fiber, 2 g protein, 41 mg calcium

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Baking Tip for Topping:

To "cut in" butter or margarine, use a pastry blender or fork.

- To use a **pastry blender**, hold the handle and press the blades into the butter while rotating your wrist from side to side. Move the pastry blender around in the bowl until the pieces of butter are the size of small peas. The mixture will have a crumbly texture.
- If using a **fork**, press the fork down through the butter or margarine to break it into small pieces. The mixture will have a crumbly texture.

Baking Tip for Coffeecake Batter:

For melted fat, you may use melted butter, margarine, or shortening in the batter. Or you may choose to use oil.

For the fair:

- After the cake has completely cooled, place three pieces on a disposable plate. (At least one piece will be a side or corner piece.)
- Place the plate in a re-closeable zip-type plastic bag.

Baked products by Myla Leger & Alec Skinner
Photographs by Martha Welch

Learn more at www.kentucky4h.org or contact your county extension office.

2

RECIPE: Chewy Granola Bars

From **4-H Cooking 101**, page 35

Yield: 12 bars

Ingredients

2 1/2 cups rolled oats, old-fashioned or quick
1/2 cup chopped nuts
1 cup firmly packed brown sugar
1/2 cup seedless raisins or dried fruit, chopped
2 eggs
1/3 cup butter or margarine, melted
1 teaspoon vanilla extract

Equipment

Mixing bowl and spoon
Measuring cups and spoons
Baking pan, 9" x 9"
Nonstick cooking spray
Small microwave safe bowl
Cutting board/mat

Order of Work

1. Preheat oven to 350^0 F. Lightly coat the baking pan with non-stick cooking spray.
2. In bowl, combine oats, nuts, brown sugar, and raisins or dried fruit.
3. Stir in eggs, margarine, and vanilla. Mix until evenly combined.
4. Press mixture firmly into the prepared baking pan.
5. Bake for 25 to 30 minutes. Cool for 10 minutes. Cut into bars.

Nutrition Facts per Bar: 242 calories, 10 g fat, 60 mg sodium, 35 g carbohydrate, 2 g fiber, 4 g protein, 26 mg calcium

Baking Tip: This recipe should be gluten free unless the ingredient packaging indicates otherwise.

Cut into 12 bars.
Each bar will be about 4 ½" X 1 ½".
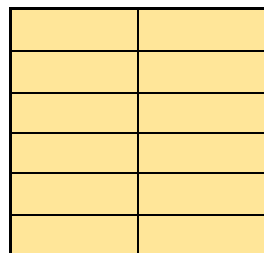
Inside a bar

For the fair:

- After the bars have completely cooled, choose three bars that are the same size and place them on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.

Baked products by Cathy Weaver
Photographs by Eric Comley

RECIPE: Brownies

From **4-H Cooking 101**, page 67   Yield: 16 squares

Ingredients
1/2 cup sifted all-purpose flour
1/3 to 1/2 cup cocoa
1/3 cup butter or margarine
   (not reduced fat)
1 cup granulated sugar
2 eggs
1 teaspoon vanilla
1/2 cup chopped nuts (optional)

Equipment
Non-stick cooking spray
Flour sifter
Waxed paper
Measuring cups
Knife or spatula
Measuring spoons
Mixing bowl
Mixing spoon
Small microwave-safe bowl for melting fat
Small bowl
Scraper
Baking pan (8" X 8" or 9" X 9")
Hot pads
Wire racks
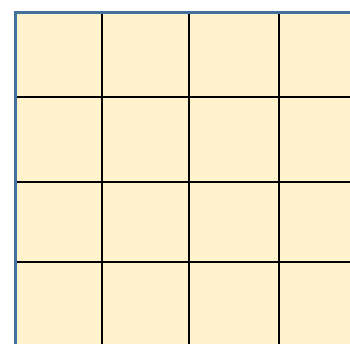
16 squares

Order of Work

1. Preheat the oven at 350^0 F.
2. Lightly coat the baking pan with non-stick cooking spray.
3. Sift flour once; then measure it.
4. Measure cocoa. Sift flour and cocoa together onto waxed paper and set aside.
5. Measure fat and melt it in the microwave. Time will vary depending on microwave.
6. Pour melted fat into mixing bowl. Measure the sugar and mix it with the melted fat until creamy.
7. Break one egg into a small bowl; then mix it well with the sugar and fat. Do the same with the other egg.
8. Add the vanilla and mix.
9. Add the flour-cocoa mixture and stir until all is mixed.
10. Add the nuts and stir until they are mixed in.
11. Put into the prepared pan. Use the rubber scraper to clean out the bowl.
12. Place into the preheated oven.
13. Bake for about 25 minutes or until brownies spring back when lightly touched. They will be an even dark-brown color on top. Brownies baked in a 9-inch square pan will bake quicker and be thinner than those baked in an 8-inch square pan.
14. Take the pan out of the oven. Use hot pads because the pan is hot.
15. Place pan on a rack to cool. Cut into approximately 2-inch squares to make 16 brownies. When cool, store in a container with a tight lid.

Baked products by Lucy Welch
Photographs by Martha Welch

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Nutrition Facts per Square:
137 calories, 7 g fat, 40 mg sodium, 18 g carbohydrate, 1 g fiber, 2g protein, 6 mg calcium

For the fair:

After the brownies have completely cooled, choose three. Place them on a disposable plate. Place the plate in a re-closeable zip-type plastic bag.

Learn more at www.kentucky4h.org or contact your county extension office.

From **4-H Cooking 201**, page 88   Yield: 3 dozen cookies

Ingredients

1 1/2 cups sugar
1 cup butter or margarine, softened
1 teaspoon vanilla
2 eggs
2 3/4 cups all-purpose flour
2 teaspoons cream of tartar
1 teaspoon baking soda
1/4 teaspoon salt
2 tablespoons sugar
2 teaspoons cinnamon

Equipment

Measuring cups and spoons
Mixing bowls, large and small
Cookie sheet
Spatula
Cooling rack

Order of Work

1. Preheat the oven to 400 degrees F.
2. In a large bowl, cream together sugar, butter, vanilla and eggs.
3. Add flour, cream of tartar, baking soda and salt to creamed mixture; blend well.
4. Combine 2 tablespoons sugar and 2 teaspoons of cinnamon in a small bowl.
5. Shape dough into 1-inch balls.
6. Roll balls in sugar mixture.
7. Place balls 2 inches apart on ungreased cookie sheet.
8. Bake for 8 to 10 minutes or until cookies spring back when lightly touched with the fingers.
9. Use a spatula or turner to remove the hot cookies from the sheet. Place them on a rack to cool. When cool, store cookies in a container with a tight lid.

Nutrition Facts per Cookie: 118 calories, 5 g fat, 97 mg sodium, 16 g carbohydrate, less than 1 g fiber, 1 g protein, 3 mg calcium

For the fair:

- After the cookies have completely cooled, choose three cookies that are the same size.
- Place the cookies on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.

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Baked products by Cathy Weaver & Martha Welch
Photographs by Eric Comley & Martha Welch

From **4-H Cooking 301,** p. 116   Yield: 12 servings

Ingredients

3 one-ounce squares unsweetened
   baking chocolate, melted
1 teaspoon all-purpose flour
3 cups sifted cake flour
1/2 teaspoons salt*
3 teaspoons baking powder
1 1/4 cups unsalted butter*
2 1/4 cups sugar
1 teaspoon vanilla
4 eggs
1 cup milk

Equipment

Small pan or microwave-safe bowl
three 8-inch**or two 9-inch cake
   pans or one 9" x 13" baking pan
Nonstick cooking spray
Large and small mixing bowls
Measuring cups and spoons
Sifter
Mixing spoon
Mixer
Rubber scraper
Toothpick or cake tester
Cooling rack(s)

Order of Work

1. Melt chocolate in small pan over low heat or in microwave (following directions on package) and cool to lukewarm.
2. Preheat oven to 350 degrees F. Lightly coat cake pan(s) with nonstick cooking spray. Add 1 teaspoon flour to pan. Rotate and shake pan until surfaces are coated with flour. Remove excess flour. (Or cover bottom of pans with wax paper instead of flouring pans.)
3. Lightly spoon cake flour into measuring cup; sift and then measure. Place flour in small mixing bowl. Add salt and baking powder to flour and mix well; set aside.
4. In large mixing bowl, use mixer to cream butter until soft; gradually add sugar, mixing until mixture is very light and fluffy, about 3 to 5 minutes. Add vanilla and continue creaming.
5. Add eggs one at a time and beat well after adding each egg.
6. Add cooled chocolate to creamed mixture.
7. Add one-third of the sifted flour mixture and half of the milk; repeat until all of the flour and milk are used. After each addition of flour and milk, mix for 1 minute.
8. Pour batter into pans(s) and bake for 40 to 45 minutes for 8-inch or 9-inch pans. Use toothpick or cake tester to test cake. Toothpick or cake tester should come out clean when inserted into center of cake.
9. Remove from oven and cool on rack for 15 minutes before removing from pan(s).

*If desired, decrease salt to ¼ teaspoon and use salted butter.

**If using 3 8-inch pans, be sure there is enough room in the oven for air to circulate for even baking.

Nutrition Facts per Serving: 434 calories, 26 g fat, 270 mg sodium, 54 g carbohydrates, 2 g fiber, 6 g protein, 70 mg calcium

Product baked by a 4-H member and
entered in the Kentucky State Fair

Baking Tips: One square of baking chocolate should equal 1 ounce. Read the packaging to make sure you add the equivalent of 3 ounces of chocolate to this recipe.

Substitution: You may substitute 3 tablespoons of unsweetened cocoa and 1 tablespoon oil, melted butter or shortening for **each** one-ounce square of chocolate.
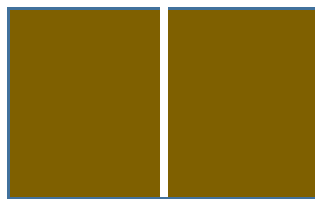
For the Fair: Send only a half of one layer of cake. Your family can eat the remainder of the cake.
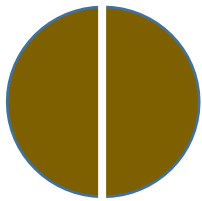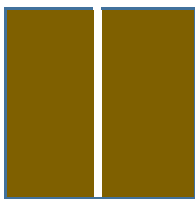
Round cake   Square cake   Rectangular cake

Example: half of a round layer of cake

For the fair:

- Round, square or rectangular pans may be used.
- Let cake completely cool. Do not frost cake.
- Cut one layer of the cake in half. Place half of one layer of cake on a disposable plate or cardboard cake board.
- Place the plate/board in a re-closable plastic bag, cake box or disposable container. (Container will not be returned.)

Learn more at www.kentucky4h.org or contact your county extension office.

2

RECIPE: Carrot or Zucchini Cake

From **4-H Cooking 301**, page 119   Yield: 16 servings

Ingredients

2 cups flour
2 cups sugar
2 teaspoons baking soda
2 teaspoons cinnamon
1 teaspoon salt
1 cup salad oil
4 eggs
3 cups carrots, shredded
1 teaspoon vanilla
1 cup nuts, chopped

Equipment

9" x 13" baking pan or
    2 8-inch or 9-inch round cake pans
Nonstick cooking spray
Measuring cups and spoons
Large and medium mixing bowls
Mixer
Mixing spoon
Spatula
Cooling rack

Order of Work

1. Preheat oven to 350 degrees F. Lightly coat 9" x 13" baking pan or 2 8-inch or 9-inch round cake pans with nonstick cooking spray.
2. Combine flour, sugar, baking soda, cinnamon, and salt in medium bowl; mix well.
3. In large bowl, add oil and beat in eggs, one at a time.
4. Gradually add flour mixture to egg mixture and beat until thoroughly mixed.
5. Add carrots, vanilla, and nuts; mix until thoroughly combined. Pour into prepared pans.
6. For 9" x 13" pan, bake 45 minutes or until toothpick inserted in middle comes out clean. For 8-inch or 9-inch round cake pans, bake 30 to 35 minutes or until toothpick inserted in middle comes out clean. Remove from oven and cool on wire rack. Store in refrigerator.

Variation: Substitute 3 cups shredded zucchini for shredded carrots. Add one teaspoon ground nutmeg.

Nutrition Facts per Serving with Frosting: 470 calories, 28 g fat, 365 mg sodium, 56 g carbohydrates, 1 g fiber

Baking Tips:

- Use a toothpick to test doneness. Baking time may need to be extended if cake is not done.
- The size of the carrot/squash pieces will affect baking time. A cake made with pre-packaged coarsely shredded carrots from the grocery may require additional baking time. Finely shredded vegetables cook faster than coarsely shredded pieces.

For the fair:

- Zucchini variation may be used instead of carrots.
- Round or rectangular pans may be used.
- Let cake completely cool. Do not frost or ice the cake.
- Cut one layer of the cake in half. Place half of one layer of cake on a disposable plate or cardboard cake board.
- Place the plate/board in a re-closable plastic bag, cake box or disposable container. (Container will not be returned.)
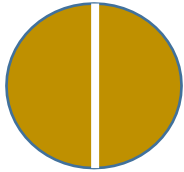
For the Fair: Send only a half of one layer of cake.
Your family can eat the remainder of the cake.

Round cake

Rectangular cake

Example: half of a round layer of cake

Learn more at www.kentucky4h.org or contact your county extension office.

2
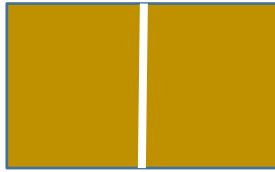
RECIPE: Basic Chiffon Cake

From **4-H Cooking 401**, page 118   Yield: 16 servings

Ingredients

2 1/4 cups cake flour
1 tablespoon baking powder
1 teaspoon salt
1 1/2 cups sugar, divided
1/2 cup vegetable oil
5 large egg yolks
1 tablespoon vanilla
3/4 cup cold water
7 large egg whites
1/2 teaspoon cream of tartar

Equipment

2 large bowls
Measuring cups
Measuring spoons
Mixer
Spatula
Small bowl
Tube cake pan
Metal spatula
Cake plate
Serrated knife

Product baked by 4-H member &
entered in the Kentucky State Fair

Order of Work

1. Preheat oven to 325 degrees F.
2. In a large bowl, combine flour, baking powder, salt, and 1 cup sugar.
3. Make a well in the center and add oil, egg yolks, vanilla, and water. Whisk until smooth.
4. Beat egg whites and cream of tartar in large mixing bowl until soft mounds begin to form.
5. Beating at high speed, sprinkle remaining 1/2 cup sugar over egg whites, 2 tablespoons at a time. Beat until stiff peaks form.
6. Gently fold one-third of the whites into the yolk mixture. Fold in remaining whites.
7. Pour batter into an ungreased tube pan.
8. Bake 1 ½ hours or until top springs back when lightly touched. If cake pan has prongs around the rim for elevating the cake, invert pan onto them. If not, invert pan over the neck of a bottle or funnel so that air can circulate. Let the cake cool completely, 2 to 3 hours.
9. Carefully run a metal spatula around the sides of the pan to loosen cake. Remove cake from the pan and place on cake plate. Cut slices by sawing gently with serrated knife.

Nutrition Facts per Serving: 231 calories, 8 g fat, 276 mg sodium, 35 g carbohydrate, less than 1 g fiber, 4 g protein, 30 mg calcium.

