



Cayuga County 4-H

PRODUCED IN NEW YORK

PLANNING GUIDE



Cayuga County 4-H Produced in New York Contest

PiNY is a silent food demonstration highlighting food products produced in New York State. Youth demonstrate knowledge and skill by preparing a recipe containing **at least one cup** of a New York grown or produced ingredient. There is no need to talk during the presentation, but judges may ask questions of participants. Youth will be evaluated on both their demonstration and their final product.

All enrolled 4-H members can participate, including Cloverbuds.

Youth competing in PiNY will gain skills in planning & preparation, organization, problem solving and making healthy choices. Participants will learn about nutritional value of foods and where their food comes from, how to plan healthy meals and how to make adaptations to recipes.

The Produced in NY contest is a great introduction to public speaking. There is no need to talk during the presentation and participants demonstrate simultaneously with other youth leading to a less intimidating atmosphere.



Recipe Selection

- ◆ Recipes must feature a product(s) produced in New York State (milk products, meat, vegetables, eggs, grains, honey, maple syrup, etc.)
- ◆ Recipes should follow U.S. Dietary Guidelines/My Plate (see Meal Planning Sheet)
- ◆ Originality - Creativity and Imagination help make foods appealing and tasty. Recipes can be from a cookbook, family recipe, Pinterest, or your own variation.
- ◆ You may be asked to explain the source of your "statement of origin" (Menu Planning Sheet), as well as any changes made, family preferences, etc.
- ◆ Participants are encouraged to use recipes with lower amounts of sugar, fat, sodium, and increased amounts of fiber and complex carbohydrates.
- ◆ If you chose a recipe that is not exactly "healthy" make sure you plate it with complimentary sides that would balance the meal out. For example, serving it with skim milk, adding a fruit, etc.

Equipment

- ◆ Hot Plates, microwave and toaster ovens will be provided.
- ◆ Participants are expected to furnish all other supplies and equipment necessary to prepare and serve their product, including trays, extension cords, pot holders, etc., and serving utensils.
- ◆ Ranges, ovens, and refrigerators are not available.
- ◆ Hot plates, griddles, mixers, crock pots, skillets, etc. are welcomed.
- ◆ If you do have something that requires baking, have that already completed and present.
- ◆ Make sure you take measures to keep your product at appropriate food safety temperatures.
- ◆ **Participants should plan accordingly.**

Don't Forget!

- ❖ Pot Holders
- ❖ Utensils
- ❖ Trays
- ❖ Plates or Bowls for serving

Dress Appropriately

- ◆ Dress appropriately for a food demonstration. No long sleeves or loose clothing. Aprons are required. No jewelry should be worn on the arms or hands.
- ◆ Hair should be worn away from the face and secured with a hat, hairnet, or scarf.
- ◆ Appearance and clothing should not be distracting.
- ◆ Coordinating colors (towels, apron, labels, containers, or hat) all add to the total affect.
- ◆ Plastic or latex gloves are NOT required, but it is expected that participants will demonstrate proper hand washing/sanitizing techniques at the beginning of their demonstration.



Presentation

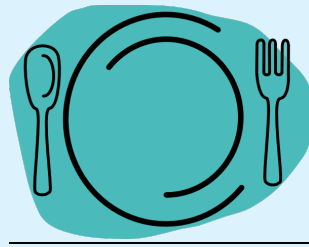
- ◆ Time allotment: 10-15 minutes for Cloverbuds and 30-40 minutes for juniors and seniors.
- ◆ Each participant will utilize their time according to the complexity of their recipe.
- ◆ Participants should demonstrate a variety of age appropriate skills (i.e., measuring of dry and liquid ingredients, knife skills, blending, kneading, whisking, egg cracking, etc.).
- ◆ Participants are expected to demonstrate how to measure one liquid and one dry ingredient. Additional ingredients can be premeasured.
- ◆ Once the presentation is complete, participants are to present the evaluator with a sample.
- ◆ A poster listing the products grown or produced in New York State will increase the audience's knowledge and enhance your presentations.
- ◆ This is a great time to add points for creativity in plating and presenting to the evaluator. The use of matching or themed plates, utensils and placemats that complement the end product adds to the presentation.
- ◆ Once the presentation is completed, participants should cover their trays. They will move their finished project to the judging table.
- ◆ Participants are required to clean their area after completion.

