

Harvest Food Fest

Plan on taking part in the Harvest Food Fest. It is a popular event in our 4-H Program.

Harvest Food Fest is a silent food demonstration where you use at least 1 cup of a NYS grown food as you create a tasty recipe using a New York State Food produced in our Finger Lakes Area.

RECIPE REQUIREMENTS: Recipes must contain at least one cup of a New York State fruit, vegetable, dairy product or meat.

RECIPE SUGGESTIONS:

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

RECIPE SELECTION HELPFUL HINTS:

- Consider the skill level when selecting a recipe. First timers should select a very simple recipe. More experienced 4-H members should look for a challenging recipe.
- Consider modifying a recipe to make it uniquely yours.
- Follow US Dietary Guidelines of lower amounts of sugar, fat, sodium

TIME: Each age group has a maximum time limit.

Members should consider the time limit when selecting the recipe.

WHAT TO BRING:

- Bring ALL Equipment and ingredients
- Bring trays to use for equipment/ingredients. Cookie sheets covered with foil work well as trays.
- Stoves, refrigerators and microwaves are not available for demo purposes.
- A microwave is available to melt ingredients for the demonstration purpose.
- Each presenter will have an 8 foot table to work on.
- Please prepare a poster about your food to be presented to the tasting judge.

FOOD DEMO TECHNIQUES:

- Equipment and trays should be covered with a towel as you come to do the presentation and then cover them back up when you are finished.
- Do not promote any brand names in your food demonstration. If you don't put ingredients in labeled containers (ex. a small container labeled "FLOUR" can be labeled with a paper label or paper taped onto the container.) Consider covering up the brand name with paper or tape.
- Practice the demo so that what you are doing is visible to the audience
- Think food safety
- Show that you have wiped your hands with a wet cloth or use hand sanitizer as you begin the presentation.

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

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

INFORMATION YOU NEED TO READ OR FILL OUT:

- **Registration Form Due October 24:** Recipe to be filled out and dropped off or emailed to the 4-H office. You should also include a meal planning form that will encourage you to dive deeper into the nutrition behind your project. Do NOT turn in menu planning form ahead of time. Bring it with you to the event.

RECIPE BOOK: Recipes submitted with an on-time registration form will be made into a booklet to share with those attending the event.