

FOOD & NUTRITION



Summer is an excellent time to start your journey learning to can and preserve foods.

Check weekly ads or local farmer's markets to find seasonal produce at a low cost. Research how to tell if your produce is ripe and find recipes to try.

FOOD PRESERVATION

- Canned Fruit
- Canned Meat
- Canned Vegetables
- Dried Fruit / Fruit Leathers
- Dried Meat
- Jams
- Jellies
- Pickles / Relishes
- Preserves (Including marmalades & conserves)
- Salsa
- Sauces
- Snack Foods (Trail mix, granola bars, chips, popcorn, etc.)
- Soup
- Syrups
- Vinegars

As you look up recipes you would like to try or even ones you've made, start compiling them in your own Recipe Book! Did you can enter both a recipe book and a meal plan in the fair? Consider making an educational poster about baking, canning, cooking, nutrition, food or more!

Try recipes for family and friends, bring them to club events. Even prepare and freeze doughs ahead of the fair to whip up before receiving:

- Bread (Including rolls & quick bread)
- Cakes (All types including cupcakes)
 - Cookies (All types / varieties)
 - Pastries (All types / varieties)
- Pies (All types / varieties including tarts & cobblers)

Interested in cake decorating? You can use non-edible bases and fondant to prepare an exhibit ahead of time.

CAKE DECORATING

- Cake or Cookie (No Decorator Tubes)**
Any cake or cookie up to 8", no decorator tubes may be used.
- Cake or Cookie (Decorator Tubes)**
Any cake or cookie up to 8", decorator tubes may be used.
- Edible Cake with Edible Decorations**
Judged on decorations only, will not be judged for taste.
- Non-Edible Base with Edible Decorations**
Decorator tubes may be used, non-edible decorations may be included.
- Gingerbread House (or similar)**
- Icing Sampler**
Cardboard cake round showing sample of decoration methods, each clearly labeled.



GARDENING

Did you know that you can enter more than just veggies as a part of gardening?

Take a look at all the different things you can make, grow, and enter in the fair!

Start planning your garden space – indoors or outdoors – and decide what you want to grow. Write it up and do your research on what grows well in Arizona and when.

Grow foods you or your family like to eat.

Plan for pretty flowers all year long.

House plants beautify your space and need care all year long.

Make your own compost and craft decorations for your garden from plant markers to scarecrows.

Propagate new plants from existing ones.

Make an educational poster about an aspect of horticulture or floriculture.

Make a container garden or terrarium.

Draft up a landscape design for your house.

Floriculture/Horticulture entries must be properly labeled with botanical information.

- Bottle Garden
 - Cactus
- Container Garden
 - Compost
- Crops (grains, hays, cotton, etc.)
- Dish Garden (at least 3 plants, any variety)
 - Floral Design – fresh arrangement
- Flowers (3 stems, same variety/color)
 - Garden Design/Plan/Record
 - Garden Décor/Accessories
 - Gourds
 - House/Potted Plants
 - Landscape Design
 - Melons
 - Nuts
 - Propagated Plants
 - Roses (1 Stem)
 - Scarecrow
 - Succulents
- Terrarium – any size, must be covered
 - Vegetables – Large
 - Vegetables – Small