

**Harvest Food Fest 2017**  
**Saturday, November 18, 2017**  
**9:00 am to Noon**  
**Cornell Cooperative Extension in Canandaigua**  
**ENTRY DEADLINE: Wednesday, November 8**

Fall is the time to celebrate the years' harvest, so why not create some tasty recipes using food produced in NYS. Harvest Food Fest is a silent food demonstration using at least 1 cup of a NYS grown food.

**This is a fun experience with 4-Hers preparing the food and everyone having a great tasting feast!**

**RECIPE REQUIREMENTS: Recipes must contain at least one cup of a New York State fruit, vegetable, dairy product or meat.** There is a list enclosed of suggested food products that can be featured.

| Age Group       | Time Allowed | Suggested Foods  |
|-----------------|--------------|--|
| Cloverbud (5-7) | 5 min        | Fruit smoothies, parfaits, simple appetizer, beverages, salads |
| Beginner (8-9)  | 5-10 min     |  |
| Junior (10-12)  | 10-20 min    | Fruit smoothies, fruit crisps, easy desserts, salads, muffins  |
| Senior (13-19)  | 30 min       | Main dishes, quick breads, cakes, desserts                     |

**SHARING INFORMATION YOU LEARN:** A goal of this event is for 4-H members to learn more about food grown in the Finger Lakes area. Your creativity in showing your food knowledge about your featured food is welcome but not required.

Suggestions of ways to show information you learned about the featured food in your recipe:

- Cloverbuds: draw a picture of your food or cut pictures from a book
- Juniors: make a poster or a booklet, poem or creative writing stating 3 facts
- Seniors: same as junior division but stating 5 facts about the food

**INFORMATION YOU NEED TO READ OR FILL OUT:**

**Registration and Recipe Form are due November 8, 2017**

Needs to be filled out online and sent back or brought to the office by deadline.

**ELIGIBLE FOOD PRODUCTS:** Check out the page of Eligible Food Products to use in the Ontario County Harvest Food Fest

**PREPARED FOOD MIXES ARE NOT TO BE USED.** The emphasis of the Harvest Food Fest is to experience making foods using basic measuring skills and reading a recipe while featuring a food product produced in New York State. If you select convenience foods, they should be used minimally and not be the entire basis of the presentation. *Using them and enhancing them in a way with Local Products for your presentation will be allowed.*

**TIME:** Each age group has a maximum time limit. Members should consider the time limit when selecting the recipe.

**NOT PERMITTED:** NO ALCOHOL OR WILD GAME MEAT may be used in recipes.

**RECIPE SELECTION HELPFUL HINTS:** Select a recipe or change one so it highlights the featured product and follows the U.S. Dietary Guidelines of lower amounts of sugar, fat, sodium and high amounts of fruit, vegetables and fortifiers such as nuts, whole grains, raisins etc. It is important to consider skill level when selecting a recipe. **First time participants should select a very simple recipe.** Those members who have more experience with food demonstrations should look for a more challenging recipe.

Challenge yourself with your recipe selection. Consider modifying the recipe to make it uniquely YOURS!!

**FOOD DEMO TECHNIQUES:**

- Practice the demo so that what you are doing is visible to the audience
- Think food safety
- Show that you have wiped your hands with a wet cloth or use hand sanitizer as you begin the presentation.
- Equipment and trays should be covered with a towel as you do the presentation and then cover them back up when you are finished.

**WHAT TO BRING:**

1. Bring ALL Equipment and ingredients
2. Bring trays to use for equipment/ingredients. Cookie sheets covered with foil work well as trays.
3. Stoves, refrigerators and microwaves are not available for demo purposes.
4. Note that food should be provided at proper temperature to the tasting judges. 4-Hers can use the equipment in the kitchen area for this purpose only.
5. Each presenter will have an 8 foot table to work on.

**RECIPE BOOK:**

- Recipes submitted with the registration form will be made into a booklet to share with those attending the event.
- **ANY REGISTRATION OR RECIPE SUBMITTED AFTER THE REGISTRATION DEADLINE ON THE REGISTRATION FORM WILL NOT BE INCLUDED IN THE RECIPE BOOK**

**FINISHED FOOD PRODUCT:**

**At the end of the silent presentation, the presenter will offer a sample to an evaluator for the Product Evaluation. Consider how you might serve your food at your home and do this for a serving for the evaluator.**

All 4-Hers are asked to bring a finished product from home to be shown at the end of the demonstration. This helps to speed up the evaluation process and keep on schedule. If the dish is to be chilled, baked or whatever, you will need to bring the finished product from home. If the dish is ready to taste at the conclusion of the demonstration, this would not be necessary. Please be sure you label serving dishes with your name so we are able to return any containers that might be left behind.