

Mountain Heritage Day September 30, 2017



A Gathering In
Traditional Food Competition

“A Gathering In” Traditional Foods Competition

**Mountain Heritage Day
Saturday 30, 2017**



Harvest time in the mountains years ago represented a great deal of hard work and effort. Rows of canned fruits and vegetables filled the shelves of the can house, leather britches were hung to dry, the molasses had been boiled and put up for sweetening. Meats filled the smokehouse. The work of summer and fall guaranteed a family would make it through a long, cold winter.

Although home preservation is no longer the necessity it once was, it is still part of the fabric of life for many in our area. We invite you to exhibit your home canned, dried, or baked goods at “**A Gathering In**” Traditional Foods Competition, part of Western Carolina’s University’s Mountain Heritage Day. Coordinated jointly by N.C. Cooperative Extension–Jackson County Center, WCU’s Mountain Heritage Center, and WCU’s Department of Health Sciences, the competition is open to youth (up to age 16) and adults.

All entries will be accepted into competition at WCU’s Cordelia Camp Building on the days specified below. Directions to the Cordelia Camp Building are on the back page of this booklet. A table will be inside the front door of the Camp Building for your entry registration.

ENTRY DATES:

Division I, Canned Goods – Tuesday, Sept. 26th. Drop off between 7:30am and 5pm.

Division II, Heritage Foods – Tuesday, Sept. 26th. Drop off between 7:30am and 5pm.

Division III, Baked Goods – Friday, Sept. 29th. Drop off between 7:30am and 12:30pm.

“Best in the West” *Pumpkin Recipe Contest* - Friday, Sept. 29th. Drop off between 7:30am and 12:30pm.

Various categories and judging guidelines are detailed in this booklet.

Ribbons will be awarded to the top 3 entries in each category, Youth & Adult.

Grand Champions, Youth & Adult, will be selected from each Division and the “*Best in the West*” *Pumpkin Recipe Contest*.

Entries will be displayed and winners announced at Mountain Heritage Day.

Grand Champions will be notified in advance and invited to attend an Award Ceremony the afternoon of Mountain Heritage Day.

Please pick up your entry from Mountain Heritage Day in the afternoon from 3-5pm. Or pick up your entry from the Mountain Heritage Center in the gallery room #161 at Hunter Library on Monday, Oct. 2nd. from 10am – 4:pm.



ALTITUDE CHART

BOILING WATER METHOD

(High Acid Foods -- fruits, pickles, jams, jellies, etc.)

When processing foods at altitudes higher than 1,000 feet above sea level, you must adjust the processing time according to this chart:

Boiling-Water Canner Altitude Adjustments

Altitude in Feet	Increases Processing Time
1,001 to 3,000	5 minutes
3,001 to 6,000	10 minutes
6,001 to 8,000	15 minutes

PRESSURE CANNER METHOD

(Low-Acid Foods -- vegetables, meats, poultry, seafood)

When using a dial-gauge or weighted-gauge canner and processing at or below 1,000 feet above sea level, adjust pounds pressure according to this chart:

Boiling-Water Canner Altitude Adjustments

Altitude in Feet	Weighted Gauge	Dial Gauge
1,001 to 2,000	15	11
2,001 to 4,000	15	12
4,001 to 6,000	15	13
6,001 to 8,000	15	14

DIVISION I

CANNED GOODS

Canned goods entered in "*A Gathering In*" should adhere to the following rules. Questions about the **Canned Goods/Heritage Food Conservation** category should be directed to **Sherrie Peeler NC Cooperative Extension Family & Consumer Sciences Agents at 828-586-4009.**

Rules

1. Must use standard canning jars of the specified size, with NEW two piece lids.
2. All products must be processed according to recognized safe methods found in the most recent editions of the *Ball Blue Book* or the *USDA Complete Guide to Home Canning*. Be sure you have followed altitude adjustments which are shown in the front of this booklet.
3. Must be labeled with content, processing method (pressure canner or boiling water bath), and processing time. For Example: If processing method or time are incorrect, the item will not be judged.
4. Only 1 entry per category. Entry must include the following:

CONTENT: Green Beans

PROCESSING METHOD: Pressure Canner or Boiling Water Bath
(circle one)

PROCESSING TIME: 25 minutes

Note: Judges will not open any jars for tasting



1. CANNED FRUITS

- | | |
|---|--|
| 1. Apples (whole or sliced) | 7. Peaches |
| 2. Applesauce | 8. Plums |
| 3. Blackberries, Dewberries,
Raspberries | 9. Pears |
| 4. Blueberry | 10. Other Fruit (not listed above) |
| 5. Cherry (whole pitted & unpitted) | 11. Pie filling (Blueberry, Cherry,
Apple, Peach) |
| 6. Grapes | |



2. CANNED VEGETABLES (HALF PINT, PINT OR QUART) JARS

- | | |
|--|--|
| 1. Beans (Lima, Butter) | 9. Peas, (Field, Black eye, Crowder, etc.) |
| 2. Beans, Dried – Cooked (Kidney, Navy, Pinto) | 10. Peas, (Green) |
| 3. Beans, (Green, Snap, Wax) | 11. Soup Mixture |
| 4. Beets | 12. Tomatoes, (Quartered Water Packed) |
| 5. Carrots, (Whole or Cut) | 13. Tomatoes, (Whole Water Packed) |
| 6. Corn, (Cream Style) (Pint Only) | 14. Other Vegetables (not listed above) |
| 7. Corn, (Whole Kernel) (Pint Only) | |
| 8. Mixed Vegetables | |

FACTORS TO BE CONSIDERED IN JUDGING CANNED FRUITS & VEGETABLES:

		Points
Color:	That of natural fruit or vegetables	20
Liquid:	Appropriate for product and method of processing	10
Appearance:	Uniformly well ripened products; no defective or overripe fruits and vegetables	40
Appropriate Size:	Uniformity of shape and size appropriate for product	10
Pack:	Arrangement with reference to symmetry and best use of space within the jar. Attractiveness of pack should be considered, but not time-wasting fancy packs	10
Jar Fill:	Containers should be filled to level specified by standard recommendations	10
		100 Points



3. PRESERVES (HALF PINTS OR PINTS)

Preserves contain whole fruits or fruit pieces that retain their shape and are clear, shiny, tender, and plump. The fruits are suspended in a clear syrup that is the consistency of honey or soft jelly. These products should be filled to within 1/4 inch of top of standard canning jars and must be processed in a boiling water bath for airtight seal (no paraffin).

- | | |
|------------------|---|
| 1. Blueberry | 5. Peach |
| 2. Cherry | 6. Pears |
| 3. Fig | 7. Strawberry |
| 4. Fruit Mixture | 8. Other Fruit Preserves (not listed above) |

FACTORS TO BE CONSIDERED IN JUDGING PRESERVES:

		Points
Shape:	Fruit should be whole and have original shape as nearly as possible	15
Cleanness and Color:	Fruit should be translucent and not too dark; liquid should be clear	30
Texture:	Tender, but firm and plump	15
Pack and Fill:	Arrangement of fruit with reference to symmetry of jar; filled ¼ inch of top, water bath processed	10
Consistency:	Juice should be of honey consistency or slightly jellied	15
Proportion of Syrup:	About one-third as much syrup as fruit	10
		100 Points



4. JAMS, CONSERVES, MARMALADES, & BUTTERS (HALF PINT OR PINT)

Jams are made from crushed fruits cooked to a smooth consistency that will mound up on a spoon but not jelly firm. Conserves are a fruit mixture of jam consistency often containing citrus. A true conserve contains nuts and raisins. Marmalades contain small pieces of fruit or citrus peel evenly suspended in a transparent soft jelly. Butters are pureed fruit cooked to a smooth consistency. These products should be filled to 1/4 inch of top of standard canning jars and must be processed in a boiling water bath for airtight seal (no paraffin).

