



# 2023 Fair Projects

## Spencer County 4-H



2023 Ages as of January 1<sup>st</sup>, 2023. Cloverbud – 8 and under. Junior 4-H – 9-13. Senior 4-H - 14-18.

Enter Exhibits at the Spencer County Fairgrounds at the Exhibit Hall, 895 Fairgrounds Road

Wednesday, July 12<sup>th</sup> – 4-7pm

Thursday, July 13<sup>th</sup> – 10am – 1pm

Pick up Exhibits – Sunday, July 16<sup>th</sup> – 1:30-2:30pm

If you have any questions, please contact Mollie Tichenor at 477-2217 or [mollie.tichenor@uky.edu](mailto:mollie.tichenor@uky.edu).

4-H Projects – use the project guide from the Extension Office.

### Cloverbud Projects

The projects must have been made by the child during the past year August, 2022 - Current. The Cloverbud display is to encourage youth to participate in the Spencer County Fair and to educate them in 4-H

Arts and Crafts

Fruits and Vegetables

Photography

Flower/Plant

Woodworking

Weaving

Beadwork

Electric

Entomology

Other



## DIVISION 6029 – 4-H ARTS

**Jennifer Tackett, Extension Specialist for 4-H and Youth Development**

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.

- 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.
- 737a. Junior Etched Plexiglas: (pg. 42) Create an original print using an etched Plexiglas plate. The print should be at least 5 ½"x 8 1/2" in. Plexiglas etching uses the intaglio method of printing.
- 737b. Senior Etched Plexiglas: 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
- 741a. Junior Hand Drawn Negative Photograph: (pg.51) You will draw a negative on frosted acetate, then print it onto photographic paper (8"x10" in.) as a positive, using a photographic process.
- 741b. Senior Hand Drawn Negative Photograph: 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.

woven item of your choice.

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

756a. Junior Inkle Loom Basket: (pg.44) Weave 4-6 stripes that are identical. Sculpt a basket out of several woven strips by stitching them together in a spiral. Manipulate the strips to form the bottom of the basket.

756b. Senior Inkle Loom Basket: same as Junior.

## **Sculpting**

757a. Junior Clay: (pg.55) Create an item from clay either self-hardening or 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 be highlighting 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.



### ARTIST STATEMENT

To be completed by Seniors for every/each piece of art. To be completed by Juniors 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.	



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



4-H Youth Development

## **DIVISION 6041.1 – 4-H 21<sup>st</sup> Century Skills**

### **Dr. Charles Stamper – 4-H Youth Development Specialist**

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 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.
4. Exhibits **MUST** correspond to:
  - a. Any project or activity from the <https://4-h.ca.uky.edu/rg/workforce-prep> curriculum.
  - 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.
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. Refer to the class entry to determine the required number of pages.
9. Pages will be scored on: see description under instructions.
9. Entries that do not meet the established criteria may not be judged.

#### **Unique Rules or Instructions:**

- a. Create poster on 20" wide x 30" high foam core board or sturdy cardboard (turned in a vertical direction).
- b. The use of pencil on the front of the poster is discouraged.
- c. Judging criteria will be based on theme, poster design (lettering, attractiveness, how well it conveys a message), and narrative.
- d. Information for the class can be found in Kentucky 4-H 21<sup>st</sup> Century Skills for Success curriculum.
- e. Posters that do not include the narrative or do not conform to the topics specified in the class description will not be judged.





University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



4-H Youth Development

## **DIVISION 6041.2 – 4-H Civic Engagement/ Service Learning**

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 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.
4. Exhibits MUST correspond to:
  - a. Any project or activity from the curriculum \_KY 4-H Civic Engagement and Service
  - 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.
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. Refer to the class entry to determine the required number of pages.
9. Pages will be scored on: see specific guidelines below.
9. Entries that do not meet the established criteria may not be judged.

### **Unique Rules or Instructions:**

- a. Create poster on 20" wide x 30" high foam core board or sturdy cardboard (turned in a vertical direction).
- b. The use of pencil on the front of the poster is discouraged.
- c. Judging criteria will be based on theme, poster design (lettering, attractiveness, how well it conveys a message), and narrative.
- d. Information for the class can be found in Kentucky 4-H Civic Engagement and Service Curriculum.
- e. Posters that do not include the narrative or do not conform to the topics specified in the class description will not be judged.

### **Class Title**

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

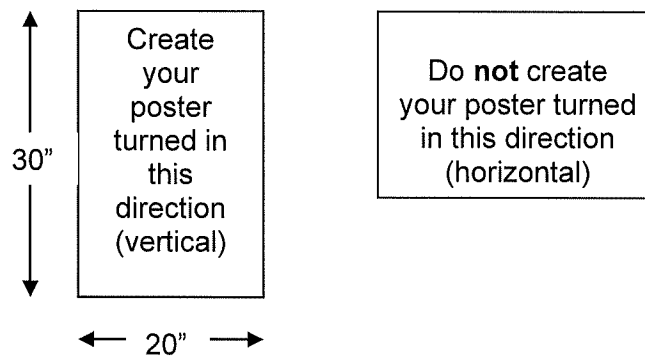


## DIVISION 6040 - CONSUMER AND FINANCIAL EDUCATION

Dr. Kimberly A. L. Schrader, Extension Specialist for 4-H Youth Development

1. **Classes in Division:** Classes 914-915 for grades 4-5; Classes 916-917 for grades 6-8; Classes 918-920 for grades 9-12
2. **Number of Entries Permitted:**
  - a. County may submit two entries per class.
  - b. A member may enter only one class in the Consumer and Financial Education Division. (This means: a member's name should appear only one time on the county's Consumer and Financial Ed 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](http://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. Create poster on 20" wide x 30" high foam core board or sturdy cardboard (turned in a vertical direction).
  - b. The use of pencil on the front of the poster is discouraged.
  - c. Judging criteria will be based on theme, poster design (lettering, attractiveness, how well it conveys a message), and narrative.
  - d. Information for the following classes can be found in the 4-H Consumer Savvy project manuals—*The Consumer in Me*, *Consumer Wise*, and *Consumer Roadmap*.
  - e. Posters that do not include the narrative or do not conform to the topics specified in the class description will not be judged.
5. **Additional Documentation Required:** Every class in this division requires a narrative. See class description for specifics.
6. **Labeling:**
  - a. Identification Card (4LO-11SO): The State Fair Entry system will generate this label. Attach the Identification Card securely to the front of the poster, in the bottom right corner. It must not protrude beyond edge of poster.
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 for the division.
9. **Class Descriptions:**

