

## **Class 6 4-H Member Department**

### Rules and regulations

- Open to youth age 9 – 21 as of January 1, 2018 and enrolled in a 4-H Club in 2018
- No entry fee required
- Please record your 4-H Club Name and 4-H enrolment number on the entry form

Cloverbuds are 6 – 8 years old as of January 1<sup>st</sup>, 2018

Juniors are 9 -14 years old as of January 1<sup>st</sup>, 2018

Seniors are 15 – 21 years old as of January 1<sup>st</sup>, 2018

Prize money for sections 1 - 27 ..... \$5.00/\$3.00/\$2.00

### **Cloverbuds only**

1. Project made in Cloverbuds that you are proud of

### **Juniors only**

2. Holiday Decoration, depicting any holiday, using any materials
3. Handmade Craft, any handmade item made by exhibitor, examples—sewing, woodworking, knitting, etc., not previously shown at fair
4. Zen Doodle Bookmark from 4-H Craft Club
5. Handmade Gift, suitable for an occasion, gift tag included but not wrapped. May be edible.
6. Quilt – 4-H Quilt Club
7. Four (4) Photos promoting Fair theme, each picture size 4” x 6”, mounted together on one black background, minimum border to be 2 cm. Pictures must be taken by exhibitor. No words or captions.
8. Recycled/re-purposed craft, item made from recycled/re-purposed materials, handmade by exhibitor, not previously shown at fair.
9. Article made in Woodworking club
10. Gardening in the miniature -
11. Pollinator Friendly Garden, create a plan for a garden to attract and support pollinators. Show plant varieties, special features (rocks, water, hive, etc.)
12. Create a postcard (Not to exceed 5x7 in) using dried pressed plant material. Dyed plant material NOT allowed – Green Thumbs 4-H club
13. Spiced Apple Muffins (Good Foods Fast 4-H project), three muffins on a disposable plate\* recipe to follow
14. Animal Care Poster, using a full sheet of Bristol board, showing tips on how to care for an animal – this is for individual 4-H member – not club entries

## Seniors Only

15. Holiday Decoration, depicting any holiday, using any materials
16. Handmade Craft, any handmade item made by exhibitor, examples—sewing, woodworking, knitting, etc., not previously shown at fair
17. Zen Doodle Bookmark from 4-H Craft Club
18. Handmade Gift, suitable for an occasion, gift tag included but not wrapped. May be edible.
19. Quilt – 4-H Quilt Club
20. Four (4) Photos promoting Fair theme, each picture size 4” x 6”, mounted together on one black background, minimum border to be 2 cm. Pictures must be taken by exhibitor. No words or captions.
21. Recycled/re-purposed craft, item made from recycled/re-purposed materials, handmade by exhibitor, not previously shown at fair.
22. Article made in Woodworking club
23. Gardening in the miniature -
24. Pollinator Friendly Garden, create a plan for a garden to attract and support pollinators. Show plant varieties, special features (rocks, water, hive, etc.)
25. Create a postcard (Not to exceed 5x7 in) using dried pressed plant material. Dyed plant material NOT allowed – Green Thumbs 4-H club
26. Spiced Apple Muffins (Good Foods Fast 4-H project), three muffins on a disposable plate\* recipe to follow
27. Animal Care Poster, using a full sheet of Bristol board, showing tips on how to care for an animal - – this is for individual 4-H member – not club entries

**Spiced Apple Muffins** (Good Foods Fast 4-H project), three muffins on a disposable plate covered with clear wrap or zippered bag.

375 ml whole wheat flour

125 ml wheat germ

125 ml packed brown sugar

15 ml baking powder

5 ml salt

5 ml cinnamon

2 ml nutmeg

250 ml grated peeled apple

125 ml currants or raisins

125 ml sunflower seeds

2 eggs slightly beaten

175 ml milk

7 ml cooking oil

1. Preheat oven to 200°C
2. In a large bowl combine flour, wheat germ, sugar, baking powder, salt, cinnamon and nutmeg. Mix well.
3. Stir in apple, currants or raisins and sunflower seeds
4. In another bowl combine eggs, milk and oil.
5. Make a well in the center of the dry ingredients.
6. Add wet ingredients and stir until just moistened.
7. Spoon into nonstick or paper-lined large muffin pans, filling to the top.
8. Bake in oven for 20-25 minutes or until firm to touch.