Baking Tip: Folding in the egg white mixture
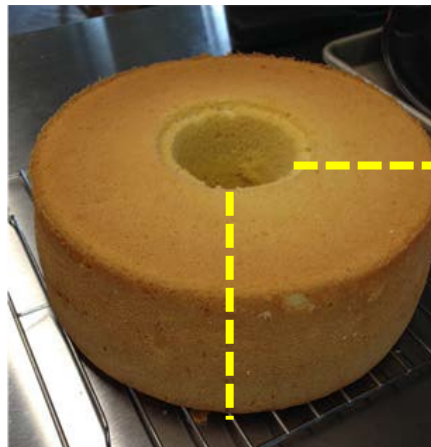
For the fair:

- After the cake has completely cooled, cut one piece which is a quarter of the cake. Place the piece on a disposable plate.
- Place the plate in a re-closable zip-type plastic bag. For added protection, you may place the bag in a box.

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Learn more at www.kentucky4h.org or contact your county extension office.

Adapted for use in Kentucky fairs from **4-H Cooking 401**, page 97

Yield: three 8-inch crusts or two 9-inch crusts

Pastry for Two-Crust Pie

Ingredients
3 cups all-purpose flour
1 teaspoon salt
1 cup shortening
5 or 6 tablespoons cold water

Order of Work

1. Thoroughly chill shortening and water.
2. Place flour and salt together in medium bowl. Stir to mix.
3. Use a pastry blender, fork, or two knives to cut the shortening into the flour until the dough forms pea-sized pieces.
4. Add cold water one tablespoon at a time and sprinkle over flour/shortening mixture. Toss mixture lightly with a fork. DO NOT STIR. Add only enough water to hold dough together. Let dough stand at least 5 minutes. Shape into a ball, handling as little as possible.
5. Chill dough 15 to 30 minutes.
6. Sprinkle 3 or 4 tablespoons of flour on a clean, dry surface or pastry mat/cloth. Lightly coat a rolling pin with flour. Or use two 18" X 18" sheets of waxed or parchment paper to roll out dough.
7. If using an 8" pie pan, divide dough into three equal parts. (Set one part aside to use for another purpose.) If using a 9" pie pan, divide dough into two parts.
8. Form one piece of dough into a circular shape and then flatten with a rolling pin on pastry mat/cloth or between two sheets of waxed or parchment paper.
9. Roll dough with short strokes from center to outer edge, using a light, quick motion. Be careful not to roll over the edge of dough. Press on a different part of the dough with each roll. Lift from surface occasionally. Roll about 1/8-inch thick and slightly larger than the pie pan.
10. Fold dough in half, lift and place in pie pan, and unfold.
11. Beginning at center of pan and working toward edge, gently press dough into pie pan. Do not pull or stretch dough since that can make the pie crust shrink during baking.
12. Chill prepared piecrust for 20 to 30 minutes to prevent crust from shrinking during baking.
13. Prepare filling.

Baking Tips:

- Use cold shortening and ice-cold water.
- Be careful not to overwork dough.

Using a pastry blender, fork, or two knives, cut shortening into flour to form pea-sized pieces.

Baked products by Lucy Welch
Photographs by Martha Welch

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RECIPE: Apple Pie Filling

Adapted for use in Kentucky from **4-H Cooking 401**, page 105

Yield: one 8" or 9" pie; 8 servings

Ingredients

5 cups peeled, sliced tart apples (5 to 6 apples)
2 tablespoons lemon juice
3/4 to 1 cup sugar
1 tablespoon flour
1/4 teaspoon salt
1 teaspoon cinnamon, if desired
1/2 teaspoon nutmeg, if desired
1 tablespoon butter or margarine
1 egg, beaten, or 2 tablespoons milk, if desired
1 teaspoon sugar, if desired

Order of Work

1. While preparing the filling, place the prepared piecrust in the refrigerator for 20-30 minutes.
2. Preheat oven to 425 degrees F.
3. Rinse, peel, and core apples. Slice apples and place in medium bowl. Sprinkle with lemon juice to prevent apples from turning brown and toss gently.
4. In small mixing bowl, combine sugar, flour, salt, and spices, if desired. Add mixture to apple slices and mix.
5. Spoon apple mixture into prepared piecrust.
6. Cut butter or margarine into small pieces and sprinkle on top of apple filling.
7. Use cold water to moisten edges of the dough on the rim of the pie pan.
8. Roll out remaining dough for upper crust.
9. Place upper crust on pie and press upper and lower edges together on rim of pie pan.
10. Cut venting holes in top of pastry.
11. Use a knife to trim dough evenly around edge of pie pan.
12. Flute edge by placing left thumb and index finger 1/2 inch apart on outside of pastry rim. With right index finger push pastry between fingers or lightly press edges together with a fork.
13. If desired, brush top crust with beaten egg or milk then lightly sprinkle with sugar.
14. Bake for 15 minutes then reduce heat to 350 degrees F. Bake 25 minutes longer or until crust is brown.

Nutrition Facts per Serving: 555 calories, 28 g fat, 386 mg sodium, 71 g carbohydrate, 2 g fiber, 6 g protein, 14 mg calcium

Baking Tip: Use an apple that holds its shape when baked. Granny Smith and Honeycrisp apples are good choices.

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For the fair:

- Spice variation may be used, if desired.
- Use a disposable pie pan because the pan will not be returned.
- Place the whole pie (in the disposable pie pan) in a re-closeable plastic bag.

RECIPE: Cinnamon Twists

Adapted for use in Kentucky 4-H from **4-H Cooking 301**, pages 42 and 44

Yield: 12 rolls

Ingredients: Sweet Dough

1/4 cup sugar
1 teaspoon salt
1 package yeast
1/2 cup milk, heated to 100 to 110 degrees F
1/4 cup water, heated to 100 to 110 degrees F
1/8 cup oil or melted butter
1 egg
1/2 teaspoon grated lemon rind, if desired
2 1/2 cups all-purpose flour, approximately

Ingredients: Topping

1/4 cup butter, melted
1/2 cup sugar
2 teaspoons cinnamon

Order of Work

1. Put sugar, salt, and yeast in mixing bowl. Mix well.
2. Place milk and water in microwave-safe bowl. Heat in microwave for 1 to 2 minutes. Remove from microwave and check temperature with food thermometer. Pour warm liquids over ingredients in mixing bowl and stir well. Allow mixture to stand 1 to 2 minutes.
3. Add oil or butter, egg, and lemon rind to mixture. Beat until smooth.
4. Add 2 cups of flour to mixture and beat until smooth.
5. Add enough flour to make dough that is soft, but stiff enough to handle.
6. Turn dough out onto a lightly floured surface and knead until dough is smooth, elastic, and does not stick to surface or hands, about 8 to 10 minutes.
7. Place dough in a mixing bowl lightly coated with nonstick cooking spray. Spray top of dough with nonstick cooking spray and cover with damp, clean dishtowel. Let rise in a warm place until doubled in size, about 1 hour.
8. Punch down dough and let stand 10 minutes.
9. Lightly coat baking sheet with nonstick cooking spray.
10. Roll prepared dough into a square about 12" by 12."
11. Brush dough with melted butter. Mix sugar and cinnamon in a small mixing bowl. Sprinkle center third of dough with 3 tablespoons of sugar-cinnamon mixture. Fold one third of dough over center third (see diagram 1 on back). Sprinkle with 3 tablespoons of the sugar-cinnamon mixture. Fold remaining third of dough over the two layers.
12. Cut roll into 1-inch strips (see diagram 2 on back). Hold each end of a strip and twist tightly in opposite directions. Lay the twist on the baking sheet so that the loose end is under the twist.
13. Place on prepared baking sheet about 2 inches apart. Brush top with melted butter and sprinkle with sugar-cinnamon mixture.
14. Cover. Let rise in warm place until doubled in size.
15. Bake at 350 degrees F about 25 minutes or until lightly browned.

Nutrition Facts per Roll: 180 calories, 7 g fat, 240 mg sodium, 29 g carbohydrates, 1 g fiber, 4 g protein, 26 mg calcium

Diagram 1

Fold lines

Diagram 2

Cut into
12 strips
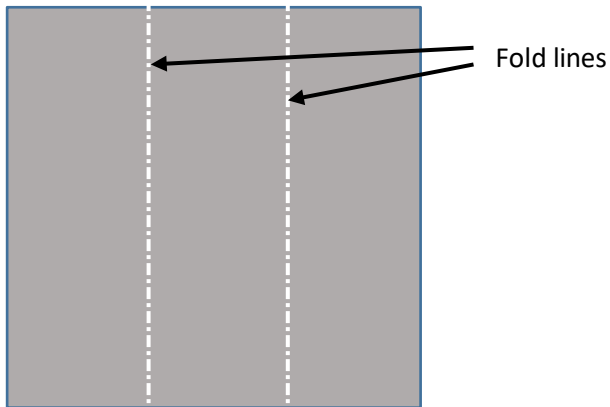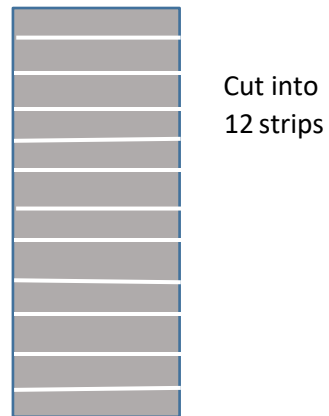

Baked products by Lucy Welch
Photographs by Martha Welch

For the fair:

- After the twists have completely cooled, select three twists that are similar in appearance.
- Place three twists on a disposable plate.
- Place the plate in a re-closable plastic bag.

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Learn more at www.kentucky4h.org or contact your county extension office.

2

RECIPE: Soft Pretzels

From **4-H Cooking 301**, p. 48   Yield: 14 pretzels

Ingredients

4 to 4 ½ cups all-purpose flour
2 tablespoons sugar
1 package dry active yeast
1 ½ teaspoons salt
1 cup low-fat milk
½ cup water
2 tablespoons vegetable oil
2 eggs, lightly beaten
Poppy seed, sesame seed, coarse salt, or grated Parmesan cheese (choose one)

Order of Work

1. Preheat oven to 350 degrees F.
2. In large bowl, combine 2 cups flour, sugar, undissolved yeast, and salt.
3. Heat milk, water, and oil until very warm (120 to 130 degrees F).
4. Stir milk mixture into flour mixture until well combined.
5. Add enough of the remaining flour to make a soft dough.
6. Knead on floured surface until smooth and elastic, about 4 to 6 minutes.
7. Cover; let rest on floured surface 10 minutes.
8. Divide dough into 14 equal pieces.
9. Roll each piece into a 20-inch rope
10. Cover; let rest 5 to 10 minutes until risen slightly.
11. Shape into pretzels by curving ends of each rope to make a circle; cross ends at top. Twist ends once and lay over bottom of circle.
12. Place pretzels on two greased baking sheets.
13. Brush with beaten eggs. Bake for 15 minutes.
14. Remove from oven; brush again with eggs and sprinkle with poppy seeds, sesame seeds, coarse salt, or grated cheese.
15. Return to oven and bake for 15 minutes or until lightly browned. Remove pretzels from baking sheet; let cool on racks.

Nutrition Facts per Pretzel: 175 calories, 4 g fat, 270 mg sodium, 29 g carbohydrates, 1 g fiber, 5 g protein, 47 mg calcium

For the fair:

- Place 3 pretzels on a disposable plate.
- Place the plate in a re-closeable zip-type bag.

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Product baked by a 4-H member and entered in the Kentucky State Fair

RECIPE: Oatmeal Bread

From **4-H Cooking 401**, page 25

Yield: 2 loaves, 20 slices per loaf

Ingredients

2 packages active dry yeast
3/4 cup water, heated to 100 to 110 degrees F
3 tablespoons sugar
3 tablespoons melted butter or oil
2 cups milk
2 teaspoons salt
1 cup quick oats
3 cups bread flour
3 cups whole wheat flour

Order of Work

1. In a large mixing bowl combine yeast, water, and sugar; let stand 10 minutes.
2. Stir in butter or oil, milk, salt, oats, and bread flour; beat until smooth.
3. Mix in enough remaining whole wheat flour to form a soft dough and until mixture begins to pull away from sides of bowl.
4. On a lightly floured surface, turn out dough; knead until dough is smooth and elastic, about 8 to 10 minutes.
5. Place dough in a large mixing bowl lightly coated with nonstick cooking spray. Cover with clean, damp dishtowel. Let rise in warm place, free from drafts, until doubled in size, about 40 minutes.
6. Lightly coat two 9" x 5" loaf pans with nonstick cooking spray; set aside.
7. Punch down dough and turn out on lightly floured surface. Cover and let rest 10 minutes.
8. Shape into loaves. Place in prepared pans. Cover and let rise until doubled, about 45 minutes.
9. Preheat oven to 425 degrees F. Bake loaves 25 to 30 minutes, until lightly browned and bread sounds hollow when tapped.
10. Remove from pans and place on wire rack to cool.

Nutrition Facts per Slice: 93 calories, 2 g fat, 131 mg sodium, 17 g carbohydrate, 2 g fiber, 3 g protein, 22 mg calcium

For the fair:

After the loaves cool completely, place one loaf in a re-closeable zip-type plastic bag. Paper plate optional.

Baked product by Lucy Welch
Photographs by Martha Welch

Learn more at www.kentucky4h.org or contact your county extension office.

Adapted from **Super Star Chef Kneads a Little Dough**, Kentucky Cooperative Extension Service

Yield: 16 servings Yield: 24 servings Yield: 32 servings

Ingredients	1-pound loaf	1 ½-pound loaf	2-pound loaf
Milk (80º F)	1/4 cup	1/2 cup	1/2 cup
Water (80º F)	1/4 cup	1/4 cup	1/2 cup
Egg	1 large	1 large	2 large
Honey (80º F)	2 tablespoons	1/4 cup	1/4 cup + 2 tablespoons
Salt	1 1/2 teaspoons	2 teaspoons	3 teaspoons
Butter (cut in small pieces)	2 teaspoons	1 tablespoon	4 teaspoons
Bread flour	1 1/3 cups	2 cups	2 2/3 cups
Whole wheat flour	2/3 cups	1 cup	1 1/3 cups
Active dry yeast	1 1/2 teaspoons	2 1/4 teaspoons or 1 packet	3 teaspoons

Instructions:

1. Add the ingredients in the order specified in your bread machine owner's manual.
2. Set the bread machine on the basic/standard bread making setting.
3. Select the medium or normal baking cycle.
4. Cool to room temperature before slicing.

Nutrition Facts per Slice: 42 calories, 1 g fat (21%), 7 g carbohydrates, 2 g protein

For the fair:

After the loaf cools completely, place it in a re-closeable plastic bag.