- 919 Poster on “I Own a Car or Does It Own Me?”** –For grades 9-12; calculate and illustrate the costs of owning a car as outlined in the activities on pp. 28-31. Use 20” X 30” foam core board or cardboard, turned in a vertical direction. Write a narrative of your answers to the questions in “Check This Out!” on pp. 29-30 and tell what conclusions you were able to draw from the experience. At the end of the narrative, list the sources of information you used in researching your topic. Make a poster related to “consumer decision-making in buying a car.” Include name, age, and county at top of narrative. The narrative can be handwritten or a computer printout; single or double spaced; on plain white or notebook paper--one to two pages, written/printed on front side only. Place the narrative in a plastic sleeve. Attach the sleeve to the back of the poster with tape or a binder clip.
- 920 Poster on “What Does Real Life Cost?”** –For grades 9-12; identify and illustrate the true costs of living on your own as outlined in the activities on pp. 32-33. Use 20” X 30” foam core board or cardboard, turned in a vertical direction. Write a narrative of your answers to the questions in “Check This Out!” on p. 33 and tell what conclusions you were able to draw from the experience. At the end of the narrative, list the sources of information you used in researching your topic. Make a poster related to “the financial responsibilities of living on your own. Include name, age, and county at top of narrative. The narrative can be handwritten or a computer printout; single or double spaced; on plain white or notebook paper--one to two pages, written/printed on front side only. Place the narrative in a plastic sleeve. Attach the sleeve to the back of the poster with tape or a binder clip.



Revised 10/2021





## DIVISION 6018 - 4-H CROPS PROJECT

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 previously listed in this catalog.
2. Grain samples must be of good quality and free from foreign matter. The Superintendent has the authority to refuse any and all entries due to excess chaff, rodent pellets, mold, musty, foreign materials, or anything that makes is unsuitable for display. Do not bring grains in glass containers. **Grain must be in one (1) gallon zip lock bags.** Neither the container nor the grain will be returned. Id tags and yield/variety information must be attached to bag.
3. Hay will be judged on Monday as it comes into Cloverville. Bring ½ hay bale securely bound with cord or twine. **Place ½ hay bale in a large double strength garbage bag.** Tags must be attached to the bale and not the bags-Print id tags on cardstock with a hole punched in the corner and attached using rubber bands to the bale.
4. Legume hay shall consist of 85% if the class designed legume. Grass hay shall be 85% of the class-designed grass. Mixed hay should contain only one eligible grass and one eligible legume. The legume component shall be at least 30 percent alfalfa and not more than 70% legume. Eligible legumes are alfalfa, red clover, and ladino clover. Eligible grasses are timothy, Bermuda grass, orchard grass, tall fescue and rye grass.
5. The field corn and popcorn will be exhibited in trays provided by the State Fair. Variety and yield information must be included.
6. No grain exhibits will be returned. Hay will be returned to your county.
7. Roots of soybeans must be washed.
8. Each county may have one entry per class. Exhibitor is limited to 1 entry per class. Exhibitor is not limited to number of classes entered.

## CLASSES

### LEGUME HAY:

- 600 Alfalfa hay, ½ bale (no full bales accepted) from the current year's project crop, neatly tied and labeled.
- 601 Red clover hay, ½ bale (no full bales accepted) from the current year's project crop, neatly tied and labeled.

### **GRAIN SORGHUM (Milo):**

- 617 Grain Sorghum from the current year's crop, three stalks tied together below leaves, with roots intact, but free of soil, and labeled to show variety.
- 618 Grain Sorghum from the previous year's crop, 1-gallon zip lock bag, and labeled to show variety and yield.

### **SWEET SORGHUM**

- 619 Sweet sorghum from the current year's crop, three stalks tied together below leaves, with roots intact, but free of soil, and labeled to show variety.

### **WHEAT (Soft, Red, Winter)**

- 620 Wheat from the current year's crop, 0.5 gallon in a container, and labeled to show variety and yield.
- 621 Barley from the current year's crop, 0.5 gallon in a container, and labeled to show variety and yield.

Revised 9/2018



**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).







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

1. See General Rules applying to all 4-H exhibitors and 4-H exhibits other than livestock listed previously in this catalog.
2. **Each county may have 1 entry per class. An exhibitor may enter only one class in Entomology and no more than two entries in Honey (one extracted, one chunk).**
3. Specifications for pinned-insect exhibits 687A, 688A, 689A, 690A, and 691A (see below for insect photography exhibit, 687B, 688B, 689B, 690B, 691B):
  - a. 9" x 13" folding cardboard insect-collection boxes available through UK College of Agriculture, Department of Entomology, should be used. Homemade or purchased wooden exhibit boxes may be used instead. They must be approximately 18" x 24" and not more than 3 1/2" thick with Plexiglas or glass covers and cellotex pinning bottoms (or plastazote or polyethylene pinning bottoms available from entomology supply stores such as Bioquip.com). 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).
  - b. Specimens are to be arranged so the box can be exhibited horizontally. 4-H'ers may attach wires to the back of wooden boxes to help make them easier to display.
  - c. 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.
  - d. 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.
  - e. 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.
  - f. 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.
  - g. 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.
4. 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.
5. Exhibits will be penalized if they do not:
  - a. Use insect pins for pinning insects.
  - b. Use the 4-H Entomology identification labels.



