



# 4-H FOOD PRESERVATION

**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.

8. Each jar must be labeled. The label must not cover brand name of jar. The label must give: Class Number, 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. Labels may be obtained from the Extension Office.
9. Classes 418001- 418006 will require one jar for each class.
10. If dried food product is not in a canning jar, it will be lowered one ribbon rating. Suggested amount: 1/3-1/2 cup, or three or 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).

1. READ GENERAL REGULATIONS.
2. All exhibits must have been preserved since the previous year's county fair.
3. Recipes and processing methods from sources below are recommended. Recipes must be from 1995-present **AND MUST BE ADJUSTED FOR ALTITUDE based on your processing location, or it will be disqualified.** Processing methods that will be disqualified include: open kettle-canning, oven 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). Untested recipes will be disqualified for food safety reasons.

### Tested Recipe sources 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 Preservation*
- *All New Ball Book of Canning and Preserving*
- Canning mixes (i.e. Mrs. Wages, Ball)
- Pectin manufacturers (i.e. SureJell, Ball)
- <http://www.rrc.k-state.edu/preservation/recipes.html>

### CLASS:

- 418001—Fruits, Juices, Tomatoes:** 1 jar
- 418002—Sweet Spreads:** 1 jar (Includes preserves, butters, conserves, jams, marmalades, and jellies.)
- 418003—Low Acid Vegetables:** 1 jar
- 418004—Pickles and Relishes:** 1 jar
- 418005—Dried Meats:** 1 jar
- 418006—Dried Foods:** 1 small jar

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

- 4H712- *Food Safety Recommendations for Food Preservation Exhibits*
  - MF3170- "10 Tips for Safe Home-Canned Food"
  - MF3171- "Sassy Safe Salsa at Home"
  - MF3172- "What's your Elevation?"
  - MF3241- "How to Guide to Water Bath Canning and Steam Canning"
  - MF3242- "How to Guide to Pressure Canning"
4. Alcohol is not allowed as an ingredient in food preservation entries. Entries with alcohol in the recipe will be disqualified and not be judged.
  5. A member may make 1 entry per class. Pre-entry is required for all exhibits.
  6. Each Exhibit must have the complete recipe and instructions attached with the entry card, or it will be disqualified. Recipe must include exhibitor name, recipe source, date of publication, and altitude where food was processed. If using Mrs. Wage's or Ball mixes, indicate the date the mix was purchased.
  7. 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.