General Food Demonstration Tips

- ◆ Demonstrate hand washing/sanitizing techniques at the beginning of demonstration.
- ◆ Use suitable containers for ingredients.
- ◆ Loosen or remove caps and tops before beginning.
- ◆ Cover commercial (brand) labels or use uniform containers with labels identifying ingredients.
- ◆ Label ingredients such as salt, sugar, and baking powder, so you don't make a mistake.
- ◆ It helps to label the front and back so both you and the audience can read them.
- ◆ Use transparent/clear bowls whenever possible.
- ◆ Choose the best equipment for the job (i.e., standard measuring and mixing equipment). Use rubber spatula to clean bowls.
- ◆ Crack eggs into a separate bowl with a knife or a spatula (just in case shell breaks). Remember to carry an extra egg just in case.
- ◆ Use a cutting board for chopping and slicing
- ◆ Level ingredients with a spatula or straight sided knife
- ◆ Work quietly (cloth under bowl deadens sound; wooden spoons are quieter than metal ones).
- ◆ Cover trays with towels at the beginning and end of your demonstration.
- ◆ Use safe and proper measuring techniques and preparation skills.
- ◆ Remember to look at your audience! Smile and make eye contact.
- ◆ Practice using equipment before your demonstration. Hotplates can cook differently from the stove top.

Neatness Counts:

- ❖ Work on wax paper (place recipe underneath for cleanliness and accessibility)
- ❖ Tape a paper bag to the table for waste.
- ❖ Bring a damp cloth or sponge for spills, wiping hands or wiping table/counter area.



Final Product

Once the presentation is complete, participants are to present the evaluator with a sample. This is a great time to add points for creativity in plating and presenting to the evaluator. The use of matching or themed plates, utensils and placemats that complement the end product adds to the presentation.

- ◆ Clear demonstration table of food prep items before displaying finished product.
- ◆ The final product may be fully prepared during the demonstration or brought from home. Keep final product out of sight until you are finished.
- ◆ Garnish or serve attractively. Garnish can enhance food but should not overshadow finished product
- ◆ Colorful dishes and display cloths that harmonize with the food add interest.
- ◆ Present a plate to the Evaluator(s).
- ◆ Bring additional samples to be displayed and tasted by the larger audience.
- ◆ Make sure you hand your Evaluator a copy of your recipe, and bring additional copies.

Evaluation Criteria:

Recipe: Complete and easy to follow; promotes a New York grown/produced product; nutritional quality of recipe.

Finished Product: Overall appearance, taste, consistency, and/or texture.

Demonstrator: Appearance, poise/ability to deal with unexpected challenges/glitches/etc.

Preparation: Organization (orderly plan of work and placement of equipment); techniques and manual skill (appropriate techniques, skillfully done; variety of demonstration techniques; correct use of equipment).

Work Area and Results: Work area neat; demonstration in full view of audience.

Measuring Fruits and Vegetables

FRUITS

Apples	1 pound (3 or 4 medium) = 3 cups sliced
Bananas	1 pound (3 or 4 medium) = 1 $\frac{3}{4}$ cups mashed
Berries	1 quart = 3 $\frac{1}{2}$ cups
Dates	1 pound = 2 $\frac{1}{2}$ cups pitted
Lemon	1 whole = 1 to 3 Tbsp juice; 1 to 1 $\frac{1}{2}$ tsp grated rind
Lime	1 whole = 1 $\frac{1}{2}$ to 2 Tablespoons juice
Orange	1 medium = 6-8 Tbsp juice; 2 to 3 Tbsp grated rind
Peaches	1 pound (4 medium) = 3 cups sliced
Pears	1 pound (4 medium) = 2 cups sliced
Rhubarb	1 pound = 2 cups cooked
Strawberries	1 quart = 4 cups sliced