- 688A Second year project (Up to three 9" x 13" official cardboard boxes, or up to two 18" x 24" 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 9" x 13" official cardboard boxes, or two 18" x 24" 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 400X300 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, 18pt, 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" x 13" official cardboard boxes, or two 18" x 24" 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.
- 690B Fourth year project (150 photographs minimum, no maximum, 12 orders minimum, 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 150+ photos). Specifications for exhibits are otherwise the same as for 689B. No images from previous insect photography projects may be reused for this project.
- 690C Junior Level Entomology Video Project. 1-3 minute entomology video submitted to social media platform (YouTube or TikTok), 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.

## HONEY

Honey will show better in oval, flat sided to square clear glass containers. 4-H'ers **must** use standard honey jars. **Wide-mouth mason jars or 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: 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 on Tuesday August 13, 2019.

- 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.

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

Sandra Bastin – Food & Nutrition Specialist

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](http://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** at <http://4-h.ca.uky.edu/content/food-and-nutrition>, 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. Identification Card (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:



# 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](http://www.kentucky4h.org) or contact your county extension office.



# 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.



 UNIVERSITY OF ILLINOIS  
EXTENSION

Copyright 2015 by the Board of Trustees of the University of Illinois. Recipe used with permission.

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



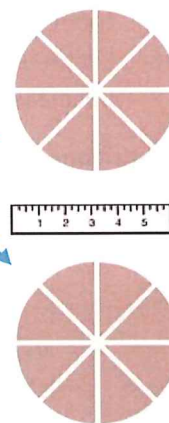
## Order of Work

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:

# Coffeecake with Topping



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
4-H Youth Development

From 4-H Cooking 101, page 59

Yield: 9-12 servings

## Ingredients

### Topping:

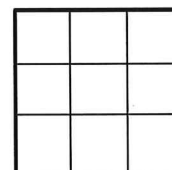
1/4 cup firmly packed brown sugar  
1 teaspoon cinnamon  
1 tablespoon all-purpose flour  
1 tablespoon butter or margarine  
1/2 cup chopped nuts (optional)

### Coffeecake batter:

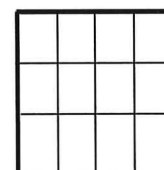
1 egg  
1/2 cup granulated sugar  
1/2 cup milk  
2 tablespoons melted fat or oil  
1 cup sifted all-purpose flour  
1/2 teaspoon salt  
2 teaspoons baking powder

## 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° 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.



UNIVERSITY OF ILLINOIS  
EXTENSION

Copyright 2015 by the Board of Trustees of the University of Illinois. Recipe used with permission.

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



# 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

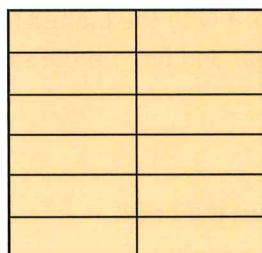
1. Preheat oven to 350<sup>0</sup> F. Lightly coat the baking pan with non-stick cooking spray.
2. In bowl, combine oats, nuts, brown sugar, and raisins or dried fruit.
3. Stir in eggs, margarine, and vanilla. Mix until evenly combined.
4. Press mixture firmly into the prepared baking pan.
5. Bake for 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 1/2" X 1 1/2".



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.



 UNIVERSITY OF ILLINOIS  
EXTENSION

Copyright 2015 by the Board of Trustees of the University of Illinois. Recipe used with permission.

Baked products by Cathy Weaver  
Photographs by Eric Comley

# RECIPE: Snickerdoodles



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
4-H Youth Development

From 4-H Cooking 201, page 88

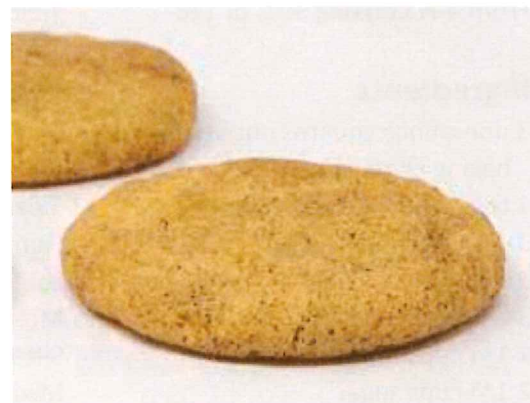
Yield: 3 dozen cookies

## 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.



UNIVERSITY OF ILLINOIS  
EXTENSION

Copyright 2015 by the Board of Trustees of the University of Illinois. Recipe used with permission.

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

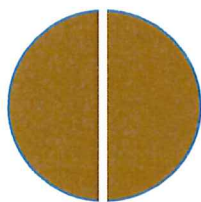


# RECIPE: Rich Chocolate Cake continued

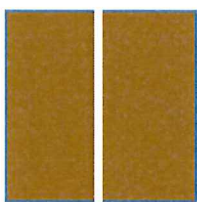
**Baking Tips:** One square of baking chocolate should equal 1 ounce. Read the packaging to make sure you add the equivalent of 3 ounces of chocolate to this recipe.

**Substitution:** You may substitute 3 tablespoons of unsweetened cocoa and 1 tablespoon oil, melted butter or shortening for each one-ounce square of chocolate.

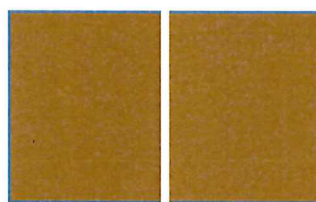
**For the Fair:** Send only a half of one layer of cake. Your family can eat the remainder of the cake.