Baked products by Lucy Welch
Photographs by Martha Welch

From **4-H Cooking 401**, page 89

Yield: 1 1/2 pounds or 32 pieces

Ingredients
Butter, softened
2 cups sugar
3/4 cup half and half or whole milk
2 ounces unsweetened baking chocolate, coarsely chopped
2 tablespoons corn syrup
1/4 teaspoon salt
2 tablespoons butter
1 teaspoon vanilla
1/2 cup coarsely chopped nuts, if desired

Order of Work

1. Line a 9" x 4" x 3" loaf pan or an 8" x 8" pan with foil, extending the foil over the edges of the pan. Butter the foil and set aside.
2. Butter the sides of a heavy 2-quart saucepan. In the saucepan, combine sugar, milk, chocolate, corn syrup and salt.
3. Cook and stir over medium-high heat until the mixture boils. Clip a candy thermometer to the side of the pan.
4. Reduce heat to medium-low; continue boiling. Stir frequently.
5. Cook until the thermometer registers 234 degrees F. If no thermometer is available, cook to the soft-ball stage. Test by dropping a small amount of syrup into cold water.
6. When candy reaches 234 degrees F, remove saucepan from heat. Add butter and vanilla but DO NOT STIR.
7. Cool, without stirring or disturbing in any way, to 110 degrees F. This should take 45 to 60 minutes.
8. Remove thermometer from saucepan. With a wooden spoon, beat vigorously until fudge just begins to thicken. If desired, add nuts. Continue beating until the fudge becomes very thick and just starts to lose its glossy sheen. This should take 5 to 10 minutes.
9. Immediately spread fudge in the prepared pan. Score the pieces while still warm.
10. When fudge is firm, use the foil to lift out the pan. Cut fudge into squares.
11. Store fudge in a tightly covered container.

Nutrition Facts per Piece with Nuts: 87 calories, 3 g fat, 27 mg sodium, 15 g carbohydrate, less than 1 g fiber, less than 1 g protein, 7mg calcium

For the fair:

- Nuts are optional.
- Cut the fudge into pieces, about 1 inch square.
- Place three pieces on a disposable plate. Place the plate inside a re-closeable zip-type plastic bag.

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Product made by a 4-H member and entered in the Kentucky State Fair

DIVISION 6036 - 4-H FOOD PRESERVATION EXHIBITS
Isaac Hilpp – Senior Extension Specialist for 4-H Youth Development

1. **Classes in Division**: 861-865.

2. **Number of Entries Permitted:**
   a. County may submit ONE entry per class.
   b. A member may enter <u>Three classes</u> in the Food Preservation division. (This means: a member's name could appear three times on the county's Food Preservation Division invoice sheet.)

3. **General Rules:**
   a. See "General Rules Applying to All 4-H Exhibitors in the Kentucky State Fair" at www.kystatefair.org Click on "Competition," then "Premium Book", then "4-H Exhibits."
   b. **Items must meet all requirements for the class**; otherwise, the entry will be disqualified.
   c. Items entered must have been completed by the exhibitor within the current program year.
   d. The decision of the judges is final.

4. **Unique Rules or Instructions**:
   a. Recipes: Entries are to be made using recipes found in the **4-H Fair Recipe Book—Food Preservation** or contact your county Extension agent for 4-H YD.
   b. Canned entries must be prepared from raw produce.
   c. Re-canning of commercially processed foods is not permitted.
   d. Helpful Information for the following classes can be found on the National Center for Home Food Preservation website.
   e. Jars not processed by the correct method will not be judged. Open kettle processing is not acceptable for any product.
   f. Jars must be clear, clean STANDARD jars specifically designed for home canning. If mayonnaise or similar non-standard jars are used, the product will not be judged.
   g. Two-piece screw bands and lids specifically designed for home canning should be left on containers.
   h. If judges open the jar for judging purposes do NOT eat contents of containers upon return.

5. **Additional Documentation Required**:
   a. See labeling instructions below and in class description.

6. **Labeling:**
   a. <u>All entries</u>: Will have 2 labels. Attach both securely to the outside of the container.
      i. Identification card (4LO-11SO): The State Fair Entry system will generate this label.
      ii. Preserved food label: Use the 4-H labels <u>located at the end of this section</u>. Fill out the label completely.

7. **Entry Instructions:** All exhibits are entered through the State Fair's electronic submission system by the county Extension staff.

8. **Awards:**
   a. Each entry that meets class requirements will receive a ribbon.
   b. A champion will be named in each class.
   c. An overall grand champion and a reserve champion will be selected.

9. **Class Descriptions:** 4-H Food Preservation entries will be divided into the following levels and classes:

861   Dried Apples: Dry apples according to the instructions in the *4-H Fair Recipe Book—Food Preservation*. Place 12 pieces of dried fruit in a container which is an example of a container suitable for long term storage of dried fruit. Label package with kind of fruit and date processed. Size of the container is not being judged. Publication HE 3-501 may be helpful: http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3501/FCS3501.pdf

862   Salsa: (pint jar or smaller) canned using a boiling water canner. Use the recipe in the *4-H Fair Recipe Book—Food Preservation*. The USDA recommended headspace for salsa is 1/2 inch. Canning label must be completed by member and affixed to the jar. Publications Home Canning Salsa (FCS3-581) at http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3581/FCS3581.pdf, Home Canning Tomatoes and Tomato Products (FCS3-580) at http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3580/FCS3580.pdf and USDA Complete Guide to Home Canning: http://nchfp.uga.edu/publications/publications_usda.html may be helpful.

863   Dill Pickles: (pint jar or smaller), canned using a boiling water canner: Use the recipe in the *4-H Fair Recipe Book—Food Preservation*. The USDA recommended headspace for pickles: 1/2 inch. Canning label must be completed by member and affixed to the jar. Publications Home Canning Pickled and Fermented Foods (FCS3-582) at http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3582/FCS3582.pdf and USDA Complete Guide to Home Canning: http://nchfp.uga.edu/publications/publications_usda.html may be helpful

864   Strawberry Jam: (half pint or smaller jar), canned using a boiling water canner. Use the recipe in the *4-H Fair Recipe Book—Food Preservation*. The USDA recommended headspace for jam is 1/4 inch. Canning label must be completed by member and affixed to the jar. Write the type of fruit used on the canning label. Publications FCS3-579 at http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3579/FCS3579.pdf and USDA Complete Guide to Home Canning: http://nchfp.uga.edu/publications/publications_usda.html may be helpful. Refrigerator and freezer jams are not appropriate for this class.

865   Green Beans: (One pint), canned using a pressure canner. Use the recipe in the *4-H Fair Recipe Book—Food Preservation*. Beans may be 'raw packed' or 'hot packed' but the packing method used must be indicated on the label. The USDA recommended headspace for green beans is 1 inch. Canning label must be completed by member and affixed to the jar. Publication FCS3-583 Home Canning Vegetables (http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3583/FCS3583.pdf and USDA Complete Guide to Home Canning: http://nchfp.uga.edu/publications/publications_usda.html may be helpful.

Preserved Food labels are on next page

Preserved Food Labels

Product: Dried Apples

Date Packaged: _____

Product: Salsa

Date canned: _____

Which type of processing did you use?
____ Boiling Water Canner
____ Pressure Canner

Product: Dill Pickles

Date canned: _____

Which type of processing did you use?
____ Boiling Water Canner
____ Pressure Canner

Product: Strawberry Jam

Date canned: _____

Which type of processing did you use?
____ Boiling Water Canner
____ Pressure Canner

Product: Green Beans

Date canned: _____

When you packed the beans into the jar, did you use a raw pack or hot pack?
____ Raw Pack   ____ Hot Pack

Which type of processing did you use?
____ Boiling Water Canner
____ Pressure Canner

Revised 9/24/19

Kentucky 4-H Fair Recipe Book—Food Preservation Division

For fair competition, Kentucky 4-H members are to use the recipes in this booklet. The recipes were adapted from the **Put It Up! Food Preservation for Youth** curriculum from the National Center for Home Food Processing and Preservation, University of Georgia Cooperative Extension and Clemson Cooperative Extension. Additional helpful information is available on the NCHFP website at: http://nchfp.uga.edu/.

861   **Dried Apples:** Dry apples according to the instructions in the *4-H Fair Recipe Book—Food Preservation.* Place 12 pieces of dried fruit in a container which is an example of a container suitable for long term storage of dried fruit. Label package with kind of fruit and date processed. Size of the container is not being judged. Publication HE 3-501 may be helpful: http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3501/FCS3501.pdf

862   **Salsa:** (pint jar or smaller) canned using a boiling water canner. Use the recipe in the *4-H Fair Recipe Book—Food Preservation.* The USDA recommended headspace for salsa is ½ inch. Canning label must be completed by member and affixed to the jar. Publications Home Canning Salsa (FCS3-581) at http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3581/FCS3581.pdf, Home Canning Tomatoes and Tomato Products (FCS3-580) at http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3580/FCS3580.pdf and USDA Complete Guide to Home Canning: https://nchfp.uga.edu/publications/publications_usda.html may be helpful.

863   **Dill Pickles:** (pint jar or smaller), canned using a boiling water canner: Use the recipe in the *4-H Fair Recipe Book—Food Preservation*. The USDA recommended headspace for pickles: ½ inch. Canning label must be completed by member and affixed to the jar. Publications Home Canning Pickled and Fermented Foods (FCS3-582) at http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3582/FCS3582.pdf and USDA Complete Guide to Home Canning: https://nchfp.uga.edu/publications/publications_usda.html may be helpful

864   **Strawberry Jam:** (half pint or smaller jar), canned using a boiling water canner. Use the recipe in the *4-H Fair Recipe Book—Food Preservation*. The USDA recommended headspace for jam is ¼ inch. Canning label must be completed by member and affixed to the jar. Write the type of fruit used on the canning label. Publications FCS3-579 at http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3579/FCS3579.pdf and USDA Complete Guide to Home Canning: https://nchfp.uga.edu/publications/publications_usda.html may be helpful. Refrigerator and freezer jams are not appropriate for this class.

865   **Green Beans:** (One pint), canned using a pressure canner. Use the recipe in the *4-H Fair Recipe Book—Food Preservation*. Beans may be 'raw packed' or 'hot packed' but the packing method used must be indicated on the label. The USDA recommended headspace for green beans is 1 inch. Canning label must be completed by member and affixed to the jar. Publication FCS3-583 Home Canning Vegetables (http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3583/FCS3583.pdf and USDA Complete Guide to Home Canning: https://nchfp.uga.edu/publications/publications_usda.html may be helpful.

Dried Apples

2 to 3 apples of your choice
2 cups vitamin C-enriched apple juice (enough to cover the apples when sliced)
Cooking spray

1. If you are using an electric dehydrator, plug it in (so that it is not touching anything) with the lid on the base. If you are using an oven, slide oven racks to be 2 to 3 inches apart and turn on oven. Preheat dehydrator or oven to 140°F.
2. Wash apples under cool running water.
3. Place enough apple juice in a bowl to cover the apples when sliced.
4. Core and peel the apples. Cut away any bruised or damaged areas. Carefully cut apples into $1/8$-inch thick pieces, either as slices or rings.
5. To prevent browning, place the apple pieces into the bowl of juice as they are cut. Soak the apple pieces in the juice for 3 to 5 minutes.
6. Spray drying tray lightly with cooking spray. This will prevent sticking.
7. Remove the apple pieces from the juice, place briefly on paper towels to remove excess juice, and then place the pieces in a single layer on the drying tray. Place the drying tray into the preheated dehydrator or oven.
8. Dry at 140°F for approximately 6 to 12 hours in a dehydrator. Plan to start checking for doneness in 3 hours and check every hour or half-hour until done. Oven drying may take 12 to 24 hours. If using an oven, leave the door cracked open to allow moist air to escape. Place a fan outside the oven near the door to speed up drying time.
9. When dry, the apple pieces should be bendable, but not sticky. If a piece is folded in half, it should not stick to itself. You should not be able to squeeze any moisture from the fruit. Do not let the apples dry so long that they become crispy.
10. After drying, cool the dried apples 30 to 60 minutes before packaging. Packaging warm fruit could lead to sweating and mold growth.
11. Once they are cool, put the dried apples into a sealable airtight container. Label the container with the name of the fruit and the date.

UK Extension Publication HE 3-501 may be helpful.

For the fair: Place 12 pieces of dried fruit in a container which is an example of a container suitable for long term storage of dried fruit. Label package with kind of fruit and date processed. The container may be larger than needed for 12 pieces. Judging will be based on suitability of container, not size.

Boiling Water Canning

Follow these general instructions for boiling water canning Choice Salsa, Dill Pickles or Strawberry Jam.

Prepare canner and jars:
1. Assemble equipment and ingredients.
2. Place rack in bottom of boiling water canner. Fill canner half full with clean, hot water and place on burner. Turn heat on medium-high to heat water in canner to the temperature specified in each recipe (180°F, simmering, for hot packed Choice Salsa and Strawberry Jam; 140°F, almost simmering, for raw packed Dill Pickles).
3. Only use jars that were specifically made for home canning. (Do not re-use containers such as mayonnaise jars.) Use only the jar sizes specified in each recipe. Examine jars carefully. Discard any with cracks or chips in the rim. Examine ring bands and discard any with rust or bends.
4. Wash jars thoroughly in warm soapy water, rinse well, and place them in the canner to stay warm until ready to use.
5. Wash ring bands and prepare lids as instructed by the manufacturer.
6. Heat 3 to 4 cups hot water in a medium saucepan for adding to canner, if needed.

Prepare the recipe:
 As directed for each product.

Fill the jars:
1. Slowly remove jars from hot water with jar lifter. Carefully empty any water back into the canner. Place jars upright on towel-covered countertop or rack.
2. Fill jars as directed in each recipe, leaving the required headspace. Headspace is the gap between the top of the food and the top of the jar rim. Measure headspace with headspace tool or ruler to ensure it is correct.
3. Remove air bubbles by slowly moving bubble freer or nonmetal spatula gently in and out around the inside edge of each jar. Check headspace of each jar again and gently add or remove liquid with a small spoon, if needed.
4. Wipe jar rims with a clean, damp paper towel.
5. Apply lids according to manufacturer's directions. Turn band onto jars until fingertip tight. Fingertip tight is when you meet firm resistance as you turn the band onto the jar using your thumb and two fingers.

Boiling water processing:
1. Use a thermometer to check that the temperature of the water in the canner is the temperature specified in the recipe (180°F for Choice Salsa or Strawberry Jam; 140°F for Dill Pickles). Adjust burner higher or lower, if necessary.
2. Use a jar lifter to carefully place filled jars one at a time on the rack in the canner. Keep jars upright at all times. Make sure water is 1 to 2 inches above tops of jars. Add hot water from the saucepan if needed, pouring between jars rather than directly on top of jars.

3. Place lid on canner and turn heat to high. Bring water in canner to a strong boil and then start a timer, using the time specified in the recipe for your altitude. *Be sure to maintain a steady boil throughout the entire timing process.*
4. Once the timer goes off, turn off heat. Remove canner lid, lifting the underside of the lid away from you to direct the steam away from your face. Wait 5 minutes for the contents of the jars to settle.
5. After 5 minutes of cooling, remove jars from the canner one at a time using a jar lifter, keeping them upright. Be careful not to tilt them. Place jars at least 1 inch apart on a dry towel or cake-cooling rack. Place away from drafts of moving air.
6. Let jars cool, undisturbed, for 12 to 24 hours. Check jars for vacuum seals. The lids on sealed jars will be indented and will not flex when pressed.
7. Remove ring bands from sealed jars and wipe jars. Store in a cool, dark, dry place. Store unsealed or opened jars in the refrigerator and eat within one week.

Choice Salsa

Recipe is from the **Put It Up! Food Preservation for Youth** curriculum from the National Center for Home Food Processing and Preservation, University of Georgia Cooperative Extension and Clemson Cooperative Extension.

