



FIELD TO FORK CHALLENGE

REGISTRATION PACKAGE

CHALLENGE OPENS JUNE 1, 2020





The Field to Fork Challenge is on!

Prepare a video of you cooking a favorite recipe highlighting BC products and submit to win great prizes.

Eligibility

The Field to Fork Challenge is open to all registered 4-H British Columbia Junior and Senior Members as well as BC Agriculture in the Classroom (AITC) Take a Bite of BC Students. **The contest opens June 1, 2020 for all categories.**

Categories:

- 4-H BC Junior Members – entry deadline **August 31st, 2020**
- 4-H BC Senior Members – entry deadline **August 31st, 2020**
- BC AITC Take a Bite of BC Students – entry deadline **September 30th, 2020**

Only one submission per person. Late or incomplete entries will not be accepted.

Prizes

All participants in each category have a chance to win:

1 st Place	\$400
2 nd Place	\$300
3 rd Place	\$200
4 th to 10 th Place	\$100 each

BONUS: All placing 4-H BC Senior Members and Greater Vancouver BC AITC Take a Bite of BC Students will ALSO win a trip to Vancouver for Field to Fork Challenge Weekend from November 6th to 9th, 2020.

Field to Fork Challenge Weekend will include attending an exhibition of products grown or produced in BC, farm tours, and an opportunity to meet local professional chefs! Delivery of the Field to Fork Challenge Weekend will depend on current Government guidelines around travel and physical distancing. More details will be announced in September 2020.

Entry Guidelines

Step 1

Please submit the following three items to specialevents@bc4h.bc.ca:

1. All completed registration forms (pages 7-9 of this package), including your recipe – saved as one PDF
2. A photo of yourself with your BC ingredients
3. A photo of the completed recipe

Ensure you do the following before submitting:

- Name the subject line of the e-mail and PDF of forms in the following format:
 - **FTFC_Entry_Category (J/S/A)_FirstnameLastname**
 - **Example:** FTFC_Entry_S_CassiSauer
- Refer to Photo Guidelines for more photo submission details

Step 2

Once your email is received, you will be sent a confirmation e-mail with a **link** and instructions on how to submit your video.

All submission components must be the independent, created or adapted work of the participant.

Video Guidelines

- Videos must be in English
- Please introduce yourself at the beginning of the video, providing your **first name** and the **name of your club or school**
- Videos must be **5 to 10 minutes** for 4-H Junior Members, and **10 to 15 minutes** for 4-H BC Senior Members and BC AITC Take a Bite of BC Students
- Maximum file size of 3GB (the larger the file, the longer it will take to upload - it may take up to one hour to upload the video)
- Accepted file formats: .mov, .AVI, h.264, .mpa, or .m4v
- Name your video files in the following format:
 - **Category (J/S/A)_FirstnameLastname_video**
 - **Example:** S_CassiSauer_video
 - **Category Legend:** J = 4-H BC Junior Member, S = 4-H BC Senior Member, A = BC AITC Take a Bite of BC Students

REMINDER: You will receive a link on where to submit your video AFTER you've submitted your Registration Package to specialevents@bc4h.bc.ca

Check out a sample video here: <https://www.youtube.com/watch?v=7N3FKTzw9AY&feature=youtu.be>

Photo Guidelines

Along with your registration forms you need to submit a photo of yourself with your BC ingredients, and a photo of your completed recipe. Each photo should meet the following guidelines:

- JPEG or PNG format
- Photos must be in colour
- Minimum photo quality of 800 pixels by 1000 pixels, ideally 2400 pixels by 3000 pixels (same as an 8x10 photo at 300 dpi/resolution)
 - Determine your photo quality by viewing your photo's properties on the computer (will be shown the width and height in pixels)
- Any variations of a 8x10 photo ratio are allowed – photos that are not 8x10 will appear stretched, compressed or distorted
 - Check your photo ratio by taking the lower pixel number and dividing it by the higher pixel number, if you get 0.8 you've hit the ideal ratio
e.g. $2400/3000 = 0.8$
- Name your photo files in the following format:
 - **Category (J/S/A)_ FirstnameLastname_photo(1/2)**
 - **Example:** S_CassiSauer_photo1
 - **Category Legend:** J = 4-H BC Junior Member, S = 4-H BC Senior Member, A = BC AITC Take a Bite of BC Students
 - **Photo Number Legend:** Photo 1 = Picture of you with the BC ingredients, Photo 2 = Picture of the completed recipe

TIPS FOR TAKING GOOD PHOTOS

Be mindful of the lighting (natural light is best – avoid angles producing shadows)

Ensure the picture is clear (keep the camera still – try using a tri-pod and set a camera timer)

Use a neutral background (arrange your food and keep surrounding areas neat – remove all distractions)

Balance contrasting colours (ensure focal point – avoid overuse of similar colours)

Keep it simple!

Examples:



S_CassiSauer_photo1



S_CassiSauer_photo2



EXAMPLE Recipe Submission Form

Recipe Title:

Participant Name:

Recipe Owner Name (Credit):

Time to Prepare: Time to Cook: Total Time:

Yield/Number of Servings:

List ingredients in order of use. Please use imperial measurements (e.g. cups, tablespoons, teaspoons).

BC Ingredients:

Please identify the ingredients in your recipe that were grown or produced in BC.