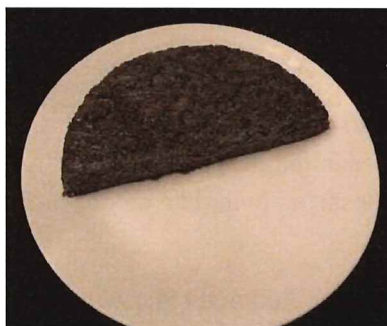
Round cake



Square cake



Rectangular cake



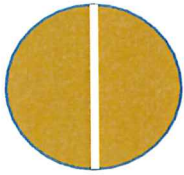
Example: half of a round layer of cake

## For the fair:

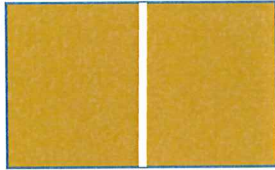
- Round, square or rectangular pans may be used.
- Let cake completely cool. Do not frost cake.
- Cut one layer of the cake in half. Place half of one layer of cake on a disposable plate or cardboard cake board.
- Place the plate/board in a re-closable plastic bag, cake box or disposable container. (Container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

## RECIPE: Carrot or Zucchini Cake continued

**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

# RECIPE: Double Crust Apple Pie

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



 UNIVERSITY OF ILLINOIS  
EXTENSION

Copyright 2015 by the Board of Trustees of the University of Illinois. Recipe used with permission.



# 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

## 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.



 UNIVERSITY OF ILLINOIS  
EXTENSION

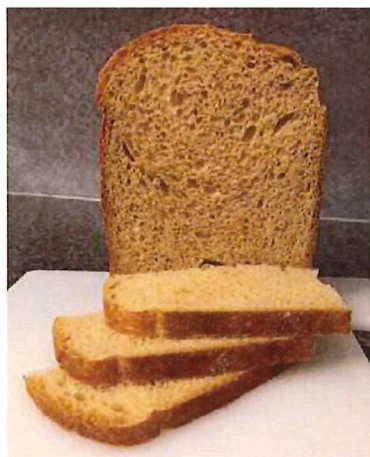
Copyright 2015 by the Board of Trustees of the University of Illinois. Recipe used with permission.

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



# RECIPE: Honey Whole Wheat Bread

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



Yield: 16 servings

Yield: 24 servings

Yield: 32 servings

## Ingredients

Milk (80° F)  
Water (80° F)  
Egg  
Honey (80° F)  
Salt  
Butter (cut in small pieces)  
Bread flour  
Whole wheat flour  
Active dry yeast

### 1-pound loaf

1/4 cup  
1/4 cup  
1 large  
2 tablespoons  
1 1/2 teaspoons  
2 teaspoons  
1 1/3 cups  
2/3 cups  
1 1/2 teaspoons

### 1 1/2-pound loaf

1/2 cup  
1/4 cup  
1 large  
1/4 cup  
2 teaspoons  
1 tablespoon  
2 cups  
1 cup  
2 1/4 teaspoons or 1 packet

### 2-pound loaf

1/2 cup  
1/2 cup  
2 large  
1/4 cup + 2 tablespoons  
3 teaspoons  
4 teaspoons  
2 2/3 cups  
1 1/3 cups  
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








## DIVISION 6036 - 4-H FOOD PRESERVATION EXHIBITS

Sandra Bastin – Food & Nutrition Specialist

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 Three classes 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](http://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** at <http://4-h.ca.uky.edu/content/food-and-nutrition> 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. All entries: 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 located at the end of this section. 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:

## Preserved Food Labels

Product: <b>Dried Apples</b>  Date Packaged: _____		
Product: <b>Salsa</b>  Date canned: _____ Which type of processing did you use? <input type="checkbox"/> Boiling Water Canner <input type="checkbox"/> Pressure Canner	Product: <b>Dill Pickles</b>  Date canned: _____ Which type of processing did you use? <input type="checkbox"/> Boiling Water Canner <input type="checkbox"/> Pressure Canner	Product: <b>Strawberry Jam</b>  Date canned: _____ Which type of processing did you use? <input type="checkbox"/> Boiling Water Canner <input type="checkbox"/> Pressure Canner
Product: <b>Green Beans</b>  Date canned: _____ When you packed the beans into the jar, did you use a raw pack or hot pack? <input type="checkbox"/> Raw Pack <input type="checkbox"/> Hot Pack Which type of processing did you use? <input type="checkbox"/> Boiling Water Canner <input type="checkbox"/> Pressure Canner		

Revised 9/24/19



## Kentucky 4-H Fair Recipe Book—Food Preservation Division

Revised: 10-14-2018

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](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](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](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](https://nchfp.uga.edu/publications/publications_usda.html) may be helpful.



## 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.

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 ⅛-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

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: <b>Dried Apples</b>  Date Packaged: _____		
Product: <b>Salsa</b>  Date canned: _____ Which type of processing did you use? <input type="checkbox"/> Boiling Water Canner <input type="checkbox"/> Pressure Canner	Product: <b>Dill Pickles</b>  Date canned: _____ Which type of processing did you use? <input type="checkbox"/> Boiling Water Canner <input type="checkbox"/> Pressure Canner	Product: <b>Strawberry Jam</b>  Date canned: _____ Which type of processing did you use? <input type="checkbox"/> Boiling Water Canner <input type="checkbox"/> Pressure Canner
Product: <b>Green Beans</b>  Date canned: _____ When you packed the beans into the jar, did you use a raw pack or hot pack? <input type="checkbox"/> Raw Pack <input type="checkbox"/> Hot Pack Which type of processing did you use? <input type="checkbox"/> Boiling Water Canner <input type="checkbox"/> Pressure Canner		

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 ( $\frac{3}{4}$  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.