6 cups (about 5 pounds) tomatoes (red, orange, yellow or green)
9 cups (about 3 pounds) onions and/or peppers of any variety*
1½ cups commercially bottled lemon or lime juice
3 teaspoons canning or pickling salt
About 6 pint (or 12 half-pint) canning jars

*Red, yellow or white onions may be used and will slightly affect the overall flavor. More bell peppers make a milder salsa, while hot chili peppers make a spicier salsa. It is important to the safety of the salsa that you use no more than 9 cups total of onions and peppers.

1. Prepare canner and jars as directed in **Boiling Water Canning**, heating to 180°F (simmering).
2. *Peel tomatoes:* Fill a stockpot with enough water to cover several tomatoes at a time. Bring water to a boil while preparing tomatoes. Fill a large bowl with ice (if you have it) and cold water. Wash tomatoes. Cut an "x" in the non-stem end of tomatoes with the tip of a small knife. Place 2 to 3 tomatoes at a time in boiling water for 30 to 60 seconds or until skins split. Remove tomatoes with a slotted spoon and place in cold/ice water. Slip off tomato skins and discard them. Place tomatoes on a clean cutting board.
3. Carefully use a knife to remove the firm inner core from tomatoes. Coarsely chop tomatoes (into blueberry-sized pieces).
4. Peel, rinse, trim and dice onions in ¼-inch pieces.
5. *Bell peppers:* Rinse peppers. Remove stems, seeds and membranes. Dice peppers in ¼-inch pieces.
6. *If using hot peppers:* Place food handling gloves on both hands. Rinse and dry hot peppers. Remove stems and remove the seeds and membranes, unless you want more spicy heat. Dice hot peppers into very small pieces. Remove and discard gloves. Wash hands well.

7. Measure and combine 9 cups of peppers and onions with 6 cups of tomatoes in a large stockpot. You can vary the individual amounts of peppers and onions to suit your taste, but be sure that they measure 9 cups in total. Measure and add 1½ cups bottled lemon or lime juice and 3 teaspoons salt. Stir to mix ingredients evenly.
8. Heat to boiling over high heat and then reduce to a simmer and cook for 3 minutes, stirring as needed to prevent scorching.
9. Remove hot jars from canner and fill as directed in **Boiling Water Canning**, leaving ½-inch headspace. Use a jar funnel for neater filling and be sure to release air bubbles and adjust headspace if needed. Wipe jar rims and apply lids.
10. Process in a boiling water canner as directed in **Boiling Water Canning**. Process pint or half-pint jars for 15 minutes at altitudes of 1,000 feet or below; 20 minutes at altitudes of 1,001-6,000 feet.

For the fair: Replace ring band on jar, if it was removed for storage. Complete 4-H Canning Label and affix to jar.

Dill Pickles (recipe revised 10-14-2018)

Recipe is from the **Put It Up! Food Preservation for Youth** curriculum from the National Center for Home Food Processing and Preservation, University of Georgia Cooperative Extension and Clemson Cooperative Extension.

Ingredients below are for 6 to 7 pint jars

About 9 pounds (36) pickling cucumbers, 3 to 4 inches long
3 cups water
3 cups vinegar (5% acidity)
6 tablespoons canning salt
9 to 11 heads of fresh dill or 3 to 3½ tablespoons dried dill weed or dill seed
3 to 3 ½ tablespoons whole mustard seed
3 to 7 cloves of garlic (optional)
About 6 to 7 pint (or 12 to 14 half-pint) canning jars (use wide mouth jars for easier packing)

1. Prepare canner and jars as directed in **Boiling Water Canning**, heating to 140°F (almost simmering).
2. Rinse cucumbers in a colander immediately before using. Scrub well, giving special attention to the area around the stems.
3. Remove a $1/8$-inch slice off the blossom end of each cucumber and discard. If stem is still attached, cut off all but ¼ inch. Carefully slice the cucumbers lengthwise and then lengthwise again to create spears.
4. If using fresh dill, chop leaves finely with scissors, separating into small piles of 1½ heads per pile. If using garlic, peel and slice cloves into thin slices.
5. *Make the pickling brine:* Combine 3 cups water, 3 cups vinegar and 6 tablespoons salt in a large saucepan. Bring to a boil over high heat

6. Remove hot jars from canner as directed in **Boiling Water Canning**. Place 1½ heads of chopped fresh dill or 1½ teaspoons dried dill weed or dill seed in the bottom of each pint jar. Add 1½ teaspoons mustard seed to each pint jar. Add ½ to 1 clove of sliced garlic to each pint jar, if desired. (Use one-half those ingredient amounts if using half-pint jars.)
7. Pack cucumber spears tightly into the jars, leaving ½-inch or more of headspace. (If using half-pint jars, it may be necessary to trim the length of the cucumber spears.) Ladle boiling pickling solution over the cucumbers in the jars, leaving ½-inch headspace. Use a jar funnel for neater filling and be sure to release air bubbles and adjust headspace if needed, as directed in **Boiling Water Canning**. Wipe jar rims and apply lids.
8. Process in a boiling water canner as directed in **Boiling Water Canning**. Process pint or half-pint jars for 10 minutes at altitudes of 1,000 feet or below; 15 minutes at altitudes of 1,001-6,000 feet.
9. For best flavor, store sealed jars for 3 weeks before eating.

For the fair: Replace ring band on jar, if it was removed for storage. Complete the 4-H Canning Label and affix to jar.

Strawberry Jam (with Regular Pectin)

Recipe is from the **Put It Up! Food Preservation for** Youth curriculum from the National Center for Home Food Processing and Preservation, University of Georgia Cooperative Extension and Clemson Cooperative Extension.

5 cups crushed strawberries (about 4 pints strawberries)*
1 package powdered pectin
7 cups sugar
About 8 half-pint (or 16 4-ounce) canning jars

*Strawberry jam is best made with fresh-picked, in-season berries. If you use store-bought berries, be sure to mash them up very well or you will get a lot of floating fruit and trapped air in the final product.

1. Prepare the canner and jars as directed in **Boiling Water Canning**, heating to 180°F (simmering). If you are using 4-ounce jars and need to double-stack them, place a second canning rack on top of the first layer of jars. Continue to place jars in a single layer on top of this second rack.
2. Rinse strawberries in a colander immediately before using. Do not soak berries. Gently lift them out of water. Remove caps.
3. Cut out and discard bruised spots, if needed.
4. Thoroughly crush berries one layer at a time in a deep baking pan or cookie sheet using a potato masher. It is helpful to place a damp dish towel or slip-proof mat under the pan to prevent sliding.
5. Premeasure 7 cups sugar into a bowl and set aside.
6. Measure 5 cups crushed strawberries and add to a stockpot.
7. Add 1 package of regular pectin to strawberries and stir well. Turn burner under stockpot to high heat, stir constantly, and bring to a full boil (bubbles over the entire surface).

8. Add the premeasured 7 cups sugar, continue stirring, and heat again to a full rolling boil. Boil hard for 1 minute, stirring constantly. Do not boil longer. Longer boiling may damage the pectin bond, causing jam to soften.
9. Remove from heat; quickly skim foam from top with a slotted spoon.
10. Remove hot jars from canner and fill as directed in **Boiling Water Canning**, leaving ¼-inch headspace. Use a jar funnel for neater filling and check and adjust headspace if needed. Wipe jar rims and apply lids.
11. Process in a boiling water canner as directed in **Boiling Water Canning**. Process half-pint or 4-ounce jars for 10 minutes at altitudes up to 6,000 feet. If needed, 4-ounce jars can be stacked in the canner by placing a second rack on top of the first layer of jars and placing a second layer of jars on top of this rack. Make sure water is 1 to 2 inches above tops of all jars.

For the fair: Replace ring band on jar, if it was removed for storage. Complete 4-H Canning Label and affix to jar.

Preserved Food Labels

Product: Dried Apples
Date Packaged: _____

Product: Salsa

Date canned: _____

Which type of processing did you use?
_____ Boiling Water Canner
_____ Pressure Canner

Product: Dill Pickles
Date canned: _____

Which type of processing did you use?
_____ Boiling Water Canner
_____ Pressure Canner

Product: Strawberry Jam

Date canned: _____

Which type of processing did you use?
_____ Boiling Water Canner
_____ Pressure Canner

Product: Green Beans
Date canned: _____

When you packed the beans into the jar, did you use a raw pack or hot pack?
_____ Raw Pack   _____ Hot Pack

Which type of processing did you use?
_____ Boiling Water Canner
_____ Pressure Canner

Pressure Canning

Follow these general instructions for pressure canning Green Beans and other low-acid foods (vegetables, meats, poultry, and combination recipes).

Prepare canner and jars:
1. Assemble equipment and ingredients.
2. Place rack into pressure canner. Add 2 to 3 inches of water and place on burner. Turn burner on medium-high to heat water in canner to 140°F (almost simmering) for a raw pack, or 180°F (simmering) for a hot pack.
3. Only use jars that were specifically made for home canning. (Do not re-use containers such as mayonnaise jars.) Use only the jar sizes specified in the recipe. Examine jars carefully. Discard any with cracks or chips in the rim. Examine ring bands and discard any with rust or bends.
4. Wash jars thoroughly in warm soapy water and rinse well. To keep jars warm until use, either fill jars with hot water and place upright in the canner or cover jars with hot water in a clean, drain-plugged sink.
5. Wash ring bands and prepare lids as instructed by the manufacturer.

Prepare the recipe:
 As directed for raw pack or hot pack.

Fill the jars:
1. Remove jars from hot water with jar lifter and pour water out in sink (not in canner). Place jars upright on towel-covered countertop or rack.
2. Fill jars as directed in the recipe, leaving the required headspace. Headspace is the gap between the top of the food and the top of the jar rim. Measure headspace with headspace tool or ruler to ensure it is correct.
3. Remove air bubbles by slowly moving bubble freer or spatula gently in and out around the inside edge of each jar. Check headspace of each jar again and gently add or remove liquid with a small spoon, if needed.
4. Wipe jar rims with a clean, damp paper towel.
5. Apply lids according to manufacturer's directions. Turn band onto jars until fingertip tight. Fingertip tight is when you meet firm resistance as you turn the band onto the jar using your thumb and two fingers.

Pressure canner processing:
1. Use a thermometer to check that the temperature of the water in the canner is as specified in the recipe (140°F for a raw pack; 180°F for a hot pack). Adjust burner higher or lower, if necessary.
2. Use a jar lifter to carefully place filled jars one at a time on the rack in the canner. Keep jars upright at all times. Water level will rise, but should not cover jar tops. Remove water if needed.
3. Place lid on canner and close tightly, but leave the weight off the vent port. Turn heat to high. Wait until you see steam form a funnel as it comes out of the vent port, and then set a timer for 10 minutes. Allow steam to escape for 10 minutes to vent the canner (remove excess air).

4. After the canner has vented for 10 minutes, place the weight or close the vent port to begin pressurizing the canner.
5. Determine how many pounds of pressure are needed for processing at your altitude. For a weighted gauge canner, this is 10 pounds at altitudes of 1,000 feet and below; 15 pounds at altitudes above 1,000 feet. For a dial gauge canner, it is 11 pounds at altitudes of 2,000 feet and below; 12 pounds at altitudes of 2,001 to 4,000 feet; or 13 pounds at altitudes of 4,001 to 6,000 feet.
6. Wait until you can see and hear the weight steadily jiggling as recommended by the manufacturer (for a weighted gauge canner) or the dial indicates the recommended pressure (for a dial gauge canner). Set the timer for the processing time specified in the recipe. Once the recommended pressure is reached, you may lower the heat very slightly so that pressure does not rise too high, but be careful. *If at any time the pressure drops below the recommended level, you must bring the canner back to pressure and reset the timer to the full recommended processing time.*
7. When the timer sounds, turn off the heat. Allow the canner pressure to drop naturally as the canner cools. Wait until the pressure returns to 0 pounds (if the canner has a vent lock, it will drop) and then wait 2 more minutes. If the canner gives no indication of the remaining pressure, set a timer for 45 minutes to allow time for the pressure to drop to zero. Carefully check that the pressure is gone before removing the weight from the vent port.
8. After removing the weight, wait 10 minutes for the contents of the jars to settle. Remove the canner lid, lifting the underside of the lid away from you to direct the steam away from your face.
9. Remove jars from the canner one at a time using a jar lifter, keeping them upright. Be careful not to tilt them. Place jars at least 1 inch apart on a dry towel or cake-cooling rack. Place away from drafts of moving air.
10. Let jars cool, undisturbed, for 12 to 24 hours. Check jars for vacuum seals. The lids on sealed jars will be indented and will not flex when pressed.
11. Remove ring bands from sealed jars and wipe jars. Store in a cool, dark, dry place. Store unsealed or opened jars in the refrigerator and eat within one week.

Green Beans

Recipe is from the **Put It Up! Food Preservation for Youth** curriculum from the National Center for Home Food Processing and Preservation, University of Georgia Cooperative Extension and Clemson Cooperative Extension.

8 to 9 pounds green beans (¾ to 1 pound per pint)
9 cups water
4½ teaspoons canning salt (optional)
About 9 pint canning jars

1. Prepare the canner and jars as directed in **Pressure Canning**, heating to 140 °F (just below simmering) for a raw pack or 180°F (simmering) for a hot pack. See step 5, below.
2. Fill a large saucepan with 9 cups water to be used to fill jars. Cover saucepan with lid and turn heat on high to bring to a boil.

3. Use a colander to rinse beans. Discard any discolored or diseased bean pods.
4. Use your clean hands to snap the ends off the beans, and then snap the beans into 1-inch pieces. Or, use a small knife to cut off ends and slice into 1-inch pieces.
5. Green beans can be canned using either a raw pack or a hot pack. Raw packs are quicker, but hot packs tend to have the best color and flavor. *Choose one of the packs below for filling jars and process as directed.*

Raw Pack:
6. Remove jars from hot water as directed in **Pressure Canning**, pouring the water out in the sink (not in the canner).
7. Use a jar funnel and clean fingers to push raw beans tightly into hot jars, leaving 1-inch headspace.
8. Add ½ teaspoon salt to each jar, if desired.
9. Using a ladle, fill each jar with boiling hot water to cover beans, leaving 1-inch headspace.
10. Remove air bubbles and adjust headspace if needed, as directed in **Pressure Canning**. Wipe jar rims and apply lids.
11. Process pint jars for 20 minutes in a pressure canner, as directed in **Pressure Canning.** Be sure to vent the canner before pressurizing and use the correct processing pressure for your altitude and type of canner.

OR

Hot Pack:
6. Place beans into the boiling water in the saucepan for 5 minutes. Turn off heat.
7. Remove jars from hot water as directed in **Pressure Canning**, pouring the water out in the sink (not in the canner).
8. Use a jar funnel and slotted spoon to fill the hot jar with the heated beans, leaving 1-inch headspace. Repeat to fill each jar.
9. Add ½ teaspoon salt to each jar, if desired. Using a ladle, fill each jar with the boiling hot cooking liquid to cover the beans, leaving 1-inch headspace.
10. Remove air bubbles and adjust headspace if needed, as directed in **Pressure Canning**. Wipe jar rims and apply lids.
11. Process pint jars for 20 minutes in a pressure canner, as directed in **Pressure Canning.** Be sure to vent the canner before pressurizing and use the correct processing pressure for your altitude and type of canner.

