

St. Joseph County 4-H FOODS PRESERVATION GUIDELINES



General Rules:

1. All canned goods must be processed except jellies/jam.
2. Low acid vegetables and meats must be pressure canned.
3. Make sure proper canning jars and freezer containers are used.
4. Canning and freezing labels are available in the St. Joseph County MSU Extension office. However, members may use their own labels if desired.
5. Frozen products should be labeled BEFORE freezing to make the label stick.
6. Label information must include exhibitor's name, name of product and date preserved. In addition, it is helpful to the judge if you include whether salt or sugar was added, and for canned goods, the process used.
7. Exhibitor may only exhibit in one class each year.

Beginning Food Preservation

1. Exhibitors 8-11 years old by January 1 of current year or older beginners.
2. Exhibitors will be required to take frozen food home following evaluation.

Classes

1. Three packages, one each of three kinds of frozen fruit.
2. Three packages, one each of three kinds of frozen vegetables.
3. Two packages, one each of two kinds of frozen uncooked jam in suitable containers.
4. Two packages, one each of two kinds of baked goods prepared by exhibitor such as cookies, rolls, bread, etc. (frozen).

Intermediate Food Preservation

1. Exhibitors 12-14 years old by January 1 of current year.
2. First-year exhibitor may take beginning project and exhibit in Section A if desired.

Classes

1. (Canning & Freezing) – two jars, one each of two kinds of canned fruit and two packages, one each of two kinds of frozen vegetables.
2. (Canning & Freezing) – one jar each of canned tomatoes and fruit and one package each of a frozen fruit and vegetable.
3. (Canning) – five jars of fruit, at least three different kinds.
4. (Canning) – five jars, three kinds of fruit and tomatoes.
5. (Canning) – four jars of vegetables, two kinds, no tomatoes.
6. (Freezing) – four packages, one each of two kinds of vegetables and one each of two kinds of fruit.

Advanced Food Preservation

1. Exhibitors 15-19 years old by January 1 of current year.

Classes

1. (Canning/Meal Accessories) – one jar each of three different kinds of fruit accessories, including one jelly.
2. (Canning) – three jars (different pickles and relishes).
3. (Canning) – gift package of food containing three accessories.
4. (Canning) – five jars vegetables, at least three different kinds.
5. (Canning) – three jars of meat or poultry (three different kinds).
6. (Freezing & Canning) – one jar each of two different kinds of canned vegetables and a frozen one-dish meal.
7. (Freezing) – one-dish meal and a dessert from the freezer.
8. (Freezing) – heat-and-serve dinner.
9. (Freezing) – refreshments from the freezer including party sandwiches and dessert.

Food Drying

1. Open to exhibitors of all ages.
2. Dried foods must be displayed in either glass jars (1/2 or 1-pint size) or “ziplock” plastic bags as appropriate.

Classes

1. Three different fruits, vegetables and/or herbs dried in a solar food dryer.
2. Three different fruits, vegetables and/or herbs dried by any method other than solar.
3. Three different fruit and/or vegetable “roll-ups” dried by any method.
4. Three different dried meats (“jerky”) dried by any method.