## Preserved Food Labels

<p><b>Product: Dried Apples</b> </p> <p>Date Packaged: _____</p>		
<p><b>Product: Salsa</b> </p> <p>Date canned: _____</p> <p>Which type of processing did you use?  <input type="checkbox"/> Boiling Water Canner  <input type="checkbox"/> Pressure Canner</p>	<p><b>Product: Dill Pickles</b> </p> <p>Date canned: _____</p> <p>Which type of processing did you use?  <input type="checkbox"/> Boiling Water Canner  <input type="checkbox"/> Pressure Canner</p>	<p><b>Product: Strawberry Jam</b> </p> <p>Date canned: _____</p> <p>Which type of processing did you use?  <input type="checkbox"/> Boiling Water Canner  <input type="checkbox"/> Pressure Canner</p>
<p><b>Product: Green Beans</b> </p> <p>Date canned: _____</p> <p>When you packed the beans into the jar,          did you use a raw pack or hot pack?  <input type="checkbox"/> Raw Pack      <input type="checkbox"/> Hot Pack</p> <p>Which type of processing did you use?  <input type="checkbox"/> Boiling Water Canner  <input type="checkbox"/> Pressure Canner</p>		

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.





**DIVISION 6027 - 4-H FORESTRY**  
**Laurie Taylor Thomas**  
Area Extension Specialist in Forestry  
216B Thomas Poe Cooper Building  
Lexington, KY 40546-0073

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 previously in this 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 found in 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 found in 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 found in 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 Educational Exhibit  
Develop a creative educational exhibit on some phase of forestry. 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**

- 707 Educational Exhibit  
Develop a creative educational exhibit on some phase of forestry. The exhibit may utilize any visual technique. The total is not to exceed dimensions of 3'x3', or nine (9) square feet.
- 708 Stem, Leaf, Fruit display  
Collect and mount 5 stems, leaves and fruit representing 5 forest trees found in Kentucky. **Follow closely the instructions in the forestry book**, "4-H Forestry Project Unit I - Introducing Yourself to Trees" (**4DF-01PA or most recent version**) Activity #3 is to be followed, including the 2' x 3' **exact** size.
- 709 Leaf Collection-3rd year  
Collection of 50 leaves representing 50 forest trees found in 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.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
 4-H Youth Development

**DIVISION 6028 – GEOLOGY**  
**Dr. Steve Greb – Consultant**  
Kentucky Geological Survey  
228 Mining and Mineral Resources Bldg.  
University of Kentucky  
Lexington, KY 40506-0107  
859-323-0503

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 Geology.
3. Only one entry per county per project year.
4. 4LO-11SO Identification Card should be securely attached to the lower right hand corner of the front of the box.
5. To fit into the State Fair display shelves, display boxes must 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. The depth of the display boxes should be no more than 4 inches. NOTE: The size of the display box has changed from previous years. If you are using an old display box for your collection, note that the display will not be disqualified for 2020 but points may be deducted.
6. All boxes must have Plexiglas cover that can be easily removed for judging.
7. Each exhibit must be secured with a lock. Attach a key to the box with your name and county firmly attached to key. Key will be returned to 4-H agent. Keep another key in case State Fair key is misplaced.
8. Hinges and locks must be flush and mounted on sides or top of boxes so boxes will sit level.
9. If fabric is used, use a fabric glue to adhere entire piece of fabric to box. Suggested fabrics are felt or velveteen.
10. Rocks, minerals, and fossils should be firmly attached to the box. See Rule 12 for label information.
11. Boxes will be displayed on their side, not flat. Therefore, larger specimens must be attached near the lower portion of the box.
12. 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.

**Classes Are:**

*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 9/2019



## DIVISION 6039 - 4-H HOME ENVIRONMENT

Isaac Hilpp – Senior Extension Specialist for 4-H Youth Development

1. **Classes in Division:** Classes 887-913
2. **Number of Entries Permitted:**
  - a. County may submit ONE entry per class.
  - b. A member may enter up to two classes within ONE of the Units I through Advanced and one class in Changing Spaces in the Home Environment Division. (This means: a member's name could appear a total of three times in Home Environment--up to two times in ONE of the "units" and one time in "Changing Spaces" on the county's Home Environment 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](http://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. Exhibit must be in the unit in which the 4-Her is enrolled.
  - b. Only those entries that are properly labeled and documented will be considered for class champion.
  - c. Items normally hung on the wall, such as pictures and bulletin boards, must be ready to hang with appropriate hardware permanently attached. Items will be exhibited on a wall made of metal grids using S hooks, binder clips or zip ties. Entries mounted on mat or foam core board do not require hardware; they will be hung on the wall using binder clips.
  - d. "Refinished" item refers to an item already in use which has been given a new finish using paint or some type of seal.
5. **Additional Documentation Required:**
  - a. The following classes require documentation: 894, 895, and 897-913. Read class description carefully.
  - b. Write the member's name, county, and class number on the front of the sheet, folder or notebook of documentation. Attach documentation to item with a safety pin or binder clip.
6. **Labeling:**
  - a. Identification Card (4LO-11SO): The State Fair Entry system will generate this label. Attach it 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). Do NOT use straight pins.
  - b. Small label: 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 part that might become separated from others; these should not be visible to the public when displayed.
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 the 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 Home Environment entries may be made in the following classes:

other furnishings and color used in the home. Examples: stitchery or appliqué wall hanging, latch hook items, pillow with applied design (stitchery, appliqué or other media), rug, picture in appropriate frame and ready to hang.