For the fair: Replace ring band on jar, if it was removed for storage. Complete 4-H Canning Label and affix to jar.

Preserved Food Labels

Product: Dried Apples

Date Packaged: _____

Product: Salsa

Date canned: _____

Which type of processing did you use?
_____Boiling Water Canner
_____Pressure Canner

Product: Dill Pickles

Date canned: _____

Which type of processing did you use?
_____Boiling Water Canner
_____Pressure Canner

Product: Strawberry Jam

Date canned: _____

Which type of processing did you use?
_____Boiling Water Canner
_____Pressure Canner

Product: Green Beans

Date canned: _____

When you packed the beans into the jar, did you use a raw pack or hot pack?
_____Raw Pack   _____Hot Pack

Which type of processing did you use?
_____Boiling Water Canner
_____Pressure Canner

DIVISION 6027 - 4-H FORESTRY

Laurie Taylor Thomas, Extension Forester – Consultant

Project entry must meet all the requirements for the class; otherwise, the entry will be disqualified.

1.   See general rules applying to all 4-H exhibitors and general rules applying to all exhibits other than livestock listed in the State Fair catalog.
2.   Only one entry per 4-H member permitted in the Forestry Division.
3.   One entry per county for each category.
4.   Exhibitors are not to exceed the number of specimens listed for each class. If an exhibitor exceeds these numbers, the entry will be judged for blue, red and white ribbons, but will not be considered for top awards. If exhibit contains less than the correct number, it will be disqualified.

FIRST YEAR
703 Leaf Collection
Collection of 10 leaves representing 10 forest trees native to Kentucky. Mounting instructions in the forestry book, "4-H Forestry Project Unit I - Introducing Yourself to Trees" (4DF-01PA or most recent version) Activity #1 are to be followed.

704 Leaf Print Collection
Collect and print 10 leaves representing 10 forest trees native to Kentucky. Instructions in the forestry book, "4-H Forestry Project Unit I - Introducing Yourself to Trees" (4DF-01PA or most recent version) Activity #2 are to be followed.

SECOND YEAR

705 Leaf Collection-2nd year
Collection of 20 leaves representing 20 forest trees native to Kentucky. Mounting instructions in the forestry book, "4-H Forestry Project Unit I - Introducing Yourself to Trees" (4DF-01PA or most recent version) Activity #1 are to be followed.

706 Leaf Print Collection – 2nd year
Collect and print 20 leaves representing 20 forest trees native to Kentucky. Instructions in the forestry book, "4-H Forestry Project Unit I - Introducing Yourself to Trees" (4DF-01PA or most recent version) Activity #2 are to be followed.

707 Educational Exhibit – Forest Products
Develop a creative educational exhibit on a forest product produced in Kentucky. The product may be a traditional wood product (such as flooring or bourbon barrels) or a non-timber forest product (such as maple syrup, shitake mushrooms etc). The exhibit may utilize any visual technique. The total exhibit is not to exceed dimensions of 2' x 2', or four (4) square feet.

THIRD YEAR AND OVER

708 Educational Exhibit – Forest Health (Invasive Tree Insect or Invasive Tree Disease)
Develop a creative educational exhibit on a current invasive tree insect or invasive tree disease impacting Kentucky's forest trees. The exhibit may utilize any visual technique. The total is not to exceed dimensions of 3'x3', or nine (9) square feet.

709 Leaf Collection-3rd year
Collection of 30 leaves representing 30 forest trees -native to Kentucky. Mounting Instructions in "4-H Forestry Project Unit 1 - Introducing Yourself to Trees" (4DF-01PA or most recent version) Activity #1 are to be followed.

710 Leaf Print Collection – 3rd year
Collect and print 30 leaves representing 30 forest trees native to Kentucky. Instructions in the forestry book, "4-H Forestry Project Unit I - Introducing Yourself to Trees" (4DF-01PA or most recent version) Activity #2 are to be followed.

711 Leaf Collection – 4th year
Collection of 40 leaves representing 40 forest trees native to Kentucky. Mounting Instructions in the "4-H Forestry Project Unit I – Introducing Yourself to Trees" (4DF-01PA or most recent version) Activity #1 are to be followed.

712 Leaf Print Collection – 4th year
Collect and print 40 leaves representing 40 trees native to Kentucky. Instructions in the forest book, "4-H Forestry Project Unit 1 – Introducing Yourself to Trees" (4DF-01PA or most recent version) Activity #2 are to be followed.

713 Leaf Collection – 5th year
Collection of 50 leaves representing 50 forest trees native to Kentucky. Mounting Instructions in the "4-H Forestry Project Unit 1 – Introducing Yourself to Trees" (4DF-01PA or most recent version) Activity #1 are to be followed.

714 Leaf Print Collection – 5th year
Collect and print 50 leaves representing 50 trees native to Kentucky. Instructions in the forest book, "4-H Forestry Project Unit I – Introducing Yourself to Trees" (4DF-01PA or most recent version) Activity #2 are to be followed.

Revised 9/2024

DIVISION 6028 – GEOLOGY

Dr. Steve Greb, Kentucky Geological Survey - Consultant

Project entry must meet all the requirements for the class; otherwise, the entry may be disqualified. County agents should make sure that 4-H collections meet these requirements.

1. See general rules applying to all 4-H exhibitors and general rules applying to all exhibits other than livestock listed previously in this catalog.
2. Only one entry per 4-H member permitted in the Geology Division.
3. Only one entry per county per project year.
4. 4LO-11S0 Identification Card should be securely attached to the lower right-hand corner of the front of the box.
5. Ideally, display boxes:
   a. Should be no less than 14 inches and no more than 17 inches vertically and no less than 16 inches and no more than 24 inches horizontally to fit into state fair display cases. The depth of the display boxes should be no more than 4 inches.
   b. Should have an acrylic type cover (such as Plexiglas) that can be easily removed for judging.
   c. Hinges and locks must be flush and mounted on sides or top of boxes so boxes will sit level.
   Note: Cardboard or plastic boxes can be used but will not be eligible to receive Grand or Reserve Champion.
6. Ideally, each exhibit must be secured with a lock. Attach a key to the box with your name and county firmly attached to the key. Key will be returned to 4-H agent. Keep another key in case the state fair key is misplaced. (Note: if a cardboard or plastic box is used and the 4-Her is unable to attach a lock, the exhibitor enters the collection at their own risk – meaning the state fair and Kentucky 4-H Program are not responsible for stolen or lost items or specimens.)
7. If fabric is used, use a fabric glue to adhere entire piece of fabric to box. Suggested fabrics are felt or velveteen.
8. Rocks, minerals, and fossils should be firmly attached to the box. See Rule 12 for label information.
9. Boxes will be displayed on their side, not flat. Therefore, larger specimens must be attached near the lower portion of the box.
10. Rock, Mineral, and Fossil Identification Labels are available from the County Extension Agent for 4-H or 4-H the Kentucky Geological Survey (KGS) website (http://www.uky.edu/KGS/education/4H.htm). These are the only labels acceptable.
11. Specimens that are polished may lose points.
12. Exhibits may not be eligible for Class Champion if:
    a. Box does not fit in the size stated in rule 5
    b. Box contains too few or too many specimens
    c. Box does not have an acrylic cover (Plexiglas) that can be opened
    d. Labels are not correctly filled out (see instructions and examples at the KGS website http://www.uky.edu/KGS/education/4H.htm).
    e. Specimen is mounted jewelry
    f. The specimen is not clearly numbered on the label (the judge is unable to determine which specimen goes with which label).
    g. Specimens are not arranged in numerical order
    h. Duplicate specimens are used to reach minimum number. However, varieties of the same rock or mineral are acceptable if the specimen is identified by a different name (such as quartz, smoky quartz, amethyst, agate, chert, flint or calcite, Iceland spar, aragonite, travertine). Also, it is acceptable if the duplicate specimen has an adjective in front of the specimen (such as calcite, red calcite, or limestone, fossiliferous limestone, oolitic limestone). If each entry in that class has duplicate named specimens, then each entry may qualify for class champion, but will not be eligible for grand champion.
13. The following score card will be used to judge geology exhibits:

a. Correct identification and labeling - 5 points for each specimen (Collections will be judged more favorably that have different types of specimens, rather than many different varieties of the same rock, mineral, or fossil; such as gray limestone, light gray limestone, dark gray limestone, or red calcite, blue calcite, green calcite).
b. Cards/specimen: 1 point each that each specimen has the label completely filled out, along with specimen number.
c. Found on site: Since this is an exercise in becoming familiar with rocks, minerals, and fossils, an extra 1 point will be given for specimens that are found rather than purchased or given as gifts. (Be sure to ask permission if you have to enter private property. The Internet is a good place to search for rock clubs and geological surveys of your and other states for information on collecting localities.)
d. Neatness, arrangements, background - 20 points for total exhibit

14. Class champion will be selected in each class with a Grand Champion and Reserve Grand Champion selected from Class Champions.
15. 4-Hers entering fifth year and up cannot enter the same exhibit that has been judged in any previous State Fair.

Classes:

For each of the classes, specimens may consist of rocks, minerals, and or fossils. There is a separate label for rocks, minerals, and/or fossils (three different labels). Label and label instructions are available at the Kentucky Geological Survey website at http://www.uky.edu/KGS/education/4H.htm.

715: First year geology - consisting of 15 different specimens.

716: Second year Geology - consisting of 25 different specimens (up to 12 may be from previous project year; no more than 2 boxes)

717: Third Year Geology - consisting of 35 different specimens (up to 17 may be from previous project year; no more than 2 boxes)

718: Fourth Year Geology - consisting of 50 different specimens (up to 25 may be from previous project year; no more than 2 boxes)

719: Special collection for fifth year or more members - creative, advanced display of member's choosing which depicts a geological process, theme, story, or manufacturing process. Posters, notebooks and written narratives may be included.

Revised 9/2023

DIVISION 6015 – HORTICULTURE AND PLANT SCIENCE

A class of exhibits representing horticulture and plant science projects will be included in the Kentucky State Fair. Project entry must meet all the requirements for the class; otherwise, the entry will be disqualified. Entries will be limited to one project per class from each county. Examples of acceptable exhibits are listed below. Plants, photographs or other visual aids are necessary for most projects. Classes will be governed by the following:

a. Exhibits will be judged on the quality of the primary (horticulture) project work.
b. All plants exhibited MUST have been grown by the 4-Her for at least 6 months. Exceptions will be made with terrariums, dish gardens, and annual and vegetable bucket gardens which may have been grown for a shorter period of time.
c. Items improperly entered will be disqualified.
d. Exhibits entered with pesticide residue will be disqualified and disposed of.
e. Care will be provided for all plants. However, because of low light, air conditioning, etc., no guarantee can be made that the plants will be returned in their original condition. Plants are entered at the risk of the exhibitor.
f. Vegetable entries should be fresh, with the label on top of exhibit. Do not stick toothpicks in produce.

Securely attach the 4-H Identification Card to the exhibit in a location which can be seen by the public once the item is placed or displayed. Attach neatly with tape; punch a hole in the corner of the ID tag and attach with a string or rubber band; or attach card to a floral pick and insert in the pot.

Youth should NOT use garden soil in containers. Use well-drained, disease-free potting soil for all containers.

561 Environmental Awareness: Note: a one-page description of project must accompany entry item (type or printed neatly) to be eligible for entry. Examples include:
   a. Tree planting on city property, roadways, parks, etc.
   b. Home landscaping
   c. Composting

562 Production and Marketing: Examples include:
   a. Vegetable garden planted for home and/or market use.
   b. The planting, production, or management of fruit plantings.
   c. The planting, production, or management of trees, shrubs, greenhouse crops or garden perennials.

563 Experimental Horticulture: Note: a one-page description of project must accompany entry item (type or printed neatly) to be eligible for entry. Examples include:
   a. "Science fair" type of exhibit involving experimental work with plants
   b. Comparison of different varieties of vegetables or annual flowers
   c. Comparison of mulching or other cultural practices

564 Horticultural Project Exhibits: Note: a one-page description of project must accompany entry item (type or printed neatly) to be eligible for entry. Examples include:.
   a. How to propagate plants
   b. How to force spring bulbs
   c. How to start seeds
   d. How to graft cacti
   e. How to dry herbs

Plant Display: Youth should NOT use garden soil in containers. Use well-drained, disease-free potting media for all containers.
565 Terrariums
566 Dish gardens (desert or tropical)
567 Vegetable container gardens (grown in container - not dug out of the garden)
568 Annual container gardens (non-vegetable)
569 House plants
570 Hanging baskets
571 Herb container garden (labels are not required)
572 Window box display
573 Upcycle container garden (previously used container recycled, example, wood pallet garden)

574 Garden and/or Orchard Displays: The exhibitor may exhibit as many different fruits and/or vegetables from their garden as desired (minimum of five types). Any size or type of produce may be displayed in the 2 foot x 3 foot area provided for each exhibit. The exhibit must be in a display container (box or basket) which can be easily moved. Vegetables will not be returned to exhibitor. They will be judged as follows:

Quality of produce	40%
Attractiveness of container	30%
Uniformity and true-to-typeness	10%
Number of different types	15%
Labeling	5%

Vegetable Displays: 4-Hers may also exhibit plates of vegetables. A white paper plate for vegetables must be supplied by the exhibitor. These vegetables will not be returned to the exhibitor. Classes of vegetables will be limited to:

575 Tomato, cherry (5 per plate) Must be ripe (red or yellow color only) type
576 Tomato, beef steak (5 per plate)
577 Tomato, heirloom (5 per plate)
578 Peppers, hot (5 per plate)
579 Peppers, bell (5 per plate)
580 Peppers, sweet (5 per plate)
581 Cucumbers, slicing (5 per plate)
582 Cucumbers, pickling (5 per plate)
583 Beans, snap or lima (12 per plate)
584 Corn, sweet (in the husk with silks) (5 ears per plate)*
585 Cantaloupe (1 whole)
586 Squash, summer (3 per plate)
587 Eggplant (3 per plate)
588 Potato (5 per plate)

* Place ears of corn in a tote or plastic bag (such as a grocery bag). Sealed plastic bags (such as Ziplock bags) are not recommended because the sealed bags can cause the corn to mold and have a bad odor.

Vegetable Displays information continued on next page…

They will be judged as follows:

Condition	25%
Quality	20%
Uniformity	20%
True-To Type	20%
Size	15%

Consult Exhibiting and Judging Vegetables (4AH-16PA) to learn the characteristics of these criteria.

Largest Vegetable Displays: The largest vegetable may not be the highest quality, nevertheless, it is unique. The largest entry in each of the following classes will receive a class champion ribbon.

589 Largest Tomato (by weight); must be ripe (red or yellow color only)
590 Largest Pumpkin (by weight)
591 Largest Watermelon (by weight)

Revised 9/2023

DIVISION 6041 – 4-H LEADERSHIP

1. See General Rules applying to all 4H exhibitors and general rules applying to all 4H exhibits other than livestock.

2. Project entry must meet all the requirements for the class; otherwise, the entry will be disqualified.

3. Appropriate hangers for project work are any hardware permanently attached to the project that can be displayed on a metal grid work walls via a metal S hook, binder clip, or zip tie.

