

2012 Produced in New York Food Presentations

DATE: Saturday January 28th (9am) | **MAKE-UP DATE:** Thursday, January 26th (6pm)

LOCATION: Geneseo United Methodist Church | Location TBD for Make-Up Presentation Date

4-H members can show how to make one of their favorite foods in the Produced in New York Presentations. The only requirements are that the food be nutritious and that it features a product grown in New York State. Possible featured products could be apples, cherries, cabbage, beef, potatoes, grapes, squash, corn, beans, onions, or whole grains. The recipe should contain at least one cup of the featured product.

Participants must bring all the ingredients and show how to make the recipe. This is a silent demonstration and many participants will work at the same time. Judges will evaluate how well organized the participant is and how neatly she/he works. The 4-Her needs to bring a finished product from home for the tasting judges to evaluate at the same time demonstrations are taking place. Taste and appearance are what the tasting judges will look for. Additionally, the participant must fill out a Menu Planning Sheet which describes a complete menu for one meal which includes the featured recipe, a statement of where the recipe came from, a nutrition statement that lists the major nutrients found in the recipe and their function, and information about the featured NYS product. A Menu Planning Sheet is on the following page. The top Juniors and Seniors will be invited to go to the State Fair.



REGISTRATION: SEND THE MENU PLANNING SHEET AND A COPY OF THE RECIPE TO THE 4-H OFFICE BY JANUARY 19TH.

Cloverbuds: There is a special Menu Planning Form for you!

*****MENU PLANNING SHEETS & RECIPES CAN BE FILLED OUT ELECTRONICALLY AND EMAILED TO MARY ANN IF YOU HAVE ADOBE ACROBAT ON YOUR COMPUTER*****