- | | |
|--------------------------------------|--|
| 1. Apple Butter | 14. Grape Jam |
| 2. Peach Butter | 15. Peach Jam |
| 3. Pear Butter | 16. Pear Jam |
| 4. Other Butter (not listed above) | 17. Plum Jam |
| 5. Blueberry Conserve | 18. Raspberry Jam |
| 6. Peach Conserve | 19. Rhubarb Jam |
| 7. Pear Conserve | 20. Strawberry Jam |
| 8. Plum Conserve | 21. Other Jam (not listed above) |
| 9. Other Conserve (not listed above) | 22. Citrus Marmalade |
| 10. Blackberry Jam | 23. Peach Marmalade |
| 11. Blueberry Jam | 24. Pear Marmalade |
| 12. Cherry Jam | 25. Other Marmalade (not listed above) |
| 13. Fig Jam | |

FACTORS TO BE CONSIDERED IN JUDGING JAMS, CONSERVES, MARMALADES, & BUTTERS:

		Points
Smoothness:	Tender fruit with smooth texture	30
Consistency and Texture:	Tender and will mound in spoon; not tough, sticky, or gummy; spreads easily	40
Color and Cleanness:	Shiny fruit color; marmalades clear with suspended citrus	20
Jar Fill Process:	Fill jars to 1/4 inch of top of standard canning jars and in boiling water bath	10
		100 Points



5. JELLY FROM HOME PREPARED JUICE (HALF PINT OR PINT)

- | | |
|--|------------------------------------|
| 1. Apple Jelly | 9. Mint Jelly |
| 2. Blackberry or Dewberry Jelly | 10. Peach Jelly |
| 3. Blueberry Jelly | 11. Pepper Jelly |
| 4. Crabapple Jelly | 12. Plum Jelly (Damson and Others) |
| 5. Cherry Jelly | 13. Raspberry Jelly |
| 6. Grape Jelly (Concord) | 14. Strawberry Jelly |
| 7. Grape Jelly (Uppercutting or Ambuscading) | 15. Other Jelly (not listed above) |
| 8. Herbal Jelly | |

FACTORS TO BE CONSIDERED IN JUDGING JELLY:

		Points
Color:	Pronounced, yet natural color	16
Clearness:	Transparent and sparkling	16
Crystals:	Lack of crystals; no sign of crystallization	16
Consistency:	Tender, breaks with distinct cleavage, angles hold shape; should not be syrupy, sticky, or tough	41
Jar Fill Process:	Fill jars to ¼ inch of top of standard canning jars and process in boiling water bath process	11
		100 Points



6. JUICES & SYRUPS (PINT OR QUART)

- | | |
|-----------------------------------|-----------------------------------|
| 1. Apple Juice | 5. Blueberry Syrup |
| 2. Grape Juice | 6. Strawberry Syrup |
| 3. Tomato Juice | 7. Other Syrup (not listed above) |
| 4. Other Juice (not listed above) | |

FACTORS TO BE CONSIDERED IN JUDGING JUICES:

		Points
Color:	Typical color of well-ripened tomatoes or fruit	35
Stability:	Little or no tendency to separate after standing a few minutes	25
Absence of Defect:	No particles of fiber, skin or seed	25
Jar Fill Process:	Fill jars to ¼ to ½ inch of top of standard canning jars and process in boiling water bath process	15
		100 Points



7. PICKLES & RELISH (HALF PINT, PINT, OR QUART)

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Apple Rings 2. Bread and Butter Pickles 3. Beet Pickles 4. Cucumber Pickles (Dill) 5. Cucumber Pickles (Sliced Sour) 6. Cucumber Pickles (Whole Sour) 7. Cucumber Pickles (Sliced Sweet) 8. Cucumber Pickles (Whole Sweet) 9. Green Bean Pickles (Dilly Beans) 10. Hot Peppers in Vinegar (Whole) 11. Hot Peppers in Vinegar (Sliced) 12. Mixed Vegetable Pickles 13. Okra Pickles 14. Peach Pickles | <ol style="list-style-type: none"> 15. Pear Pickles 16. Pepper Pickles 17. Squash Pickles 18. Tomato Pickles (Green) 19. Other Pickles (not listed above) 20. Chow Chow 21. Corn Relish 22. Cucumber Relish 23. Fruit Relish 24. Pepper Relish 25. Other Relish (not listed above) 26. Fruit Chutney 27. Vegetable Chutney |
|--|---|