VEGETABLES

Asparagus	1 pound = 3 cups chopped
Beans (string)	1 pound = 4 cups chopped
Beets	1 pound (5 medium) = 2 $\frac{1}{2}$ cups chopped
Broccoli	$\frac{1}{2}$ pound = 6 cups chopped
Cabbage	1 pound = 4 $\frac{1}{2}$ cups shredded
Carrots	1 pound = 3 $\frac{1}{2}$ cups sliced or grated
Celery	1 pound = 4 cups chopped
Cucumbers	1 pound (2 medium) = 4 cups sliced
Eggplant	1 pound = 4 cups chopped (6 cups raw, cubed = 3 cups cooked)
Garlic	1 clove = 1 teaspoon chopped
Leeks	1 pound = 4 cups chopped (2 cups cooked)
Mushrooms	1 pound = 5 to 6 cups sliced = 2 cups cooked
Onions	1 pound = 4 cups sliced = 2 cups cooked
Parsnips	1 pound unpeeled = 1 $\frac{1}{2}$ cups cooked and pureed
Peas	1 pound whole = 1 to 1 $\frac{1}{2}$ cups shelled
Potatoes	1 pound (3 medium) sliced = 2 cups mashed
Pumpkin	1 pound = 4 cups chopped = 2 cups cooked and drained
Spinach	1 pound = $\frac{3}{4}$ to 1 cup cooked
Squash (summer)	1 pound = 4 cups grated = 2 cups salted and drained
Squash (winter)	2 pounds = 2 $\frac{1}{2}$ cups cooked and pureed
Sweet potatoes	1 pound = 4 cups grated = 1 cup cooked and pureed
Swiss chard	1 pound = 5 to 6 cups packed leaves = 1 to 1 $\frac{1}{2}$ cups cooked
Tomatoes	1 pound (3 or 4 medium) = 1 $\frac{1}{2}$ cups seeded pulp
Turnips	1 pound = 4 cups chopped = 2 cups cooked and mashed

Common Ingredient Substitutions

Item	Amount	Substitution
Allspice	1 teaspoon	½ tsp cinnamon plus 1/8 tsp ground cloves
Arrowroot, as thickener	1 ½ teaspoons	1 Tablespoon flour
Baking powder	1 teaspoon	¼ tsp baking soda plus 5/8 tsp cream of tartar
Bread crumbs, dry	¼ cup	1 slice bread
Bread crumbs, soft	½ cup	1 slice bread
Buttermilk	1 cup	1 cup plain yogurt
Chocolate, unsweetened	1 ounce	3 Tbsp cocoa plus 1 Tbsp butter or fat
Cracker crumbs	¾ cup	1 cup dry bread crumbs
Cream, heavy	1 cup	¾ cup milk plus 1/3 cup melted butter (this will not whip)
Cream, light	1 cup	7/8 cup milk plus 3 Tbsp melted butter
Cream, sour	1 cup	7/8 cup buttermilk or plain yogurt plus 3 Tbsp melted butter
Cream, whipping	1 cup	2/3 cup well-chilled evaporated milk, whipped; or 1 cup nonfat dry milk powder whipped with 1 cup ice water
Flour, all-purpose	1 cup	1 1/8 cups cake flour; or 5/8 cup potato flour; or 1 ¼ cups rye flour or coarsely ground whole-grain flour; or 1 cup cornmeal
Flour, cake	1 cup	1 cup minus 2 Tablespoons sifted all-purpose flour
Flour, self-rising	1 cup	1 cup all-purpose flour plus 1 ¼ teaspoons baking powder plus ¼ tsp salt
Garlic	1 small clove	1/8 teaspoon garlic powder or instant minced garlic
Herbs, dried	½ to 1 teaspoon	1 Tablespoon fresh herbs, minced and packed
Honey	1 cup	1 ¼ cups sugar plus ½ cup liquid
Lemon juice	1 teaspoon	½ teaspoon vinegar
Lemon, juice and rind	1	3 Tablespoons bottled lemon juice and 1 teaspoon dried grated rind
Lemon rind, grated	1 teaspoon	½ teaspoon lemon extract
Milk, skim	1 cup	1/3 cup instant nonfat dry milk plus ¾ cup water
Milk, sour	1 cup	1 cup minus 1 Tbsp milk plus 1 Tbsp vinegar or lemon juice. Stir and let stand 5 minutes
Milk, whole	1 cup	½ cup evaporated milk plus ½ cup water; or 1 cup skim milk plus 2 tsp melted butter
Mustard, prepared	1 Tablespoon	1 teaspoon dry or powdered mustard
Onion, chopped	1 small	1 Tbsp instant minced onion; or 1 tsp onion powder or ¼ cup frozen chopped onion
Sugar, granulated	1 cup	1 cup firmly packed brown sugar; or 1 ¾ cups confectioner's sugar (do not substitute in baking); or ½ cup honey; or 1 cup superfine sugar; or 1 ½ cups corn syrup; or 2/3 cup maple syrup (for last two, reduce liquid in recipe by 25 percent)
Tomatoes, canned	1 cup	½ cup tomato sauce plus ½ cup water; or 1 1/3 cups chopped fresh tomatoes, simmered
Tomato juice	1 cup	½ cup tomato sauce plus ½ cup water plus dash each salt and sugar; or ¼ cup tomato paste plus ¾ cup water plus salt and sugar to taste
Tomato ketchup	1/2 cup	½ cup tomato sauce plus 2 Tbsp sugar, 1 Tbsp vinegar and 1/8 tsp ground cloves
Tomato puree	1 cup	½ cup tomato paste plus ½ cup water
Tomato soup	1 can (10 ¾ oz)	1 cup tomato sauce plus ¼ cup water
Vanilla	1-inch bean	1 teaspoon vanilla extract
Yeast	1 cake (3/5 oz)	1 package active dry yeast
Yogurt, plain	1 cup	1 cup buttermilk