- 899 **Individual place (table) setting:** This exhibit is to be made up of two parts: 1) one individual place setting appropriate to a theme or event chosen by the 4-H member and 2) a color **photo or diagram** of the place setting showing how it should be arranged. Include plate, beverage container(s), placemat, and napkin. Additional decorative item(s) are optional. All items that make up the place setting are to fit on the surface of the placemat. Flatware (knife, fork and spoon) **must** be included in the photo/diagram showing how all the items are arranged, but do NOT send flatware to the state fair. To insure that all pieces get returned to the member, write the name and county of the exhibitor on tape and place it on every part of the table setting in a location hidden to the public when exhibited at the fair.
- 900 **Piece of furniture refinished** (stripped, sanded, and painted or stained/sealed) by the 4-H member. This exhibit is to be made up of two parts: 1) the furniture and 2) **Documentation** is to include a "before" photo with explanation of how the item was refinished must be securely attached. Examples: rocker, table, chair or chest.
- 901 **Old or discarded item made useful in a new way as a home accessory:** This exhibit is to be made up of two parts: 1) the accessory and 2) a sheet or folder of **documentation**. Documentation is to include a "before" photo; an explanation of how the item was made useful again in a new way; materials used, cost and time involved in project. Examples: old silverware flattened and made into wind chimes; scrap wood pieces made into wall art; old lace doily attached to a pillow or framed; old tool box cleaned up and made into a TV stand.

#### Unit IV EXHIBITS from *In My Home* project book

- 902 **An accessory for the home, made with member's original or adapted design:** This exhibit is to be made up of two parts: 1) the accessory and 2) a sheet or folder of **documentation**. Documentation is to include an explanation of how the item was created/adapted and a description of how and where item is used in the home. Examples: latch hooked rug or wall hanging; pillow with stitchery design; wall hanging of natural dyed yarns, or drawing with mat and finished or refinished frame.
- 903 **Heritage item refinished, restored, or made by the 4-H member:** This exhibit is to be made up of two parts: 1) the item and 2) a sheet or folder of **documentation**. Documentation is to include information on the history or meaning of the item to the member, how the item was refinished, restored, or made by the member, and how it is used in the home. Examples include antique or collectible furniture, memory box, scrapbook that reflects family history/home/house/farm/land of several generations), quilt with heritage design, wall hanging showing family tree.
- 904 **Purchased article selected by 4-H member to solve a home decorating problem:** This exhibit is to be made up of two parts: 1) the purchased article and 2) a folder of **documentation**. Documentation is to include a description of the problem to be solved, alternatives considered in the solution of the problem, how the plan was carried out, resources used (time, money) and member's evaluation of the results (satisfaction with purchased article, how article is used in the home), and photos illustrating the before and after effect. Examples include wall decoration, lamp, vase, storage item, desk accessories, bedspread, rug, table linens, pillow, and draperies.
- 905 **A cloth article made by the 4-H'er showing a major home improvement:** This exhibit is to be made up of two parts: 1) the cloth article and 2) a folder of **documentation**. Documentation is to include a written description, "before" and "after" pictures /showing how cloth article is used in home, other colors used in room, time and costs involved, and care required. Examples: bedspread, quilt, window treatment and boxed bench pad. **Unacceptable: purses, tote bags, backpacks, duffle bags.**

**Unit Advanced: Self-Directed Project**--the intent of the following classes is to give members an opportunity

Bubble diagrams are sketches that help identify and prioritize areas in and around the space that should be included in the plan and how traffic and light flows from one space into other. These diagrams are used at the preliminary phase of the design process. The needs of commercial spaces are very different than residential. This exhibit will include two parts: 1) a mounted color bubble diagram for a commercial space and surrounding area selected by the youth. Each bubble should be labeled according to the spaces intended use. Include arrows or lines to signify the flow of traffic between spaces. 2) a folder of the following documentation. 1. What type of commercial space did you choose? 2. What are the central bubbles in your diagram and why? 3. A legend with color coding, explanation of arrows or lines and other items that show up on your bubble diagram.

#### **910E Storage analysis**

An important part of any home that is often overlooked is storage. Storage should account for 10-15% of the total area of the home. For this exhibit you will create or select a floorplan and highlight the storage spaces. You will then calculate what percentage of sq. feet in the home is dedicated to storage. Your exhibit should include the mounted floorplan with highlighted storage areas, the total Sq. Feet of the home, the Sq. Feet of the storage areas, and the percentage of Sq. Feet that is dedicated to storage.

#### **911A Bedroom Room Floor Plan**

This exhibit is to be made up of two parts: 1) a mounted room plan and 2) folder of the documentation described below. Use (scale: 1 square = 1 foot). Include a door(s), window(s), and furniture. Minimum size 8 ½ x 11 inches. Maximum size 11 x 17 inches on mat or foam board. should include answers to these questions: 1. What are its dimensions? 2. How many square feet are in the room? 3. Tell about how you worked with the items in your room such as walls, windows, doors and furniture.

#### **911B House Floor Plan**

This exhibit is to be made up of two parts: 1) mounted house plan and 2) folder of the documentation described below. Include bedroom(s), bath(s), living space, kitchen, door(s) and window(s). Including a garage is optional. Minimum size 8 ½ x 11 inches. Maximum size 11 x 17 inches on mat or foam board. Documentation should include answers to these questions: 1. Did you look at other floor plans for inspiration? 2. What type of roof does your house have? 3. Did you consider how a family member who is disabled (for instance, a wheelchair user) might get around in your home?

#### **911C Commercial Floor Plan**

This exhibit is to be made up of two parts: 1) mounted floor plan for a commercial space of the young person choice and 2) folder of the documentation described below. Include all of the spaces that would be needed in the industry chosen for this project. Minimum size 8 ½ x 11 inches. Maximum size 11 x 17 inches on mat or foam board. Documentation should include answers to these questions: 1. Did you look at other floor plans for inspiration? 2. Did you consider how folks who are disabled (for instance, a wheelchair user) might get around this space?