FACTORS TO BE CONSIDERED IN JUDGING PICKLES & RELISH:

		Points
Size and Shape:	Uniform size and shape	10
Texture:	Firm, not tough, soft or flabby	30
Color:	As near natural color as possible (unless specified)	15
Proportion of Pickle to Liquid:	Jars filled with pickles; liquid to cover and fill space	10
Jar Fill Process:	Fill jars to ¼ to ½ of top of standard canning jars and	5
		100 Points



8. SAUCES & CATSUP (PINT OR QUART)

- | | |
|--------------------|-----------------------------------|
| 1. Chili Sauce | 5. Salsa |
| 2. Pizza Sauce | 6. Tomato Catsup |
| 3. Spaghetti Sauce | 7. Other Sauce (not listed above) |
| 4. Tomato Sauce | |

MEATS

CIDER

DIVISION II:

HERITAGE FOODS CONSERVATION

1. CANNED

- | |
|-------------------|
| 1. Beans, Shelly |
| 2. Beans, Pickles |
| 3. Buckberries |
| 4. Huckleberries |
| 5. Sauerkraut |

2. DRIED

- | |
|--|
| 1. Beans, Leather Breeches |
| 2. Apples |
| 3. Pumpkin |
| 4. Bleached Apples (Smoked) *Fruits and vegetables may be dried by any method. Label contents and give method used for drying. |
| 5. Herbs |
| 6. Other |

YOUTH

CANNED GOODS & HERITAGE FOODS CONSERVATION

(UNDER 16 YEARS)

ALL THE ABOVE



DIVISION III

BAKED GOODS

Baked goods entered in "**A Gathering In**" should be baked from "scratch" following traditional-type recipes. The only exception is under the Box Mix Cake category which uses cake mix as a starter. Recipes should be included with the entry. Children under the age of 16 may enter products in the Youth division. All categories of baked goods are included in both the Adult division and the Youth division. Questions about the baked goods competition should be directed to Brenda Marques, Assistant Professor, School of Health Sciences, at 828-227-3512.

Rules

1. Baked products should be labeled with the name of the product, the category in which it is entered (Youth or Adult), and the name of the participant. All entries must include the recipe for the product. Baked products entered without a recipe will not be considered in the judging.
2. Baked goods should be on a paper plate or cardboard with a hole punched for attachment of a tag; they should be adequately covered with plastic wrap, foil or a plastic bag.

Descriptive Terms Used In Evaluation of Baked Goods:
Characteristics of high quality baked goods include the following:

Volume:	Size of product as compared to batter; indication of good leavening and manipulation of batters or dough.
Appearance:	Shape, quality of the top crust, color of the exterior and of the crumb.
Texture:	Grain of the product, flakiness, amount of and size of air cells, size of cell walls.
Velvetiness:	Smoothness of the product in the mouth.
Moistness:	Degree of moisture.
Tenderness:	Ease with which product is cut, broken or chewed.
Flavor:	Should be characteristic of the product; includes aroma.



CATEGORIES OF BAKED GOODS:

Quick Breads (Includes any bread product with baking powder or baking soda.)