- $\frac{3}{8}$ cup butter
- $\frac{3}{4}$ cup pear juice
- $\frac{1}{4}$ cup + $\frac{1}{4}$ cup + 2 tbsp. honey
- 3 cups frozen blueberries
- 3 medium apples
- 1 cup flour
- 1 pinch + 1 pinch of sea salt
- 1 medium egg white
- 1 $\frac{1}{2}$ cups hazelnuts

Other Ingredients:

- 2 tsp arrowroot powder
- 2 cups quick oats
- 1 tsp + 1 tsp ground cinnamon
- $\frac{1}{4}$ tsp nutmeg
- $\frac{1}{4}$ tsp ginger powder
- 1 tbsp. sugar
- $\frac{1}{4}$ tsp allspice

Instructions: Include all steps required and reference all ingredients and tools used.

1. Preheat oven to 350 degrees F.
2. In a medium bowl, whisk together 2 tsp arrowroot powder, $\frac{3}{4}$ cup pear juice, and first $\frac{1}{4}$ cup honey until smooth.
3. Allow 3 cups of frozen blueberries to thaw. Peel and core 3 medium apples then cut into $\frac{1}{2}$ inch thick slices. Fold thawing blueberries into the sliced apple and juice mixture ensuring juice evenly coats all fruit.
4. Pour into baking dish and place into preheated oven for 20 minutes while preparing crumble topping.
5. To prepare crumble topping, mix together 1 cup flour, 2 cups quick oats, 1 tsp ground cinnamon, $\frac{1}{4}$ tsp nutmeg and $\frac{1}{4}$ tsp ginger powder and a pinch of sea salt.

6. Melt $\frac{3}{4}$ cup butter in small saucepan over low heat and whisk in second $\frac{1}{4}$ cup honey until smooth. Fold into dry mixture, until it is an even, crumbly, doughy texture. Refrigerate crumble topping until fruit mixture has finished pre-baking.
7. Once fruit is pre-baked and out of the oven, spread crumble topping evenly over top of prepared fruit and return baking dish to oven for another 20 minutes, or until fruit juices are bubbling up sides and topping is golden brown. Remove from oven and let cool while making candied hazelnuts.
8. To make the candied hazelnuts, in a small bowl, beat 1 medium egg white and 2 tbsp. honey until frothy and set aside.
9. Next add 1 tbsp. sugar, 1 tsp. cinnamon, $\frac{1}{4}$ tsp. allspice, and a pinch of sea salt. Pour $1\frac{1}{2}$ cups hazelnuts into the bowl and toss until evenly coated.
10. Spread hazelnuts onto your parchment lined roasting pan so they do not touch.
11. Place roasting pan into preheated 350 degree F oven, and bake for 15 minutes, then remove the pan from the oven and use a metal spatula to unstick nuts from bottom of pan, and toss well. Return to oven to bake for another 10-12 minutes, or until toasted and golden.
12. Remove pan from the oven and loosen the hazelnuts from the bottom of the pan with a spatula, and cool in the pan at room temperature.
13. Add chopped hazelnut topping to the crumble and enjoy!



Entry Details

Part 1

First Name: _____ Last Name: _____

Phone: _____ Email: _____

Birth Date (MM/DD/YEAR): _____ City: _____

Part 2

Please complete if you are a 4-H BC Member.

4-H Club: _____

Category: Junior (ages 9 to 12) Senior (ages 13 to 19)

Part 3

Please complete if you are a BC Agriculture in the Classroom Take a Bite of BC Student.

School: _____

Grade: 8 9 10 11 12



Recipe Submission Form

Recipe Title: _____

Participant Name: _____

Recipe Owner Name (Credit): _____

Time to Prepare: _____ Time to Cook: _____ Total Time: _____

Yield/Number of Servings: _____

List ingredients in order of use. Please use imperial measurements (e.g. cups, tablespoons, teaspoons).

BC Ingredients:

Please identify the ingredients in your recipe that were grown or produced in BC.

Other Ingredients:

Instructions: Include all steps required and reference all ingredients and tools used.



Video/Photo Release Form

Please read the following information, fill in the requested information at the bottom of the page, sign and date.

4-H British Columbia and BC Agriculture in the Classroom are requesting your permission to post photos and/or videos on their respective websites, social media channels and/or additional publications such as an annual calendar, annual reports, or magazine/newsletters.

These photos and/or videos, either in its entirety or portions thereof, may be used for promotional purposes by 4-H British Columbia and BC Agriculture in the Classroom, in print or in video format for broadcast or non-broadcast purposes.

- I grant 4-H British Columbia and BC Agriculture in the Classroom perpetually and exclusively the right and unrestricted permission to use video and electronic images of my child (or myself) taken (including print, film, slides, CD-ROM and any other electronic medium presently in existence or invented in the future) and submitted as an entry to the Field to Fork Challenge.
- I understand that all entries become property of 4-H British Columbia and BC Agriculture in the Classroom and that they have the right, at any time, to re-use, publish, distribute and display the footage shot in whole or in part without compensation.

I agree that I am of legal age to contract my own name. I have read this release, and I fully understand it.

Participant (please print)

Signature

Date

City, Province

4-H Club Name OR School Name

If you are under 18 years of age, a parent/guardian is required to sign this form

Parent or Guardian (please print)

Signature

Date