Vitamins and Nutrients

Vitamin/ Nutrient

Function

Found in These Foods (not limited to)

Fat Soluble

A	Antioxidant, reduces skin and eye disorders	Green, yellow vegetables and fruits; fish and animal oils and garlic
D	Helps build healthy bones and teeth	Dairy products, canned sardines, herring, tuna, sunflower seeds, and egg yolks
E	Helps healing and prevents scars	Peanut butter, almonds, peanut oil, and olive oil
K	Promotes blood clotting to stop bleeding	Green leafy vegetables, cabbage, milk, liver, and wheat bran

Water Soluble

C	Required for healthy skin, bones, and teeth; promotes healing and helps iron absorption; antioxidant	Broccoli, green leafy vegetables, citrus, kiwi, and red chillis
B1-Thiamin	Helps the body maximize the use of carbohydrates	Wheat germ, sunflower seeds, nuts, oatmeal, lean meats, whole grain products
B2-Riboflavin	Aids in carbohydrate, protein, and fat metabolism (chemical processes that occur within an organism to maintain life)	Milk, liver, eggs, almonds, and fortified breakfast cereals
B3-Niacin	Helps brain function and keeps the nervous system healthy	Rice bran, wheat bran, liver, peanut butter, nuts, chicken, beef, tuna, barley, and rice
B5-Panthenoic Acid	Essential for the metabolism of fats, carbohydrates, and protein	Whole grains, legumes, egg yolks, and organ meats
B6-Pyridoxine	Helps the nervous system function properly	Wheat bran, liver, walnuts, brown rice, salmon, meat, tuna, and bananas
B12	Forms and generates red blood cells needed for DNA synthesis	Liver, mussels, oysters, eggs, oily fish, crab, and beef
Biotin	Required for healthy skin and hair	Egg yolk, organ meats, legumes, and nuts
Folate	Important to produce red blood cells for babies in utero (during pregnancy)	Liver, dark leafy vegetables, lentils, chickpeas, kidney beans, nuts, and oat bran

Eat Smart To Play Hard
Use **MyPlate** to help you fuel up with foods from each food group.

Choose **MyPlate.gov**

Keep on Moving!
You need at least 60 minutes of physical activity each day. Whether that's skateboarding, hiking a trail, or playing tag, every stride tall counts!

FRUITS Fuel up with fruits at meals or snacks. Oranges, pears, berries, watermelon, peaches, kiwis, and applesauce (without extra sugar) are just a few of the great choices. Make sure your plate is rich in fiber.

VEGETABLES Color your plate with great tasting veggies. Try to eat more dark-green, red, and orange vegetables, and beans and peas.

GRAINS Make at Least Half Your Grains Whole Grains. Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat cornflakes, brown rice, and soft popcorn more often.

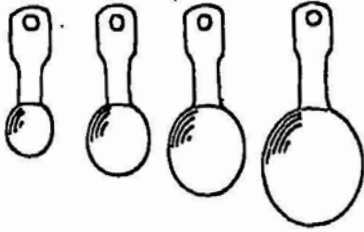
PROTEIN FOODS Vary Your Proteins. Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie omelet, fish taco, shrimp or turkey stir-fry, or grilled salmon.

DAIRY Get Your Calcium-Rich Foods. Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.

Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.