4. Exhibits MUST correspond to:
    a. Any project or activity from the Leadership (4-H Step Up to Leadership and Unlock Your Leadership Potential) and/or Communications project books.
    b. Only pages relevant to project are needed. Additional pages are allowed but will not be considered by the judges.
    c. The 4-H ID card (4LO-11SO) should be securely attached to the outside lower right corner of the outside cover. Inside, clearly indicate the pages that are to be judged. If the pages to be judged are not clearly marked then the last 2-4 pages of the book will be reviewed.
    d. THIS IS NOT A GENERAL SCRAPBOOKING CATEGORY The scrapbook format is a method of recording the Leadership experiences of youth who participate in these project areas. State Fair projects that do not demonstrate a clearly stated correspondence to a Leadership activity will not be considered for judging or will receive a white ribbon.

5. Exhibitors must be registered electronically through the State Fair Entry Department by the August deadline.

6. One exhibit per county per class. Exhibits that do not meet the established criteria will not be considered for judging.

7. An exhibitor is limited to one set of record pages in each division for a total of three (3) entries.

8. Counties are limited to one (1) entry in the Club Scrapbook division.

9. Exhibit must be in an 8 ½" x 11" or 12" x 12' notebook or scrapbook format. Format will allow a Leadership or Communication Portfolio to be developed and kept over multiple years.

10. Refer to the class entry to determine the required number of pages.

11. Photos should clearly address the theme or activity corresponding to the selected leadership project. Each photo should be explained with a 2-3 sentence journaling caption. One or two paragraphs of narrative explaining the project or activity should be included on the scrapbook pages. Clearly indicate pages to be judged. Additional pages beyond those required by the project will not be reviewed.

12. The Leadership Project should contain the following:

    a. 2 or more photos on each page;
    b. Each photo should be explained with captions (see #9);
    c. 1-2 paragraphs of narrative (see #9) on one of the pages;
    d. No additional pages of narrative are needed

11.   Photos can be taken by the 4-Her or another person. The pictures should clearly address the Leadership or Communication project that is selected. Pictures may be cropped as desired.

12.   Pages will be scored on: the *o*rganization of project (easy to follow and relevant to a Leadership Project), neatness, narrative content, caption content, photo content, and overall effectiveness of the project.

13.   A class champion will be selected for each individual class. A grand champion will be selected from the Leadership entries.

14.   Entries that do not meet the established criteria (see #10) may not be judged.

4-H LEADERSHIP PROJECT

927   <u>Junior Level</u>   2 pages based on an activity, program or project from the 4-H Leadership Curriculum or program. (ie. Club, activity, project, event)

928   <u>Senior Level</u>   4 pages based on an activity, program or project from the 4-H Leadership Curriculum or program. (ie. Club, activity, project, event).

DIVISION 6041-C SECRETARY SCRAPBOOK

929   4-H Club Scrapbook – Using pictures and captions tell about your 4-H Clubs year focusing on leadership, communications, and community service activities. (No limit on page numbers)

10/ 2023

DIVISION 6033 - 4-H Needlework Department
Isaac Hilpp, Senior Extension Specialist for 4-H Youth Development

1. **Classes in Division:** Classes 813A—838 (40 classes) (classes are not restricted to specific ages)

2. **Number of Entries Permitted:**
   a. County may submit ONE entry per class.
   b. Member may enter Three classes per category (categories are crochet, knitting, embroidery, and quilting) in the Needlework Division. (This means: a member's name may appear three times under each category on the county's Needlework Division invoice sheet.)

3. **General Rules:**
   a. See "General Rules Applying to All 4-H Exhibitors in the Kentucky State Fair" at www.kystatefair.org. Click on "Compete," then "Premium Book", then "4-H Exhibits."
   b. **Item must meet all requirements for the class**; otherwise, the entry will be disqualified.
   c. Items entered must have been completed by the exhibitor within the current program year.
   d. The decision of the judges is final.

4. **Unique Rules or Instructions:**
   a. Items must be "handmade" by the 4-H member. Items knit with a knitting machine or loom are not permitted.

5. **Additional Documentation Required**:
   a. If the pattern/instructions are not from the Kentucky 4-H Needlework Notebook, a copy of the pattern must be submitted with the exhibit. Label the pattern with entrant's name and county and attach to exhibit. Attach to item with a safety pin or binder clip. Patterns will be returned in county packets.

6. **Labeling:**
   a. Identification Card (4LO-11SO): The State Fair Entry system will generate this label. Safety pin the ID card to the outside of the item for public viewing.
   b. Small label: When the exhibit has multiple articles, safety pin a label with at least the county name to the inside of each article. Do not use straight pins. This label is needed in case multiple items become separated.

7. **Entry Instructions:** All exhibits are entered through the State Fair's electronic submission system by the county Extension staff.

8. **Awards:**
   a. Each entry that meets class requirements will receive a ribbon.
   b. A champion will be named in each class.
   c. An overall grand champion and a reserve champion will be selected.

CROCHET Category

813   **Small Crochet Item(s) made of medium (4) weight yarn:** Must include rows of single, half double and/or double crochet stitches. Such as: scarf, purse, belt, hat, pillow, two wash cloths (made from cotton yarn), or pair of slippers. Scarf must be at least 24" long.

814   **Large Crochet Item(s) made of medium (4) weight yarn:** Must include rows of single, half double and/or double crochet stitches. Such as: afghan, shawl, or vest.

815   **Crochet Item made entirely with novelty yarn:** Novelty yarn is any yarn other than medium (4) worsted weight yarn. Do not use standard medium (4) weight yarn. Must include rows of single, half double, and/or double crochet stitches**:** Such as: scarf, purse, belt, hat, pillow, pair of slippers, afghan, shawl, or vest. Scarf must be at least 24" long. Novelty yarn is any yarn other than medium (4) worsted weight yarn.

816   **Crocheted Item made using the Granny Square technique:** May use any weight yarn; may use a single or multiple colors of yarn. Such as: purse, shawl, afghan, or hat.

817   **Crocheted Item(s) made using intermediate skills/pattern crochet stitches:** Such as: hat, belt, scarf, pair of mittens, pillow, sweater, vest, shawl or baby blanket, doily (made from bedspread (0) weight thread) or set of 5 different ornaments (made from bedspread (0) weight thread using intermediate skills/stitches). Include one or more pattern stitches—shell, arch, diamond, bobble, snapdragon, popcorn, cross, puff, cluster, or seed/granite. Can include one or more colors. Scarf must be at least 24" long.

818   **Crochet Item using intermediate skills for shaping and fitting multiple pieces together:** Items must include increase and decrease. Such as stuffed toys or pair of slippers.

819   **Item or pair of items using advanced crochet skills:** include one or more of the following advanced skills: Beadwork, filet crochet creating plaids, geometric designs or checks; making novelty crochet articles.

820   **Item or pair of items using advanced crochet skills to create your own design**. Original designs must include a copy of directions, notes and diagrams used to create the items(s). Suggested items include: multi-colored hat, purse, collar (made with bedspread-weight cotton thread), sweater, jacket, afghan or coat.

HAND EMBROIDERY Category

All embroidery projects are to be a "finished" item (for example: the stitchery is framed or made into an item such as a pillow, wall hanging, pot holder, eyeglass holder, etc.) The embroidery design or slow stitched design can be created on a purchased item, such as a pillowcase, clothing, tote bag, purse, bib, or dishtowel. Items may be made from purchased kits that meet the individual project guidelines.

The sizes mentioned in the classes below (such as 5" X 7") relate to the amount of stitching, not the size of the fabric, frame, or finished item.

One Type of Embroidery Stitch:

821   **Redwork:** Embroidery item made with a single color of floss. Redwork uses red floss. Must use the stem stitch and have an embroidered area equivalent to 3X3 inches or larger.

822   **Stamped Cross Stitch:** Cross stitched design stamped (printed/drawn) on plain woven fabric and have an embroidered area equivalent to 3X3 inches or 2" x 16" border or larger.

Multiple Types of Embroidery Stitches:

823 **Stamped Embroidery:** Embroidery design printed/drawn on plain woven fabric or felt. Must include three or more of the following different stitches (stem/outline, lazy daisy, running, straight, French knot, satin, blanket, chain, or back stitch). May use more than one color of floss. Must have an embroidered area equivalent to 3X3 inches or larger.

824 **Free Embroidery:** Embroidery design used to embellish a base fabric without the design being drawn on the fabric. Must include three or more of the following different stitches (stem/outline, lazy daisy, running, straight, French knot, satin, blanket, chain, or back stitch). May use more than one color of floss. Must have an embroidered area equivalent to 3X3 inches or larger. Embroidery may embellish design lines on the item.

Charted Embroidery Using Large Cross or Snowflake Stitches:

825 **Cross Stitch on Gingham:** Embroider area equivalent to 5 x 7 inches or larger.

826 **Counted Cross Stitch on 11 Count Aida Cloth:** Must have an embroidered area equivalent to 5 x 7 inches or larger.

827 **Chicken Scratch on gingham**: Chicken Scratch (also known as Snowflake embroidery) on gingham fabric. Must have an embroidered area equivalent to 5 x 7 inches or larger.

Punch Needle

828 Punch Needle: Embroidered area equivalent to 6x6 inches or larger.

Charted Embroidery Using Specialty Cloth:

~~830~~ **Counted Cross Stitch on 14 Count Aida Cloth:** Must have an embroidered area equivalent to 5 x 7 inches or larger.

831 **Counted Cross Stitch using Waste Canvas:** Must have an embroidered area equivalent to 5 x 7 inches or larger.

832 **Huck Embroidery:** Huck embroidery on huck towel/toweling creating a minimum 2-inch wide border design or created on even-weave fabric such as Aida cloth. Embroidered area equivalent to 3 x 3 inches or larger. Such as bookmark, mug rug.

833 **Swedish Weaving:** Swedish weaving on monk's cloth creating a minimum of 6-inch wide border design.

Embroidery Using Advanced Skills:

834 **Ribbon Embroidery Using Silk Ribbon for 5 or More Embroidery Stitches**: Design may also include use of embroidery floss in addition to the silk ribbon.

835 **Counted Cross Stitch on 18 or 22 Count Even Weave or Aida Cloth**: Must have an embroidered area equivalent to 5 x 7 inches or larger.

836 **Needlework of any kind not included in any other category**: Purchased embroidery kit or original design on fabric accepted. Embroidered area equivalent to 5 x 5 inches or larger. Such as needlepoint, crewel work , Candlewicking, etc.

KNITTING Category

The objective is for youth to learn the skills involved in hand knitting with needles. Therefore, items made on a knitting loom or knitting machine are NOT to be entered and will not be judged.

837   **Small/simple knitted item(s):** Items such as a hat, small pillow, purse, scarf, belt, or two washcloths (no larger than 10" X 10" each); Use medium (4) worsted weight yarn. Wash cloths should be made from worsted weight 100% <u>cotton</u> yarn. Items are limited to those that include garter stitch, stockinette stitch, and/or ribbing stitch.

838   **Knitted Item created using Self-striping or Variegated Yarn(s):** Use some yarn other than single color medium (4) worsted weight yarn. Such as a purse, scarf, hat, leg warmers, finglerless mittens, etc.

839   **Larger/simple knitted item or pair of items:** Items such as a pair of mittens; pair of slippers, shawl, cowl, or ~~afghan~~ lap/baby blanket.May use yarn other than worsted weight yarn. Multiple colors and at least one pattern stitch may be used in addition to garter stitch, stockinette stitch, and/or ribbing stitch.

840   **Knitted project focused on Shape—Garment or Fashion Accessory:** Exhibit one item or a pair of items using pick up stitches, and/or knitting in the round. Item must include increase and/or decrease. May use yarns other than medium (4) worsted weight yarn. May include simple color changes (stripes or duplicate stitch). Ideas such as: gloves, hat, mittens, fingerless mittens, socks, skirt, sweater, or vest.

841   **Knitted project focused on Shape—Stuffed Toy:** Exhibit one item using pick up stitches, and/or knitting in the round. Item must include increase and/or decrease. May use yarns other than medium (4) worsted weight yarn. May include simple color changes (stripes or duplicate stitch).

843   **Knitted project focused on Color Design:** Exhibit one item or a pair of items using charted designs or your own design. Charted designs may include color changes such as Fair Isle, Intarsia, and/or Mosaic knitting. All entries must include a copy of directions, notes, and any diagrams used to create the item. Ideas such as: throw pillow, afghan (minimum size 45-x 60-inches), shawl, holiday stocking (, purse, pair of socks, sweater, etc.

844   **Knitted project focused on Textural Design:** Exhibit one item or pair of items using charted designs or your own design. Charted designs must include multiple pattern stitches such as Aran Isle knitting or lace knitting. Knitting with beads is also acceptable. All entries must include a copy of directions, notes, and any diagrams used to create the item. Ideas such as: throw pillow, afghan (minimum size 45-x 60-inches), shawl, holiday stocking, purse, pair of socks, sweater.

QUILTING Category

All projects are to follow these guidelines/requirements:

1. *Quilt must contain 3 layers: top (hand or machine stitched,) batting, backing.*
2. *If edge finish is not described in the class description the following are accepted options:*
   * *Stitched and turned- Backing is placed right sides together with top, stitched and turned. Opening is sewn closed. No binding needed.*
   * *Self-binding-Backing is brought to the front, folded, and stitched to the quilt.*
   * *Applied binding- Separate binding applied with mitered corners.*
   * *Decorative stitched edge- optional for Class #856 and #857*
3. *Quilting – minimum 4" apart, unless otherwise indicated in class description using the following methods:*
   * *Hand tack*
   * *Hand quilt*
   * *Use domestic sewing machine quilt*
   * *No long arm or hooped embroidery quilting accepted*
4. *Size is listed by class with measurements of perimeter (total outer edge measurement.) Ex. 120" = 30" square or 25" x 35" rectangle – or any other combination of 120". Can be smaller or larger as noted in class*

information.

5. *Hanging sleeve or tabs are optional except in #846.*

845 **Strip/String Quilt**: Use strips of varying widths to make 4-blocks, sewn together for the top. Stitched and turned or self-binding suggested. Perimeter not to exceed 132". Suitable for beginner.

846 **Wall Hanging**: Begin with a square or rectangle piece of focus fabric or printed panel. Add at least 2 borders to the center block/panel. Add fabric loops for hanging. Finish with stitch and turn. Quilting can be stitch-in-the-ditch or echo quilting. Perimeter not to exceed 132". Suitable for beginner. Hanging sleeve or tabs are required.

847 **Four Patch Runner**: Hand or machine piece 3 four patch blocks. Each four-patch must include at least two 6-inch square patchwork units made with square and/or rectangle pieces (ex. four patch, rail fence.) No triangle pieces. Finished quilt should measure 12"x 36". Stitch and turn or self-binding suggested. Suitable for advanced beginner.

848 **Quilt-As-You-Go Quilt**: Create a quilt using any quilt-as-you-go method. Add rows to the edge so that face fabric, batting and backing are attached to the previous piece. There is no additional quilting needed. Applied binding with mitered corners. Perimeter should not exceed 144". Suitable for the advanced beginner

849 **Small Patchwork Quilt:** Sew four 12" square blocks or nine 9" square blocks with sashing and/or borders. Triangle pieces and/or machine applique' are required. Hand or machine quilt. Applied binding with mitered corners. Finished quilt not to exceed 36" x 36 ".

850 **Dimensional Pieces, Miniature Scale or Landscape Design Quilt**: Create a quilt using dimensional pieces, miniature scale, or landscape design techniques. May include fused fabric, dimensional additions, hand or machine applique, free motion quilting and/or decorative edge finish. Finished quilt not to exceed a maximum of 100 inches perimeter.