Biscuits

Corn Bread

Muffins

Fruit breads such as Banana

Yeast Breads (Includes any baked product leavened with yeast)

Rolls

Loaves

Cinnamon

Braided loaves

Cookies

Rolled (sliced or cut)

Drop

Bar

Cakes

Foam (Angel, sponge or chiffon)

Butter-type (includes layered cakes)

Pound

Box Mix – Cake mix used as a starter

Pies

Cobblers

Fried pies containing fruit

Single – crust pies

2 – crust pies



“BEST IN THE WEST” Pumpkin Recipe Contest

2 DIVISIONS:

Adult (*ages 16 and up*) and Youth (*up to age 16*)

- Food entries must use some type of *Pumpkin*.
- Recipe does not have to be original, but food item must be made from scratch.
- Item should be labeled with:
 - 1: Name of the Recipe
 - 2: “Best in the West” Pumpkin Recipe Contest
 - 3: Name of the Participant.
- **The Recipe** must be entered with the item.
- The item must be adequately covered with plastic wrap. If submitting individual items like muffins, 5-6 should be placed on a paper plate and covered with plastic wrap.
- **ENTRY DATE**: Friday, September 29th between 7:30am and 12:30pm. Drop off at WCU’s Cordelia Camp Building; a registration table will be in front. Directions are on the back cover of this booklet.
- All items will be refrigerated until judging which will take place Friday afternoon. Items that need warming for optimal taste (casseroles, cornbread, grits) will be warmed before judging.
- Judging will take place in two divisions: Adult & Youth (up to age 16). Ribbons will be awarded to the top three; Grand Champions will be chosen.
- Entries will be displayed at Mountain Heritage Day on Saturday, Sept. 30th 2017. Winners will be announced that day. Grand Champions will be called in advance to attend an award ceremony in the afternoon.
- Please pick up your entry from Mountain Heritage Day in the afternoon from 3—5pm. Or, you can pick up your entry on Monday, October 2nd from 10am-4:pm at the MHC Gallery Room at Hunter Library room #161.
- Please call the Mountain Heritage Center at **828-227-7129** if you have questions.



2016 GRAND CHAMPIONS

CANNED GOODS

YOUTH

Destiny Aldridge – Canned Fruits: Applesauce

ADULT

Mike Clayton – Canned Vegetables: Vegetable Soup

BAKED GOODS

ADULT

Theresa Holland – Quick Breads: Pumpkin Praline Bread

“BEST IN THE WEST” SQUASH RECIPE CONTEST

YOUTH

Silas McPherson – Pumpkin Pie

ADULT

Theresa Holland – Zucchini Brownies



Now in it's 43rd year, Mountain Heritage Day (always the last Saturday in September) is a combination old-fashioned mountain fair and showcase for Southern Appalachian music, dance, and song – with the atmosphere of a big family reunion. Mountain Heritage Day is coordinated by WCU's Director of Special Events. For more information please phone 828-227-3039 or go to

<http://mountainheritageday.com>



The Mountain Heritage Center at Western Carolina University is a regional resource for education and research. It's mission is to connect people with local history and culture, build bridges between the University and wider community, and serve as a resource for cultural heritage organizations in the region. The Mountain Heritage Center is located in WCU's Hunter Library Building, 176 Central Drive, Cullowhee, NC 28723. Visiting hours are Monday through Friday 10am-4pm, year round. For more information please phone 828-227-7129 or go to <http://mhc.wcu.edu>.

NC Cooperative Extension's mission is to partner with communities to deliver education and technology that enriches the lives, land, and economy of North Carolinians. Some of the programs the Jackson County Center of Cooperative Extension is engaged in include: Healthy Weight Promotion and Chronic Disease Prevention, Life Skills and Parenting, Sustainable Agriculture, and Environmental Stewardship and Natural Resources Management.



The Jackson County Center is located in Suite 205 of the Community Service Center in Sylva. Hours are 8 a.m. to 5 p.m. Monday through Friday. For more information please phone 828-586-4009 or go to website at: <http://jackson.ces.ncsu.edu>.

Directions to WCU' Cordelia Camp Building To Drop Off & Pick Up Your Food Competition Entry

WCU is located five miles south of Sylva on NC Highway 107. Take a left at the main WCU entrance. Bear right at the round-about. Stay in the right hand lane.

Take the first right onto University Way, going over a bridge.

Parking Lot 4A is on your left, in front of the Cordelia Camp Building.

When dropping off your food entry, look for a registration table set up inside the front door.

*If picking up your food entry on Monday, Oct. 2nd
come to Hunter Library MHC Gallery Room #161*