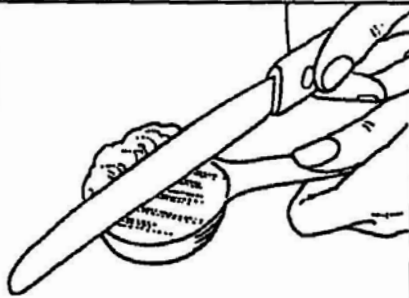
The Right Way to Measure Ingredients

¼ t. ½ t. 1 t. 1 T.



Graduated Spoons:

To measure thin liquids, pour into the appropriate spoon until full.



For dry ingredients and thick liquids:

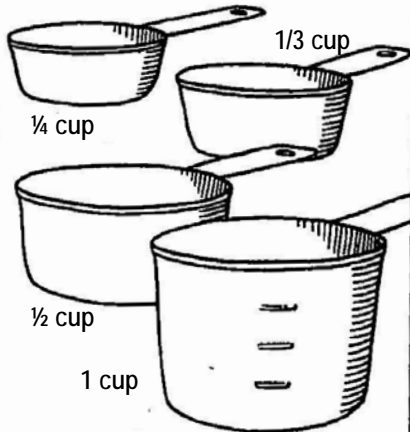
Pour or scoop into appropriate spoon until full, then level. If your set of spoons does not have a 1/8 teaspoon measure, use the 1/4 teaspoon; fill, then remove half.

Note: A dash is less than 1/8 teaspoon.



Glass Measuring Cup:

For measuring liquids. Read the measurement at eye level.

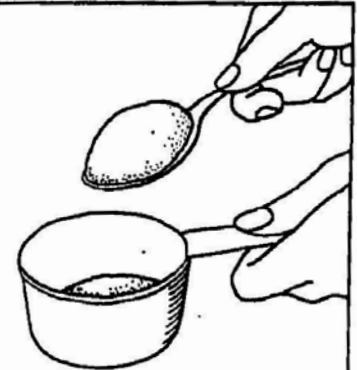


Graduated Nested Measuring Cups:
Used for measuring non-liquids.



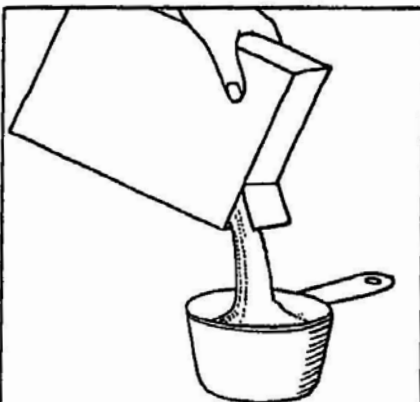
For all-purpose flour, quick-mixing flour and granulated sugar:

Dip cup into ingredient to fill, then level with straight-edged spatula or knife. (Do not sift flour to measure or combine with other ingredients.)

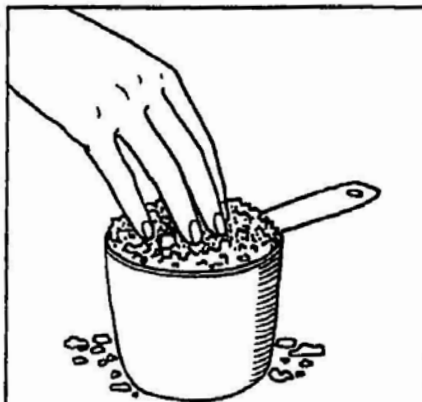


For cake flour, powdered sugar and biscuit baking mix:

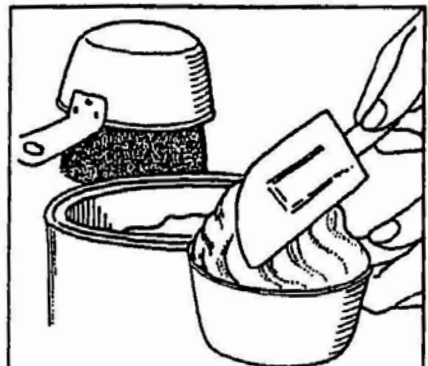
Lightly spoon into cup, then level. (Sift powdered sugar only if lumpy.)



For cereals and dry bread crumbs:
Pour into cup, then level. (This method can also be used for measuring powdered sugar and quick-mixing flour.)