851 **Squares or Strips Precut**: Sew a top using squares and/or strips. Pre-cuts acceptable. Applied binding with mitered corners. Perimeter not to exceed 200".

852 **Appliquè: Pillow with appliquè:** Hand applique design on a minimum of 4 blocks. Applique can be raw edge or turned edge. Sashing and border required. Quilting required. Perimeter not to exceed 120 inches. Applied binding with mitered corners.

853 **Foundation Paper Pieced Quilt:** Use foundation paper piecing techniques for the quilt top. Applied binding with mitered corners. Perimeter maximum 200".

854 **English Paper Piecing:** One-inch hexagons (7 total) sewn together by English Paper Piecing method to create 2 individual coasters using the stitched and turned method. Finished size is approximately 5" diameter. Optional: hexagon motif can be appliqued onto a larger fabric piece and be finished with batting and backing. Self-binding or attached binding is acceptable. Small amount of quilting is acceptable

855 **Non-traditional Fabrics Quilt:** Sew a pieced top using non-traditional materials such as t-shirts, ties, bandanas, or denim. T-shirts must have interfacing and have sashing separating each block. Cotton fabric or fleece may be used for backing. Quilting must be done by the 4-H'er and be appropriate for the design. Perimeter must be larger than 200".

856 **Original Design Quilt:** Quilt top created by the 4-H'er. Must submit original design with the quilt and an explanation of the techniques used in the quilt. Quilting must be done by the 4-Her and be appropriate for the design. Applied binding with mitered corners or decorative edge finish appropriate for the design. Perimeter minimum 144".

857 **Crazy Quilt Patchwork:** Blocks constructed of irregularly shaped fabric pieces (can be specialty fabrics) embellished with a combination of ribbon work, specialty thread, embroidery stitches, and/or beadwork creating a finished crazy quilt design. The design can be created by hand or machine. The border is

optional. Hand tacking is the suggested quilting method. Applied binding with mitered corners or decorative edge finish accepted. Minimum perimeter size 48" but not to exceed a perimeter of 160".

Division 6030 – 4-H PHOTOGRAPHY

1. See General Rules applying to all 4-H exhibitors and general rules applying to all 4-H exhibits other than livestock listed previously in this catalog.

2. Specifications for exhibits:
   a. All general photography classes are taken from 4-H Photography Core Curriculum (i.e. Focus on Photography, Controlling the Image and Mastering Photography).Then the classes are organized into the Kentucky Core Curriculum.
   b. Each county may have one (1) entry per class in both general photography and horticulture photography. Only one entry per class per county.
   c. General photography: 4-Hers can enter 6 classes per year.
   d. Horticulture photography: a 4-H'er may enter any of the classes in addition to general photography.
   e. All pictures must be made since the last State Fair.
   f. All classes *(including Horticulture)* WITH ONE PHOTOGRAPH MUST BE MOUNTED ON WHITE 10"x 16" MAT BOARD-available via order entry (no poster board or foam core board accepted). Single photographs are limited to up to a maximum size of 8"x 12". Pictures cannot be framed or matted with colored mat board.
   g. All classes *(including Horticulture)* WITH MULTIPLE PHOTOGRAPHS (More than 1 photograph) MUST BE MOUNTED ON WHITE16" x 20" MAT BOARD (no poster board or foam core board accepted). Pictures cannot be framed or matted with colored mat board.
   h. Each picture must be mounted securely. Rubber cement or dry mounting tissue is recommended. Do not use photo mounting corners.
   i. Entries must use current identification tag securely mounted to front of the mat board in the *Lower right corner*. Note: Identification tag should NOT cover photo or hang over edge of the board.
   j. **Photos (except horticulture classes) must include the following a description. The description must be typed, on white paper or label and placed on the back of the matboard. The description must include the following:**
      - **Class**
      - **Subject**
      - **Location**
      - **Equipment Used (Specific Camera, if a Point and Shoot Camera, cell phone photograph, or DSLR); If using Point and Shoot or DSLR camera, please list specific Lens, Tripod, Trigger Release, Lighting, etc…)**
      - **Skill Applied from 4-H Photography Curriculum [specific page from curricula guide should be listed]**
   k. Absolutely nothing on front of mat board except photographs, and ID tag. Any other required materials are to be mounted on the back.
   l. If an entry does not fit class descriptions, it will be given a participation award.

3. Appropriate hangers for project work is any hardware permanently attached to the project that can be displayed on a metal grid work walls via metal S hook, binder clip, or zip tie. ***NOTE: mat board and canvas can be displayed utilizing binder clips.

4. Project entry must meet all the requirements for the class; otherwise, the entry will be disqualified.

5. Photography will be judged on, but not limited to: Technical, impact, composition, creativity, presentation, and the ability of the picture to tell a story.

Natural Resources

764a   Forest – Photograph showing Forest (*large area dominated by trees*) and/or Forestry Activities

764b   Water – Photograph showing still or moving natural water system or water activity

764c   Wildlife – Photograph showing unrestrained and live wildlife in natural habitat; Domestic animals are not permitted

764d   Natural Scenic – Photograph showing natural scene [manmade object not as subject of photograph

764e   Native Plants – 1 – 5 Photograph(s) of Kentucky Native Flora in natural area [not garden] - a plant that occurs naturally in the place where it evolved.

764f   Insect – Photograph of insect(s) unrestrained and live in natural habitat

Agriculture

765a   Livestock – Photograph uses livestock as the main subject.

765b   Crops – Photograph uses crops as main focus.

765c   Life Cycle – 1-5 photograph(s) clearly showing at least one phase of life cycle (birth, growth, death).

765d   Agriculture Scenic – Landscape photograph with agriculture as the main focus.

765e   Farm Equipment/Implement – Photograph with agriculture equipment/implement as main subject.

765f   Companion Animal – 1 photograph with a companion animal as the subject.

Leadership

766a   Formal/Candid Portrait – Photograph that shows a person as the main subject. [A formal portrait is not a snapshot but a carefully arranged pose under effective lighting conditions and a candid photograph is a photograph captured without creating a posed appearance.]

766b   Urban Scenic – Landscape Photograph showing an urban setting as the main subject.

766c   Event – 1-5 Photograph(s) that are focused on a community event.

766d   Service – Photograph that displays service learning (community service) as the main subject.

766e   4-H Event – 1-5 Photograph(s) that cover a 4-H event you attended.

766f   National/International – 1-5 Photograph(s) that focus on a National or International experience.

FCS

767a   Family – Portrait or Candid Photograph of family members or event

767b   Food Preparation – 1 – 5 Photograph(s) showing meal or single food item preparation

767c   Culture – Photograph showing unique perspective of local or global culture

767d   Fashion Portrait – Portrait Photograph with modeled fashion as the primary subject

767e   Patterns/Design – Photograph Showing Natural or Manmade Pattern / Design

767f   Residential – 1 – 5 Photograph(s) showing residence or residential area from inside and outside.

SET

768a   Mechanics – 1 – 5 Photograph(s) showing the applied concept of force and energy.

768b   Architecture – Photograph showing the product of planning, designing, and constructing buildings or any other structures.

768c   Energy – Showing the creation or expulsion of energy

768d   Movement – 1 – 5 Photograph(s) of object showing movement [manmade]

768e   Construction – 1 – 5 Photograph(s) showing the steps of construction for any built structure

768f   Machinery/Equipment – Photograph showing machinery or equipment used in construction, engineering, or repair.

Health

769a   Physical Activity – Photograph that shows physical activity as the main subject.

769b   Competitive Sports – Photograph that shows a sport as the main subject.

769c   Healthy Lifestyle – Photograph that expresses healthy lifestyles as the main subject.

769d   Healthy Foods – 1-5 Photographs focused on healthy food or meal choices.

769e   Careers in Health – 1-5 Photographs that focus on Careers in the health and service fields as the main focus (ex. Fire, law, medicine, emergency, education).

769f   Dealing with Stress – Photograph that illustrates a hobby or interest that helps an individual reduce stress.

Communications/Expressive Arts

770a   Music – Photograph showing music (written or performed)

770b   Instrument/Art Utensils – Still life photograph using musical instruments or art equipment as primary subject

770c   Cultural Arts Event – 1 – 5 Photograph(s) showing attended cultural arts event (Art Show, Musical Performance, etc.)

770d   Arts Creation – 1 – 5 Photograph(s) with the **design, construction, and/or creation** of art as the primary subject

770e   Created Art in Your Community – 1 – 5 Photographs **showing completed** local art in your county.

770f   Word(s) – Single word spelled out using built or natural environment or words within the community with personal significance or meaning.

HORTICULTURAL PHOTOGRAPHY EXHIBITIONS

Horticulture is the science, art, technology and business concerned with intensively cultivated plants that are used by people for food, for medicinal purposes, and for aesthetic gratification.

Horticulture is divided into two categories:

The cultivation of plants for food (pomology and olericulture):
- Pomology deals with fruit and nut crops. (not included in photography classes)
- Olericulture deals with herbaceous plants for the kitchen, including, for example, carrots (edible root), asparagus (edible stem), lettuce (edible leaf), cauliflower (edible flower), tomatoes (edible fruit), and peas (edible seed). (included in photography classes)

Plants for ornament (floriculture and landscape horticulture).
- Floriculture deals with the production of flowers and ornamental plants; generally, cut flowers, pot plants, and greenery. (included in photography classes)
- Landscape horticulture is a broad category that includes plants for the landscape, including lawn turf, but particularly nursery crops such as shrubs, trees, and climbers. (not included in photography classes)

For the purposes of the Kentucky 4- Horticulture Photography Contest, only photographs representing the areas of <u>Olericulture</u> and <u>Floriculture</u> will be accepted.

NJHA Contest: Entries in the following classes may also participate in the National Junior Horticulture Association Photography Exhibition. It is the responsibility of the individual to submit all required entry forms and follow all rules set out by NJHA organization to participate. States are not limited in the number of entries. See web site for details: **www.njha.org**

HORTICULTURAL PHOTOGRAPHY CLASSES

771   Single black and white. Horticultural subject or activity. (Maximum size: 8" x 12")
772   Single color. Horticultural subject or activity. (Maximum size: 8" x 12")
773   Sequence of 4 photographs. B&W or Color representing a horticultural event or activity that tells a visual story, chronologically, without the use of words.
774   Horticulture collection (B&W or color), consisting of 6 photographs.

A Grand and Reserve Champion will be selected from class champions in Horticulture Photography.

Revised: 10/2023

DIVISION 6032 - 4-H SEWING
Isaac Hilpp Senior Extension Specialist for 4-H Youth Development

1. **Classes in Division:** twelve Junior Classes 790A-799B; eleven Senior Classes 800-810.

2. **Number of Entries Permitted:**
   a. County may submit ONE entry per class.
   b. A member may enter up to three classes within their age division in the Sewing Division. (This means: a member's name may appear up to three times in the junior age division or the senior age division but cannot appear in both age divisions on the county's Sewing Division invoice sheet.)

3. **General Rules:**
   a. See "General Rules Applying to All 4-H Exhibitors in the Kentucky State Fair" at www.kystatefair.org. Click on "Competition," then "Premium Book", then "4-H Exhibits."
   b. **Item must meet all requirements for the class**; otherwise, the entry will be disqualified.
   c. Items entered must have been completed by the exhibitor within the current program year.
   d. The decision of the judges is final.

4. **Unique Rules or Instructions:**
   a. Items must be "handmade"; no ready-to-wear/factory made items will be accepted for judging.
   b. Articles of clothing for "Clothing Option" classes are to be made by and constructed for the 4-H member to wear. Doll clothing does not meet the requirement for Clothing Option classes**.**
   c. Send **NO additional** accessories or undergarment with any sewing entry unless it was constructed as a part of the project.
   d. Specific number of items: In classes where there is to be a specified number of articles exhibited and the entry contains more, the judges will be instructed to have the agent who submits the article(s) make the decision on which item(s) are to be judged. In those cases where the situation was not discovered before entry was made, the article(s) to be judged will be left to the discretion of the judges.
   e. Complete outfit: The definition of a "complete outfit" is an item or items that cover the top and bottom of the body. To be considered a top, a jacket or robe, it must include a front or back closure. Open front tops that require an under shirt do not count as a complete outfit unless the under shirt is also constructed by the member.

5. **Additional Documentation Required:**
   a. Documentation is required only in Junior Unit VI non-clothing option, Up Cycle Jr & Sr, and Smart Clothing Jr & Sr projects.
      i. Documentation may be handwritten or printed by computer on 8.5" X 11" paper.
      ii. Insert documentation into folder or plastic sheet protector. Attach it to the item using a safety pin or binder clip.

6. **Labeling:**
   a. Identification Card (4IO-11SO): The State Fair Entry system will generate this label. Safety pin the ID card to the outside of the item for public viewing.
   b. Small label: Safety pin a small label with at least the county name on it inside of each article. Do not use straight pins. This label is needed in case garments become separated.

7. **Entry Instructions:** All exhibits are entered through the State Fair's electronic submission system by the county Extension staff.

8. **Awards:**
   a. Each entry that meets class requirements will receive a ribbon.
   b. A champion will be named in each class.
   c. An overall grand champion and reserve champion will be selected.

9. **Class Descriptions:**

Junior Division for 4-H'ers Ages 9-13

Junior members may complete the projects in any order and may repeat a level for more than one year. The curriculum includes instructions for making "practice" items; the practice items do not fit in classes in the Clothing Division.

Unit I – Let's Learn to Sew: Beginner skills; See Publication: http://www.ca.uky.edu/agc/pubs/4jd/4jd01pb/4jd01pb.pdf , pages 3-20 and 55-56.

790A   Unit I Clothing Option: Shorts, pants, or skirt with casing waistline (elastic and/or drawstring). *Garment must be made from woven fabric and include the following: straight machine stitching, appropriate visible seam finish, and machine stitched hem. This class is for youth ages 9-13.*

790B   Unit I Non Clothing Option: Apron or a Carrier Bag (ie: drawstring backpack, shoulder bag, tote bag or laundry bag) The bag must include some type of handle. Item must be made from woven fabric and include the following: straight machine stitching, appropriate visible seam finish, and a casing. Machine stitched hem on apron is acceptable. Practice projects (travel kit and tissue holder) are not to be entered. This class is for youth ages 9-13.

Unit II – Let's Get to the Bottom: Beginner skills; See Publication: http://www.ca.uky.edu/agc/pubs/4jd/4jd01pb/4jd01pb.pdf , pages 21-38 and 55-56.

791   Unit II Clothing Option: Skirt, shorts or pants. *Exhibit must be made from woven fabric and include the following: enclosed seams, appropriate seam finish, interfacing, zipper, and a facing or waistband. This class is for youth ages 9-13.*

792   Unit II Non Clothing Option: Bag with zipper (i.e. tote bag/purse, garment bag, sling-type bag or duffle/gym bag). Exhibit must be made from woven fabric and include the following: enclosed seams, appropriate seam finish, interfacing, and zipper. Practice projects (book cover, zippered travel bag) are not to be entered, This class is for youth ages 9-13.

Unit III – Top It Off: Beginner skills; See Publication: http://www.ca.uky.edu/agc/pubs/4jd/4jd01pb/4jd01pb.pdf , pages 39-52 and 55-56.

