

## DEPARTMENT– BUILDING EXHIBITS

### SECTION - 4-H FOOD – PRESERVATION

(Must be enrolled in the Foods and Nutrition Project)

#### SPECIAL RULES

1. Read General Rules. Violation of any of the following rules may result in disqualification. All decisions will be made by a county agent and their decision is final.
2. Members may bring up to 5 exhibits. Any combination within classes is okay, except an exhibitor cannot have two jars of the same product; (i.e., an exhibitor cannot have two jars of grape jelly.) For the State Fair, a member may enter up to two exhibits, but may only make one entry per class. One jar constitutes an entry.
3. All exhibits must be preserved in the current 4-H year.
4. Each exhibit must have the complete recipe and instructions attached with the entry card, or it will be disqualified. Recipe must include exhibitors name, recipe source, date of publication, altitude of residence, and where food was processed. If using Mrs. Wage's or Ball mixes, indicate the date the mix was purchased.
5. Recipes and processing methods from the sources below are recommended. Recipes must be from 1995 – Present and MUST BE ADJUSTED FOR ALTITUDE base on your processing location, or it will be disqualified. Processing methods that will be disqualified include: open kettle- canning, over canning, sun canning and using electric multi-cookers. For more information on electric multi-cookers, see [http://nchfp.uga.edu/publications/nchfp/factsheets/electric\\_cookers.html](http://nchfp.uga.edu/publications/nchfp/factsheets/electric_cookers.html).

Homemade recipes or other untested recipes will be disqualified for food safety reasons. Tested Recipe Resources include:

- K-State Research and Extension Food Preservation publications
  - Other University Extension Food Preservation publications
  - USDA Complete Guide to Home Canning
  - So Easy to Preserve, 6th edition, The University of Georgia Cooperative Extension Service
  - Ball Blue Book Guide to Preserving
  - Ball Complete Book of Home Preserving
  - All New Ball Book of Canning and Preserving
  - Canning mixes (i.e. Mrs. Wage's, Ball)
  - Pectin manufacturers (i.e. SureJell, Ball)
- <http://www.rrc.k-state.edu/preservation/recipes.html>

Refer to following K-State Research and Extension publications for more information:

- 4H712, Food Safety Recommendations for Food Preservation Exhibits  
<http://www.ksre.ksu.edu/bookstore/pubs/4H712.pdf>
- MF3170 "10 Tips for Safe Home-Canned Food"  
<http://www.ksre.ksu.edu/bookstore/pubs/MF3170.pdf>
- MF3171 "Sassy Safe Salsa at Home"  
<http://www.ksre.ksu.edu/bookstore/pubs/MF3171.pdf>
- MF3172 "What's Your Elevation?" (<http://www.ksre.ksu.edu/bookstore/pubs/MF3172.pdf>)
- MF3241 "How to Guide to Water Bath Canning and Steam Canning"  
<http://www.bookstore.ksre.ksu.edu/pubs/MF3241.pdf>
- MF3242 "How to Guide to Pressure Canning"  
<http://www.bookstore.ksre.ksu.edu/pubs/MF3242.pdf>

5. Exhibits must be sealed in clean, clear standard canning jars with matching brand (ex. use Ball lids on Ball jars, or Kerr lids on Kerr jars, etc.) two-piece lids. Do not use colored jars. Do not add fancy padded lids, fabric over wraps or cozies as they interfere with the judging process. No fancy packs unless recipe states to do so (ex: pickled asparagus). Jars must be sealed when entered. For food safety reasons, the size of jars used must not be larger than the jar size stated in the recipe. Note: There are 12-ounce, 24-ounce and 28-ounce canning jars available and may be used. Use pint jar process recommendations for 12-ounce jars. Use quart jar process recommendations for 24 ounce and 28-ounce jars.
6. Each jar exhibited must be labeled. The label must not cover brand name of jar. The label must give: Class No, Product, Altitude where processed, Canning Method (water bath, weighted gauge or dial gauge pressure method), Process Time, Pressure (psi), date processed including month and year, Name, and County/District. Templates to make adhesive labels can be found at:  
[http://www.kansas4-h.org/events-activities/fairs/kansas-state-fair/docs/food-preservation/Food\\_Pres\\_Label\\_Small\\_1x2.58.pdf](http://www.kansas4-h.org/events-activities/fairs/kansas-state-fair/docs/food-preservation/Food_Pres_Label_Small_1x2.58.pdf) or [http://www.kansas4-h.org/events-activities/fairs/kansas-state-fair/docs/food-preservation/Food\\_Pres\\_Label\\_Large\\_2x4.pdf](http://www.kansas4-h.org/events-activities/fairs/kansas-state-fair/docs/food-preservation/Food_Pres_Label_Large_2x4.pdf)
7. Dried food item must include one kind of dried food product exhibited in a small canning jar. If dried food product is not in a canning jar, it will be lowered one ribbon placing. Suggested amount:  $\frac{1}{3}$  to  $\frac{1}{2}$  cup, or three to four pieces per exhibit. ALL Meat jerky must be heated to an internal temperature of 160 degrees F before or after drying. This is not the drying temperature! Dried products must include the recipe, preparation steps and heating instructions. Jerky not heated to an internal temperature of 160 degrees F will be disqualified and not be judged. Heating information can be found in "Dry Meat Safely at Home" [www.ksre.ksu.edu/bookstore/pubs/MF3173.pdf](http://www.ksre.ksu.edu/bookstore/pubs/MF3173.pdf)
8. It is advisable to have an extra jar to be used in case of breakage. This jar should be labeled "extra."
10. Frozen foods will not be judged.
11. Exhibit will be judged on quality of canned products and choice of foods.
12. All containers of pickles, jelly and other sweet spreads may be opened and tasted for quality by the judge.
13. Alcohol is not allowed as an ingredient in food preservation entries. Entries with alcohol in the recipe will be disqualified and not be judged.

**CLASSES – 4350: Sweet Spreads, Syrups; One Jar**

**4351: Fruits, Juices, Fruit Mixtures; One Jar**

**4352: Low Acid Vegetables; One Jar**

**4353: Pickles, Fermented Foods and Relishes and Chutney; One Jar**

**4354: Tomato/Tomato Products, Tomato Juice and Tomato Salsas; One Jar**

**4555: Dried Meats; One Jar**

**4356: Dried Foods, one small jar**