FOODS OF THE PACIFIC NORTHWEST ACTIVITY

Objectives
4-H members will

* Prepare and bring a marketing display featuring the Pacific Northwest agricultural product(s) used in the activity.

* Demonstrate knowledge and skill in planning, selecting ingredients and preparing an attractive, nutritious and good tasting food product using agricultural product(s) of the Pacific Northwest.

* Be prepared to discuss with the judge your marketing display and the historical and cultural aspects of the Pacific Northwest agricultural product(s) used in the activity.

Time limit
Maximum 1½ hour

This limit is the total time the participant is in the kitchen including time spent in food preparation, judge's interview and clean-up. The judge's interview will be 15 - 20 minutes and cover the preparation and quality of the food product, the marketing display and the historical and cultural aspects of the agricultural product(s) used in the activity. Interviewing may occur throughout the contest or at its end.

Guidelines
4-H Members:

1. Must be enrolled in "Foods of the Pacific Northwest"

2. Need to complete in advance the worksheet "Foods of the Pacific Northwest," and give it to the judge.

3. Are expected to prepare and bring a marketing display featuring the agricultural product(s) used in the activity.

The display should be creative and demonstrate a marketing technique for the agricultural product(s) featured. Examples of displays may be a poster, product display, slide set, video or a combination of these and others. Your display should be set up to be shown to fair goers during the activity. An easel and display table will be provided. Other audio visual equipment will be available upon request.

4. Will prepare and serve to the judge a food product using agricultural product(s) from the Pacific Northwest.

The product should be attractive, tasty, and nutritionally sound. It may be a simple snack or a more advanced dish but the time planned must be within the 1½-hour time limit. The food prepared should be representative of your current level of ability.

Use the dishes, silverware, glassware, and cooking utensils supplied in the kitchen. You must bring your own hot pads, dishcloth, hand towels, and dish towels. You will be helped with operating kitchen equipment (range, microwave) as the need arises. You may bring any special equipment or utensils not supplied such as fondue pot, blender, popcorn popper, waffle grill, or individual salad bowls. Dishes will be washed by hand. Refer to EM 4808, Sanitizing Dishes, for acceptable procedures.

5. Will discuss with the judge your marketing display and the historical and cultural aspects of the Pacific Northwest agricultural product(s) used in the activity.

Some areas you should be prepared to cover for the historical and cultural portion of the discussion:

Is the product native to the PNW?

How, when, why and by whom was it introduced to the PNW?

How has it been used in the past?

Has its usage changed? How? Why?

What cultural significance, if any, has the PNW food had on the inhabitants of the PNW?

Is it or has it been a food used for celebrations? medicine? religious ceremonies?

Evaluation
You will be evaluated on the quality and creativity of the:

* "Foods of the Pacific Northwest" Worksheet
* Marketing display
* Food product prepared
* Judge's interview

NOTE: Those enrolled in "Foods of Pacific NW" may substitute this activity for one of the kitchen activities. Contact the Extension Office for detailed instructions and guidelines. "Participation in State Fair not guaranteed."