#### **912A Presentation Board – Color Scheme for One Room**

This exhibit is to be made up of two parts: 1) a presentation board as described below and 2) a folder of the documentation described below. Create a presentation board which illustrates a color scheme for any room in the home. On mat board or foam board, mount color pictures or actual swatches of fabric, wall covering, paint, and flooring. (Color pictures may be downloaded and printed or cut from magazines to represent these items. The mounting board should be 15" or 16" X 20" inches. In the folder, describe the person who lives in the room and the decisions required in selecting the color scheme

#### **912B Presentation Board- Floor plan & Color Scheme for Bedroom**

This exhibit is to be made up of two parts: 1) a presentation board as described below and 2) a folder of the documentation described below. Create a presentation board which includes a floor plan (with placement of furniture) and color scheme for a bedroom. (scale: 1 square = 1 foot). Include a door(s), window(s), and furniture. On mat or foam board, mount the floor plan and color pictures or actual swatches of fabric, wall covering, paint, and flooring. (Color pictures may be downloaded and printed or cut from magazines to represent these items.) The mounting board should be 15" or 16" X 20." In the folder, describe the decisions required in selecting the color scheme, flooring, wall, and window treatments; describe the furniture and how





## DIVISION 6015 4-H HORTICULTURE & PLANT SCIENCE

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

1. A class of exhibits representing the horticulture and plant science projects will be included in the Kentucky State Fair. 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. The class 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-Hers 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 (Such as but not limited to:) A one-page description of project must accompany entry item (type or printed neatly) to be eligible for entry.
  - A. Tree planting on city property, roadways, parks, etc.
  - B. Home landscaping
  - C. Composting
- 562 Production and Marketing (such as but not limited to:)
  - 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 (such as, but not limited to:) A one-page description of project must accompany entry item (type or printed neatly) to be eligible for entry.
  - 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 (such as, but not limited to:) A one-page description of project must accompany entry item (type or printed neatly) to be eligible for entry.
  - 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





## **DIVISION 6041 – 4-H LEADERSHIP**

### **Dr. Rachel Noble 4-H Youth Development Specialists**

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 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.
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





## **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 ONE class per category (categories are crochet, knitting, tatting, embroidery, and quilting) in the Needlework Division. (This means: a member's name may appear only one time 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](http://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.

### **Multiple Types of Embroidery Stitches:**

- 823 **Candlewicking:** Candlewicking design stamped on plain woven fabric. Must include stem/outline, satin and colonial knot stitches and have an embroidered area equivalent to 3X3 inches or larger.
- 824 **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.
- 825 **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:**

- 826 **Cross Stitch on Gingham:** Cross stitch on 1/4-inch gingham and have an embroidered area equivalent to 5 x 7 inches or larger.
- 827 **Counted Cross Stitch on 11 Count Aida Cloth:** Must have an embroidered area equivalent to 5 x 7 inches or larger.
- 828 **Chicken Scratch on gingham:** Chicken Scratch (also known as Snowflake embroidery) on ¼ inch or smaller checked gingham fabric. Must have an embroidered area equivalent to 5 x 7 inches or larger.

### **Crewel Embroidery:**

- 829 **Crewel Embroidery:** Crewel embroidery design on linen or cotton twill fabric using crewel or Persian Yarn: Must have an embroidered area equivalent to 5 x 7 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.
- 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 **English Smocking:** Smocked area must be equivalent to 4 x 6 inches or larger. Design must include at least 5 different smocking/embroidery stitches.



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". Quilting lines can be up to 8" apart. 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 up to 6" apart. 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". Quilting lines can be up to 6" apart. 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. Perimeter size a minimum 100" and a maximum size of 200".
- 851 Squares or Strips Precut:** Sew a top using pre-cut squares (2½" or 5",) 2½" x 42" (WOF) strips or a combination of these. Applied binding with mitered corners. Perimeter not to exceed 160".
- 852 Appliquè: Pillow with appliquè:** Choose a pattern to applique by hand or any machine stitch onto a background. Raw edge applique is acceptable Finish into a 14" or 16" pillow. Quilting as appropriate for the piece.
- 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-H'er 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. Border is optional.



## Division 6030 – 4-H PHOTOGRAPHY

### Jennifer Tackett, 4-H and Youth Development Specialist

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 WHITE 16" 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.



## 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.

## 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](http://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 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:**



**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](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 warm up suit; 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: Original design tote bag or bicycle carrier and documentation folder – made using Wild Ginger Software, Inc. **Wild Things!** Software program, download free at: <https://www.wildginger.com/products/wildthings.htm> . Select the "Tote Bag" or "Bicycle Carrier" option and design a bag that includes at least 2 pockets. Be creative with your design. Required elements: at least 2 pockets; minimum size of 12 inches in height and 12 inches in width. Item must have at least one 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, other type closure as design dictates [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, number of years you have been sewing, cost, and the printed design sheets (one for each pocket selected) from the program, and answers to the following questions:
1. How did you choose the size of your tote bag? Did you use any of the default settings in the program?
  2. Did you have any trouble using the software or printing your pattern? Explain
  3. Did you download the Wild Things! Program to your home computer or use the program at your county extension office?
  4. Did you make any changes to your pattern after it was printed? If so, tell what you changed.

**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](https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/upcycle_project_jr_and_sr.pdf)

- 799A Up Cycle It! Junior—item sewn from recycled/repurposed garments and documentation folder: Sew a garment or fashion accessory from previously worn garments. Recycled fabric is to be the major component of the item. Recycled garments may be cast-offs from the member's family/friends or purchased at a yard sale or similar low cost source. **Documentation is required.** In documentation include the following: your name, your county, the name of the unit, class entered, number of years you have been sewing; a **"before" photo** of all recycled items used; source of the recycled 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.