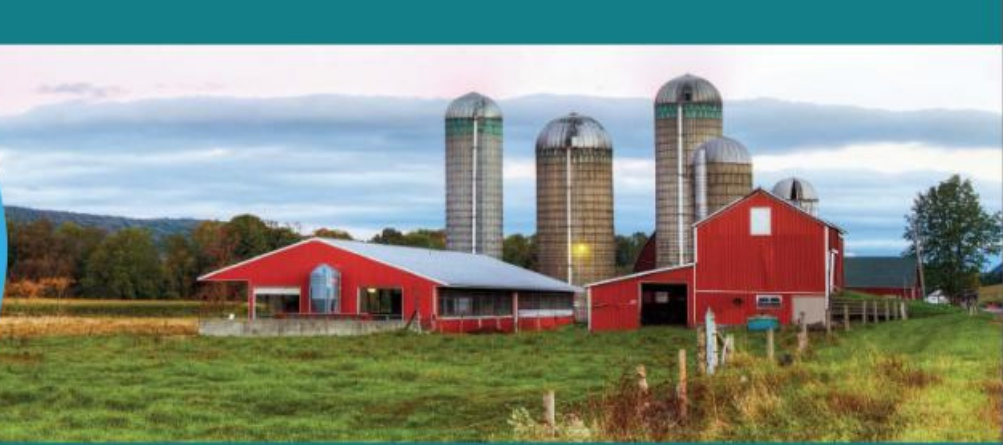


For nuts, coconut, shredded cheese, cut-up or small fruit and soft bread crumbs:
Spoon into cup and pack down lightly.



For brown sugar, fats and shortening:

Spoon into cup and pack down firmly. (When a recipe calls for melted shortening, it can be measured before or after melting.)



NEW YORK STATE GROWN & CERTIFIED

Look for the seal to find food
that was grown right – right here in New York.



Apples, Berries,
Cherries, Peaches,
Plums, Grapes,
Strawberries, Melons

Peas, Squash, Lettuce,
Cabbage, Cauliflower,
Peppers, Tomatoes,
Celery, Beets, Garlic,
Onions, Kale, Carrots



Beef, Poultry, Pork,
Eggs, Milk, Yogurt,
Butter, Cheese,
Preserves, Pickles,
Syrup, Honey

Produced in NY Menu Planning Sheet

Name: _____ Age (as on 1/1) _____

Recipe: _____

Cloverbud ___ Junior ___ Senior ___

Valuable resources:

www.choosemyplate.gov

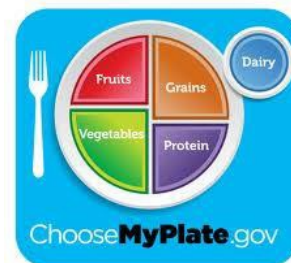
www.agclassroom.org/kids/stats/newyork.pdf

www.nyfb.org/about/about-ny-ag

<https://agriculture.ny.gov>

Menu Plan: Please plan a complete meal (breakfast, lunch, dinner, snack) using your recipe as one of the foods. Be sure to consider nutrition, appearance, flavors and textures. Please use the My Plate standards to guide you. Your menu should be written out in the space provided.

My menu is for: Breakfast _____ Lunch _____ Dinner _____ Snack _____



Explanation of Recipe: Please briefly answer the following:

Where did your recipe come from?	
Which ingredients are produced in NYS? Please include any specific information regarding production.	
What changes did you make to your recipe?	
What did your family think of the recipe?	
What special changes or needs did you consider when preparing this recipe, if any?	
Why did you make these changes?	

What influenced the changes (special diet, taste, nutritional value, economic, etc.)?	
What might you do differently next time?	

Nutrition Statement: Please outline at least 3 major nutrients supplied by the ingredients in your recipe and what the nutrient does. example: milk, calcium, builds strong bones.

Ingredient	Nutrient Provided	Role of Nutrient or What does the nutrient do for our bodies?

Optional Additional Information (attach additional sheets as necessary): This information is not required but you may find it valuable to share this information with the Product Evaluators as they will not be able to meet with you individually to discuss your process as you prepared for the PINY Contest. This is an area where you can add additional information that might be helpful for the judges to know.

This can include:

- a shopping list with prices
- where ingredients produced in NY come from specifically
- interesting facts about the products that are produced in NY
- a unique experience that you had in preparing your particular recipe.

