

# Mountain Heritage Day

**September 24, 2016**



A Gathering In  
Traditional Food Competition

# “A Gathering In” Traditional Foods Competition

**Mountain Heritage Day  
Saturday, September 24, 2016**



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. 20<sup>th</sup>. Drop off between 7:30am and 5pm.

Division II, Heritage Foods – Tuesday, Sept. 20<sup>th</sup>. Drop off between 7:30am and 5pm.

Division III, Baked Goods – Friday, Sept. 23<sup>rd</sup>. Drop off between 7:30am and 12:30pm.

“Best in the West” Corn Recipe Contest - Friday, Sept. 23<sup>rd</sup>. 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*” *Corn 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.

You are encouraged to pick up your entry from Mountain Heritage Day in the afternoon, by 5pm. Or, you may pick up your entry from the Cordelia Camp Building, Room 141, on Monday, September 26<sup>th</sup> from 11:30am – 5:30pm.



# 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,<br>Raspberries | 9. Pears   |
| 4. Blueberry                                | 10. Other Fruit (not listed above)                   |
| 5. Cherry (whole pitted & unpitted)         | 11. Pie filling (Blueberry, Cherry,<br>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
<b>Color:</b>	That of natural fruit or vegetables	20
<b>Liquid:</b>	Appropriate for product and method of processing	10
<b>Appearance:</b>	Uniformly well ripened products; no defective or overripe fruits and vegetables	40
<b>Appropriate Size:</b>	Uniformity of shape and size appropriate for product	10
<b>Pack:</b>	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
<b>Jar Fill:</b>	Containers should be filled to level specified by standard recommendations	10
		<b>100 Points</b>



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



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



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





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



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

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

### FACTORS TO BE CONSIDERED IN JUDGING PICKLES & RELISH:

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



## 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:**

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



## CATEGORIES OF BAKED GOODS:

<b>Quick Breads</b> (Includes any bread product with baking powder or baking soda.)	
	Biscuits
	Corn Bread
	Muffins
	Fruit breads such as Banana
<b>Yeast Breads</b> (Includes any baked product leavened with yeast)	
	Rolls
	Loaves
	Cinnamon
	Braided loaves
<b>Cookies</b>	
	Rolled (sliced or cut)
	Drop
	Bar
<b>Cakes</b>	
	Foam (Angel, sponge or chiffon)
	Butter-type (includes layered cakes)
	Pound
	Box Mix – Cake mix used as a starter
<b>Pies</b>	
	Cobblers
	Fried pies containing fruit
	Single – crust pies
	2 – crust pies



## ***“BEST IN THE WEST”*** **Corn Recipe Contest**



### **2 DIVISIONS:**

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

- Food entries must use some type of corn.
- 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” Corn Recipe Contest, and 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 23<sup>rd</sup> 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, September 24, 2016. Winners will be announced that day. Grand Champions will be called in advance to attend an award ceremony in the afternoon.
- You are encouraged to pick up your entry from Mountain Heritage Day in the afternoon, by 5pm. Or, you can pick up your entry on Monday, September 26<sup>th</sup>, from 11:30am-5:30pm in Room 141 of WCU’s Cordelia Camp Building.
- Please call the Mountain Heritage Center at 828-227-7129 if you have questions.



# 2015 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 42<sup>nd</sup> 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, 9/26 - come to the same front door, turn left to Room 141.