**Unit: Style Engineers—for youth ages 9-13**

- 799B Smart Clothing and documentation: one soft circuit item created using conductive thread and hand sewing and/or machine sewing skills, LEDs, and battery pack. May include items such as an LED bracelet, an illuminating fashion applique, an illuminating fashion accessory, or an illuminating garment constructed by the member. **Documentation:** Attach a diagram of the circuitry in your item. Website: <http://styleengineers.org/module/smart-clothing/>. This class is for youth ages 9-13
- .....

**Unit: Leisure Time- for ages 14-18 with advanced skills.** (Ask your county 4-H agent for a copy or see publication: [https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior\\_unit\\_2\\_a\\_leisure\\_time\\_1.pdf](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 leotard, cycling wear, warm-up suit, bathing suit and cover-up, tennis wear
  - 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 see publication: [https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior\\_unit\\_2\\_b\\_formal\\_affair\\_2.pdf](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](https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/upcycle_project_jr_and_sr.pdf)

- 809 Up Cycle It! Senior—item sewn from recycled/repurposed garments and documentation folder: Sew a garment or fashion accessory from previously worn garments. Recycled fabric is to be the major component of the item. Recycled garments may be cast-offs from the member's family/friends or purchased at a yard sale or similar low cost source. **Additional documentation is required.** In documentation include the following: your name, your county, the name of the unit, class entered, number of years you have been sewing; a **“before” photo** of all recycled items used; source of the recycled 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.

**Unit: Style Engineers—for youth ages 14-18**

- 810 Smart Clothing and documentation: one soft circuit item created using conductive thread and hand sewing and/or machine sewing skills, LEDs, and battery pack. May include items such as an LED bracelet, an illuminating fashion applique, an illuminating fashion accessory, or an illuminating garment constructed by the member. **Documentation:** Attach a diagram of the circuitry in your item. Website: <http://styleengineers.org/module/smart-clothing/>. This class is for youth ages 14-18.

Revised 10/14/22



**CAUTION: The 4-H tobacco exhibit rules and classes are determined by the state fair committee not the 4-H office; therefore, there could be changes to this category. This should be used only as a guide. The classes below are taken from the previous year's Kentucky State Fair catalog. The final decisions will not be made until June 2022 by the state fair board.**

## **4-H TOBACCO EXHIBIT**

**Division 2101 – Burley**

**Division 2102 – Dark Stripped**

**Division – 2103 – Green Stick & Potted Burley**

**4-H Tobacco will be received only on Monday, August 15, 2022  
for the 4-H Division in the West Hall.**

**Judging of tobacco exhibits will begin  
at 12:00 noon E.D.T. on Wednesday, August 17, 2022**

**NOTE: State Fair has dropped Tobacco Grading**

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 previously in this catalog.
2. There is no fee for entering 4-H tobacco.
3. Entries in 4-H tobacco must be made through the 4-H leader/agent.
4. It is the exhibitor's responsibility to make sure the entry online form is filled out correctly and tobacco is entered into the proper class by the August deadline.
5. All exhibits should be brought to the Tobacco Department in the West Hall. The department will be open for receiving 4-H tobacco on Monday (Exhibit Entry) before Fair opens from 9:00 a.m. to 2 p.m.
6. 4-H tobacco will be released to the Department of Agriculture on Monday after the fair closes from 9:00 a.m. to noon.
7. 4-H exhibitors are eligible to compete in only **one** division of the youth show (not 4-H AND FFA). However, they may compete in the Open Youth Class, provided they have separate entries for that class. Open class entries must be made by July 1 on open class (pink) entry forms.
8. Entries in 4-H tobacco are restricted to enrolled members of 4-H.
9. The Superintendent shall have the duty and authority to reject any entry that in his/her opinion is unworthy of entry.
10. Entries infected with insects or disease, or exhibiting severe damage, shall be discarded at the discretion of the Superintendent.
11. An exhibitor may enter in any one or all different classes. However, one exhibitor is limited to **ONE** entry per class (Potted Plant, Green stick and Stripped Tobacco).

**Class No.**

26 4-H Best Crop  
(2 hands – 20 leaves each grade)

**4-H Class Green Dark Tobacco (By Sticks):**

**Class No.**

31 Dark

**Growing Dark Tobacco Plant**

**Class No.**

33 Best potted growing plant of Dark Tobacco, any type

**Green Stick and Potted Burley Tobacco should be entered as Division 2103.**

**4-H Class Green Tobacco (by sticks):**

**Class No.**

36 Burley

An engraved plaque will be awarded to the top 4-H exhibit in class 48.

**Class No.**

39 Best potted growing plant of Burley Tobacco

All potted plants will become the property of the Kentucky State Fair and after judging will be used as decorations throughout the Fair for promotion of the Tobacco Department.

Revised 9/2021





## 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.

### Clover Photography

1. Exhibit is limited to a single photograph.
2. Subject of photograph must include 4-leaf clover. (Photographs of 3-leaf clovers will NOT be accepted.)
3. 4-leaf clover may be real or created.
4. Photograph may be color or black and white.
5. Follow all mounting rules described in the Cloverville Photography division.
6. Maximum photograph size 8" X 12".
7. The 4-H identification tag should be located in the bottom right hand corner.

- 1010 Junior Clover Photograph  
1011 Senior Clover Photograph

### Upcycling Project





## Division 6025 - 4-H 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. Reference materials include the Ky. 4-H Wood Science Plans Notebook and the 4-H CCS Woodworking Wonders guides.
  2. Limit of one entry per county per class.
  3. An exhibitor may enter only one Wood Science class per year.
  4. Class Champions will be selected in each class and Grand Champion and Reserve Champion 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.

Revised 9/2019