PRODUCED IN NEW YORK STATE CONTEST
CLOVERBUD DEMONSTRATION
EVALUATION SHEET

Name _____

Recipe Title: _____

	Judge's Comments
<u>DEMONSTRATOR</u>	
Appearance-Personal & Clothing (should be clean, neat, hair should be pulled back, no gum chewing)	
Poise/ability to respond to questions evaluator may ask	
Sanitary work space and process (cleaning, washing hands, sanitizing surfaces, etc.)	
<u>PREPARATION</u>	
Organization-orderly plan of work and work area (using trays to move items from one side to the other)	
<u>TECHNIQUE & MANUAL SKILLS</u>	
Rinsing foods/draining liquid	
Using peeler, grater, melon baler, hand juicer, can opener	
Measuring spoons	
Dry cup measure	
Liquid cup measure	
Cracking egg	
Using blender/mixer	
Use of Proper/Safe knife skills	
Using burner/microwave/fry-pan	
Hand mixer/blending/folding/whipping, meat thermometer	
Skill Level (age and experience level appropriate)	
Work Area clean-up as appropriate by 4-H Youth	
Demonstration techniques in full view of evaluator	

PRODUCED IN NEW YORK STATE CONTEST

CLOVERBUD PRODUCT

Name _____

Recipe Title: _____

	Judge's Comments
<u>RECIPE</u>	
Complete and easy to follow (Concise steps, legible, logical order)	
Promotes NYS products (at least 1 cup total in recipe)	
Nutritional quality of recipe (is this recipe made to be healthier?)	
Skill level (age & Experience appropriate)	
<u>FINISHED PRODUCT</u>	
Appearance (does this look ideal?)	
Taste (does this taste like the ideal?)	
Consistency and/or texture	
<u>MENU PLANNING SHEET</u>	
Menu nutritionally balanced (Representing multiple food groups)	
Nutrition Statement complete (at least 3 ingredients)	
Source of recipe and any changes that were made to the recipe	

PRODUCED IN NEW YORK STATE CONTEST
DEMONSTRATION: 50 POINTS
EVALUATION SHEET

Name _____

Years in Food Projects _____

Recipe Title: _____

Years in Food Contest _____

	Possible Score	Actual Score	Judge's Comments
<u>DEMONSTRATOR</u>			
Appearance-Personal & Clothing (should be clean, neat, hair should be pulled back, no gum chewing)	6		
Poise/ability to respond to questions evaluator may ask	3		
Sanitary work space and process (cleaning, washing hands, sanitizing surfaces, etc.)	3		
<u>PREPARATION</u>			
Organization-orderly plan of work and work area (using trays to move items from one side to the other)	5		
<u>TECHNIQUE & MANUAL SKILLS</u> Grey area may only total up to 18 points			
Rinsing foods/draining liquid	3		
Using peeler, grater, melon baler, hand juicer, can opener	3		
Measuring spoons	3		
Dry cup measure	3		
Liquid cup measure	3		
Cracking egg	3		
Using blender/mixer	3		
Use of Proper/Safe knife skills	3		
Using burner/microwave/fry-pan	3		
Hand mixer/blending/folding/whipping, meat thermometer	3		
Skill Level (age and experience level appropriate)	5		
Work Area clean-up as appropriate by 4-H Youth	5		
Demonstration techniques in full view of evaluator	5		
POSSIBLE TOTAL	50		

PRODUCED IN NEW YORK STATE CONTEST

PRODUCT: 50 POINTS

EVALUATION SHEET

Name _____

Years in Food Projects _____

Recipe Title: _____

Years in Food Contest _____

	Possible Score	Actual Score	Judge's Comments
<u>RECIPE</u>			
Complete and easy to follow (Concise steps, legible, logical order)	5		
Promotes NYS products (at least 1 cup total in recipe)	5		
Nutritional quality of recipe (is this recipe made to be healthier?)	5		
Skill level (age & Experience appropriate)	5		
<u>FINISHED PRODUCT</u>			
Appearance (does this look ideal?)	5		
Taste (does this taste like the ideal?)	5		
Consistency and/or texture	5		
<u>MENU PLANNING SHEET</u>			
Menu nutritionally balanced (Representing multiple food groups)	5		
Nutrition Statement complete (at least 3 ingredients)	5		
Source of recipe and any changes that were made to the recipe	5		
TOTAL	50		