793   Unit III Clothing Option: Shirt, simple jacket, one piece dress with no waistline, cape with a hood or collar, bathrobe, or vest with lining or facing. *Garment must be made from woven fabric and include the following: buttons and buttonholes. A simple lining, trim, collar, and sleeves may be included but are not required. This class is for youth ages 9-13.*

794   Unit III Non Clothing Option: Backpack or sports bag with lining or facing, applied trim, and button/buttonhole closure. Practice projects (hanger cover, pillow case with button closure, gift bag) are not to be entered. *This class is for youth ages 9-13.*

Unit IV – Stretch Your Knit Skills: Beginner skills; See Publication: http://www.ca.uky.edu/agc/pubs/4jd/4jd01pb/4jd01pb.pdf , pages 45-48 and 55-56.

795   Unit IV Stretch Your Knit Skills: 1 or 2 piece complete outfit made from knit fabric; such as a dress, top and bottom, pajamas, or nightshirt. **All** g*arment pieces must be made from knit fabric with a limited amount of one-way stretch; rib knit may be included for neckband and arm/leg band trim only. This class is for youth ages 9-13.*

Unit V – Moving on Up: Intermediate skills; See publication: http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/junior_unit_v_moving_on_up.pdf

796   Unit V Moving on Up: one-piece complete outfit made from woven fabric; such as a dress, coveralls, or jumpsuit. Item must include at least a zipper and/or buttons and buttonholes. A waistline simple lining, trim, collar, and sleeves may be included but are not required. This class is for youth ages 9-13.

Unit VI – Put it All Together; See Publication: http://www.ca.uky.edu/agc/pubs/4jd/4jd01pb/4jd01pb.pdf , pp. 49-56.

797   Unit VI Put It All Together Clothing Option: 2 or 3 piece complete coordinating outfit; such as athletic wear; dress with jacket or coat, swimwear with cover-up, jacket or shirt with slacks/ skirt. *At least one piece must include sleeves and a collar/hood. No* simple *casings. Fabric choice may be woven, knit or a combination of the two. This class is for youth ages 9-13.*

798   Unit VI Put It All Together Non-Clothing Option: Download a pattern from site of your choice for tote bag, purse, luggage, etc. Be creative with your design. Required elements: Pockets, functional zipper; and creative stitchery or applied trim to personalize your bag. If bag is not lined, the seam allowances must be finished with a bound seam finish. Optional elements: lining, button(s), hook and loop tape, or snap(s). This class is for youth ages 9-13. **In the documentation include** your name, your county, the name of the unit, class entered, cost, and the design source.

Unit: Up Cycle It!—for youth ages 9-13 with advanced sewing skills; See publication: https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/upcycle_project_jr_and_sr.pdf

799A   Up Cycle It! Junior clothing option—item sewn from repurposed garments or household fabric goods and documentation folder. Recycled fabric is to be the major component of the item. Documentation required, include: your name, your county, unit, class entered, a "before" photo of all repurposed items used; source of the fabric or garment; how the design was created; and any design drawings that were used in the creation. Place documentation in a folder or plastic sheet protector.
"Deconstructed" t-shirts which do not include sewing skills do not fit this class. Items for the home do NOT fit this class. Items which do not include sewing as a major means of reconstruction are not eligible for this class. See publication. This class is for youth ages 9-13 with sewing skills.

799B   Upcycle It! Non-clothing option: accessories sewn from repurposed garments or household fabric goods and documentation folder. Such as; tote bag, hat, luggage, purse, etc. Documentation required, include: your name, your county, unit, class entered, a "before" photo of all repurposed items used; source of the fabric/garment; how the design was created; and any design drawings that were used in the creation. Items for the home do not fit this class. Place documentation in a folder or plastic sheet protector. This class is for youth ages 9-13 with sewing skills

Senior Division for 4-Hers, age 14-18

Senior members may complete the projects in any order and may repeat a level for more than one year.

Unit: Let's Be Casual- for ages 14-18. *(Ask your county 4-H agent for a copy or s*ee publication: http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior_unit_1_a_lets_be_casual.pdf)

800   Let's Be Casual--Clothing Option: 1 or 2 piece complete outfit made from knit or woven fabric such as a dress, top and bottom, romper, simple pajamas, or robe. This class is for youth ages 14-18.

801   Let's Be Casual--Non Clothing Option: 2 coordinating fabric accessories from the following: apron, oven or BBQ mitt, wallet, garment bag, purse, backpack or duffel bag. This class is for youth ages 14-18.

Unit: Dress It Up- for ages 14-18. *(Ask your county 4-H agent for a copy or s*ee publication: https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior_unit_1_b_dress_it_up_0.pdf)

802   Dress It Up--1 or 2 piece complete "dressy" outfit, such as a dress, suit, pantsuit, sport coat and slacks. Fabric choice may be woven, knit or a combination of the two. This class is for youth ages 14-18.

Unit: Match It Up- for ages 14-18. *(Ask your county 4-H agent for a copy or s*ee publication: https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior_unit_1_c_match_it_up.pdf)

803   Match It Up--Clothing Option: Choose at least one item from each group to make a complete 3 or 4 piece coordinated outfit:
- Shorts, pants, or skirt
- Top, blouse, or shirt
- Vest, jacket, or sweater

At least one piece is required to have regulation set in sleeves. Fabric choice may be woven, knit or a combination of the two. An accessory item may be included as the fourth piece. This class is for youth ages 14-18.

804   Match It Up--Non Clothing Option: 3 or 4 piece coordinating sport/luggage/travel or fashion accessories set. Ideas include, but are not limited to, a wallet, purse, device carrier, backpack, duffel bag, gym bag or bag for bike or vehicle. Among the items chosen, the set must include the use of applied trim, pockets and at least one zipper. This class is for youth ages 14-18.

Unit: Creative Expression for ages 14-18. *(Ask your county 4-H agent for a copy or s*ee publication: https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior_unit_1_d_creative_expressions.pdf)

805   Creative Expression--Clothing Option: Construct a complete outfit for one of the following activities:
- Holiday, theater, cosplay, or historic costume
- Uniform for medical profession, cheerleader, dancer, etc.
- Riding apparel

This class is for youth ages 14-18.

806   Creative Expression--Non Clothing Option: Select one of the following and construct a:
- Fabric doll or animal with a wardrobe of two outfits
- Creative accessories such as; gauntlets, tote, hat, purse, etc.
- Machine appliquéd specialty flag or decorative banner (minimum size 24 inches x 24 inches)

This class is for youth ages 14-18.

Unit: Leisure Time- for ages 14-18 with advanced skills. *(Ask your county 4-H agent for a copy or s*ee publication**:** https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior_unit_2_a_leisure_time_1.pdf)

807   Leisure Time--Clothing Option: 2 or 3 piece complete outfit. Choose from the following:
- Athletic wear such as yoga, cycling, warm-up, bathing suit and cover-up, tennis wear, etc.
- Pajamas and robe (must use specialty fabric such as terry cloth, flannel, fleece, nylon tricot)
- Raincoat and hat or rain suit

This class is for youth ages 14-18.

Unit: Formal Affair- for youth ages 14-18 with advanced skills. *(Ask your county 4-H agent for a copy or s*ee publication: https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior_unit_2_b_formal_affair_2.pdf)

808   Formal Affair--1 or 2 piece complete outfit, such as a prom dress, bridesmaid dress, or tuxedo. Fabric choice may be woven, knit or a combination of the two. This class is for youth ages 14-18.

Unit: Up Cycle It!—for youth ages 14-18 with advanced sewing skills; See publication: https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/upcycle_project_jr_and_sr.pdf

809A   Up Cycle It! Senior Clothing option— item sewn from repurposed garments or household fabric goods and documentation folder. Recycled fabric is to be the major component of the item. Documentation required, include: your name, your county, unit, class entered, a "before" photo of all repurposed items used; source of the fabric or garment; how the design was created; and any design drawings that were used in the creation. Place documentation in a folder or plastic sheet protector.
"Deconstructed" t-shirts which do not include sewing skills do not fit this class. Items for the home do NOT fit this class. Items which do not include sewing as a major means of reconstruction are not eligible for this class. See publication. This class is for youth ages 14-18 with sewing skills.

809B   Upcycle It! Senior Non-clothing option: accessories sewn from repurposed garments or household fabric goods and documentation folder. Such as; tote bag, hat, luggage, purse, etc. Items for the home do NOT fit this class. Documentation required, include: your name, your county, unit, class entered, a "before" photo of all repurposed items used; source of the fabric/garment; how the design was created; and any design drawings that were used in the creation. Place documentation in a folder or plastic sheet protector. This class is for youth ages 9-13 with sewing skills.

Unit: Outerwear- for youth ages 14-18

810   Outerwear: Construct an outerwear garment such as coat, jacket, cape, vest, parka, rainwear, etc. Must include zipper and/or button/buttonhole. Must include hood, collar or facing. This class is for youth ages 14-18 with sewing skills.

Revised 10/14/22

Division 6042- Kentucky 4-H Trends

See General Rules applying to all 4-H exhibitors and general rules applying to 4-H exhibits listed previously in this catalog.

1. A county is limited to one entry per class. A member may enter up to 3 classes within the 4-H Trends Division. (This means: a member's name could appear in the same level up to 3 times on the county's Clover Division invoice sheet.)

2. All items must have been made since the last State Fair.

3. Each exhibit must be properly labeled. Place ID tag (4LO-11SO) in the most visible place on the exhibit, preferably on the lower right-hand corner. Labels may be securely taped, attached with a rubber band through a hole in the corner or safety pinned (fabric items). To insure that all parts of the exhibit make it back to the county, "hide" a small label (with a minimum of the county name) on EVERY parts that might become separated from others; these should not be visible to the public when displayed.

4. All photography classes with one photograph must be mounted on 10"x 16" MAT BOARD-available via order entry (no poster board or foam core board accepted). Single photographs are limited to up to a maximum size of 8"x 12".

5. Each picture must be mounted securely. Rubber cement or dry mounting tissue is recommended. Do not use photo mounting corners.

6. All entries must follow the specifications and rules listed in their class in order to be named champion.

7. Junior division includes ages 9-13; Senior division includes ages 14-18.

Upcycling Project

Upcycling is taking something that you are throwing away and making it into something that maintains or improves the quality of the materials. Example: There are coin purses made from sweaters, earrings cut out of vinyl records and an old travel case made into a clock. The designs will be judged on quality, use, and creativity.   Entries are limited to one entry per class per county.

1050 Junior Upcycling Project
1051 Senior Upcycling Project

4-H Cake/Cupcake Decorating

1. Entry consists of a decorated (Styrofoam) cake.
2. Styrofoam MUST be the base for the decorating. Real cakes will NOT be accepted.
3. Judging is based on decoration only not taste.
4. Exhibit is not limited to a color or design.
5. Refrigeration will NOT be provided.
6. Exhibit must be limited in size to no taller than 24" and no more than ½ sheet board.
7. Cakes may be returned, based on the condition at the end of the fair.
8. 4-H identification cards must be attached to bottom right hand corner of sheet board.

1060   Junior 4-H Cake Decorating (Cake must include the 4-H Clover either in design or decoration)
1061   Senior 4-H Cake Decorating (Cake must include the 4-H Clover either in design or decoration)
1062   Junior General Cake Decorating
1063   Senior General Cake Decorating
1070   Junior 4-H Cup Cake Decorating
1071   Senior 4-H Cup Cake Decorating
1072   Junior General 4-H Cup Cake Decorating
1073   Senior General Cup Cake Decorating

Revised 10/23

DIVISION 6025 – WOOD SCIENCE

Project entry must meet all the requirements for the class; otherwise, the entry will be disqualified.

1. See general rules applying to all 4-H exhibitors and general rules applying to 4-H exhibits other than livestock.
2. Reference materials include the Kentucky 4-H Woodworking Program Youth Project Guides and the National 4-H Woodworking Wonders Youth Activity Guides.
3. Limit of one entry per county per class.
4. An exhibitor may enter only one wood science class per year.
5. Class Champions will be selected in each class and a Grand Champion and Reserve Champion will be selected overall.

674 Level 1, made from a kit. Simple items which have pre-cut and pre-drilled parts and youth demonstrate knowledge of assembly, selection and use of fasteners (nails, screws and/or glue), sanding techniques, and appropriate finishes. (Examples could include but not limited to: small bird house, non-hopper bird feeder, etc.) Item must demonstrate skill with fasteners, sanding and appropriate finish (no puzzles).

675 Level 1, NOT from a kit. Simple constructed wood item showing knowledge of hand tools, wood selection, cutting, drilling, usage of fasteners (nails, screws and/or glue), sanding techniques, and appropriate finishes. (Examples could include but not limited to: napkin holder, letter holder, simple picture frame, wire wiggly, towel holder, serving tray, jewelry box, small flag holder, 4-H book ends, airplane, hurricane lamp, trivet (pot holder), etc.)

676 Level 2, made from a kit. More elaborate items which require proper cutting, drilling and youth demonstrate knowledge of selection and skill in use of fasteners (nails, screws and/or glue), sanding techniques, and appropriate finishes. (Examples could include but not limited to: jewelry box, tool tray, large bird house, pine wood cars, etc.) Item must demonstrate skill with fasteners, sanding and appropriate finish (no puzzles).

677 Level 2, NOT from a kit. More elaborate items that demonstrate mastered skills with hand tools, basic knowledge of power hand tools, fastening options, appropriate surface preparations, and finish applications. (Examples could include but not limited to: puzzle, foot stool, revolving tie rack, 4-H key holder, cutting board, book rack, serving dish shelf, sawhorse, hopper type bird feeder, etc.)

678 Level 3, NOT from a kit. Items showing a more advanced knowledge of power tools, expertise in cutting, fitting, surface preparation, attention to fastening details, and finish application, (Examples could include but not limited to: a multi-purpose box, corner shelf, book shelf or laminated wood projects, garden bench, planting box, nail and tool box, shop tool rack & shelf, etc.) Original designs are welcomed. This exhibit is to be made up of two parts: 1) the item and 2) a folder containing photographic documentation of the steps taken in order to complete this exhibit. If the exhibit does not include both the item and a folder containing photographic documentation, then the exhibit will be disqualified.

679 Level 4, NO kits. Exhibits with a "furniture" quality finish, showing an understanding of all woodworking techniques learned in previous levels. Items must show a mastery of joint construction and use of special woods, and finishes. (Examples could include but not limited to: checker boardroom divider, coffee table, end table, chest of drawers, gun rack or cabinet, etc.) Original designs are welcomed. This exhibit is to be made up of two parts: 1) the item and 2) a folder containing photographic documentation of the steps taken in order to complete this exhibit. If the exhibit does not include both the item and a folder containing photographic documentation, then the exhibit will be disqualified.

680 Level 4, NO kits. Exhibits do not require a fine finish (painted finish allowable) because of practical use. Items demonstrate knowledge of all woodworking techniques learned in previous levels. Items must show a mastery of cutting,

drilling, joint construction, use of special woods, and appropriate finishes. (Examples could include but not limited to: porch swing, chaise lounge, picnic table, lawn chair, large planters, etc.) This exhibit is to be made up of two parts: 1) the item and 2) a folder containing photographic documentation of the steps taken in order to complete this exhibit. If the exhibit does not include both the item and a folder containing photographic documentation, then the exhibit will be disqualified.