

HORTICULTURE USE DEMONSTRATION

Contest Description:	Contest is a method demonstration presentation on preparing vegetables, fruits, or herbs cooked or raw, for table use, canning, freezing or dehydration. The final product must contain horticulture products as the main ingredient by volume (at least one cup).
Superintendent(s):	Judy Myhand
Award:	Louisiana 4-H Educational Trip
Grade/Age Requirement(s):	Must be enrolled in 8 th to 12 th Grade as of August 1, 2021.
Team or Individual Contest:	Individual or a Team of two (2)
Number of Entries Per Parish:	Two (2) Entries

Contest Rules:

1. Refer to Louisiana 4-H University General Rules and Guidelines for a complete set of event rules and guidelines.
2. Must be a method demonstration, not an illustrated talk.
3. Contestants will have an opportunity to use Power Point or posters, all equipment will be provided (easel will be provided upon request by June 10, 2022).
4. Presentation is a demonstration of preparing a dish with vegetables, fruit, or herbs cooked or raw for table use, canning, freezing or dehydration. The final product must have a horticulture product as the main ingredient by volume (at least 1 cup).
5. Contestants must bring all equipment and supplies needed for preparing the dish, the demonstration and clean-up. Contestants will have access to a kitchen with a microwave, refrigerator, and oven use.
6. Contestants need to submit a sample of the finished dish and copies of the recipes to the three judges during the contest demonstration time.
7. Judges will ask questions regarding knowledge of the horticulture products. Contestants will not need to know detailed information on crop production but should know basic information such as:
 - a. When is your fruit, vegetable or herb planted? (Time of year month (s))
 - b. When is your fruit, vegetable or herb harvested?
 - c. Name one or two varieties of your fruit, vegetable, or herb.
 - d. Is your fruit, vegetable, or herb native to Louisiana? If not, where?
 - e. Is your fruit, vegetable or herb commercially produced in Louisiana?
8. Demonstration should be planned for eight (8) to fifteen (15) minutes. If a presentation is not in the allocated time, one point will be deducted for each minute or fraction thereof up to five minutes. Five points will be deducted for each minute or fraction thereof over five minutes.
9. The contest will be judged by one set of judges. There will be no finals.
10. Contestants will not be allowed to re-arrange the presentation tables. Three table will be provided for the demonstration.
11. Only participants, judges, and contest officials will be allowed in the food prep areas.
12. Contestants should plan total lab preparation time of no more than two hours.
13. A copy of the recipe must be submitted to the contest online submission area at www.lsuagcenter.com/4hu by June 10, 2022.

Contest Resource(s):

- Louisiana 4-H Educational Presentation Scoresheet, 2022
- Publication 2149 “You Can Give a Method Demonstration”
- Consider browsing DIY videos or project websites that often have “how to” examples that would be guiding resources. Suggested resources:
 - YouTube
 - Pinterest
 - LSU AgCenter FCS website: https://www.lsuagcenter.com/topics/crops/fruits_and_vegetables