



FIELD TO FORK CHALLENGE

REGISTRATION PACKAGE

CHALLENGE OPENS JUNE 1, 2021





The Field to Fork Challenge is on!

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

Eligibility

Participants in the 4-H categories must be registered 4-H BC members for the 2021 4-H year. Participants in the student categories must reside in British Columbia. **The contest opens June 1, 2021 for all categories.**

Submissions will be judged under the following categories:

- 4-H BC Junior Members (born 2008-2011) – entry deadline **September 7th, 2021**
- 4-H BC Senior Members (born 2001-2007) – entry deadline **September 7th, 2021**
- B.C. Junior-Level Students (grades 4-7) – entry deadline **September 30th, 2021**
- B.C. Senior-Level Students (grades 8-12) – entry deadline **September 30th, 2021**

IMPORTANT: Only one submission per person. Participants must be clear on which category they wish to be judged. Late or incomplete entries will not be accepted.

Prizes

Prizes available in each category:

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

BONUS: All placing participants will ALSO win an invitation to a full-day virtual conference on November 13, 2021.

Field to Fork Challenge Virtual Conference will give winners an opportunity to participate in virtual B.C. farm tours, meet B.C. farmers, cook with a professional chef, and more!

Judging Criteria

Videos will be judged based on criteria outlined in the following *Field to Fork Challenge Score Card*:

(Front Page)



Score Card

Judge: _____ **Participant:** _____

Category: _____ **Recipe Name:** _____

Video Length: _____ **Time Penalty:** _____

(NOTE: 5 points are deducted for every minute part thereof under time, or overtime. REMINDER: Youth born in years 2008-2011 are to submit a 5 to 10-minute video. Youth born in years 2001-2007 are to submit a 10 to 15-minute video.)

The following table will be filled out by judges, but will not be shared with participants

		Award 0-10 points per category
Presentation	WELL ORGANIZED AND LOGICALLY PRESENTED <i>Did the presentation have an introduction, body, and conclusion?</i>	
	EQUIPMENT AND VISUAL AIDS USED EFFECTIVELY <i>Are the ingredients and equipment labelled and easy to see? Is the work area neat, tidy, and organized?</i>	
	POISED, FRIENDLY AND ENTHUSIASTIC <i>Does the presenter show confidence, interest, engagement with audience...etc.?</i>	
	VOICE: PITCH, CLARITY, PROJECTION <i>Is the presenter easy to hear and listen to?</i>	
	PRESENCE <i>Does the presenter hold the audience's attention through use of effective communication skills?</i>	
B.C. Recipe and Ingredient Selection	RECIPE CHOICE <i>Did the presenter choose a recipe that was of appropriate difficulty? Was the audience able to see and understand each step?</i>	
	USE OF B.C. INGREDIENTS <i>Were B.C. grown or processed ingredients the stars of this recipe?</i>	
	EVIDENCE OF THOROUGH STUDY <i>Did the presenter research the recipe and ingredients? Did they share interesting facts about the recipe or ingredients during the presentation?</i>	
	FOOD AND KITCHEN SAFETY <i>Did the presenter demonstrate and/or mention safety practices such as: washing hands, preventing cross-contamination, safe knife handling...etc.?</i>	
	PRESENTATION EFFECTIVE AND CREATIVE <i>How well did the participant meet the objective of highlighting B.C. foods? Consider their level of creativity.</i>	
Column Total		/100
Time Penalty from above		
Final Score		/100

Revised April 2021

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Score Card

The following table will be filled out by judges and provided as feedback to participants

Judge's Comments for Participant

Presentation:	
B.C. Recipe and Ingredient Selection:	
Additional Comments:	

Revised April 2021

Entry Guidelines

Step 1

Please submit the following three items to Lauren.Best@gov.bc.ca:

1. All completed registration forms (pages 8-11 of this package), including your recipe – saved as one PDF
2. A photo* of yourself with your B.C. ingredients (vertical/portrait)
3. A photo* of the completed recipe on a neutral background (horizontal/landscape)

Ensure you do the following before submitting:

- Name the subject line of the e-mail and PDF of forms in the following format:
 - **FTFC_Birth Year_FirstnameLastname**
 - **Example:** FTFC_2001_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
- Clipping and video editing is allowed
- Please introduce yourself at the beginning of the video, providing your **first name** and either the **name of your 4-H Club OR school**
- Videos must be **5 to 10 minutes** for those born in 2008-2011, and **10 to 15 minutes** for born in 2001-2007
- 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)
 - TIP: You can compress your video for free online to shorten the upload time (e.g. using <https://www.youcompress.com/>)
- Accepted file formats: .mov, .AVI, h.264, .mpa, or .m4v
- Name your video file in the following format:
 - **Birth Year_FirstnameLastname_video**
 - **Example:** 2001_CassiSauer_video

REMINDER: You will receive a link on where to submit your video AFTER you've submitted your Registration Package to Lauren.Best@gov.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 B.C. ingredients, and a photo of your completed recipe. Each photo should meet the following guidelines:

- JPEG or PNG format
- Be in colour without filters or effects
- Good quality and resolution
 - Minimum 300 dpi (dots per inch) recommended – you can find the dpi by looking at the photo properties or using a photo quality checker online
- Name your photo files in the following format:
 - ***Birth Year_FirstnameLastname_photo(1/2)***
 - **Example:** 2001_CassiSauer_photo1
 - **Photo Number Legend:** Photo 1 = Picture of you with the B.C. ingredients, Photo 2 = Picture the completed recipe on a neutral background

Examples:



2001_CassiSauer_photo1



2001_CassiSauer_photo2

TIPS FOR TAKING GOOD PHOTOS & VIDEOS

- Be mindful of the lighting (natural light is best – avoid angles producing shadows)
- Ensure the picture or video is clear and in focus (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)
- Pick the right tool (aim to use a higher quality camera or phone – do not screenshot other photos)
- Keep it simple!



EXAMPLE Recipe Submission Form

Recipe Title:

Participant Name:

Recipe Source (include link if applicable): https://buybc.gov.bc.ca/2020/01/23/bc-berry-and-apple-crumble/"/>

Time to Prepare: **Time to Cook:** **Total Time:**

Yield/Number of Servings or Portions (2-6 portions recommended):

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

B.C. Ingredients:

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

- ¾ cup butter
- ¾ cup pear juice
- ¼ cup + ¼ 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 ½ cups hazelnuts

Other Ingredients:

- 2 tsp arrowroot powder
- 2 cups quick oats
- 1 tsp + 1 tsp ground cinnamon
- ¼ tsp nutmeg
- ¼ tsp ginger powder
- 1 tbsp sugar
- ¼ 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 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!

I am authorized to share the details of this recipe and consent to having it included in the Field to Fork Challenge Recipe Book should I be one of the winners.



Entry Details

Part 1

First Name: _____ **Last Name:** _____

Phone: _____ **Email:** _____

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

Part 2

Please complete if you are entering in a 4-H BC member category.

4-H Club: _____

Category: Junior (born 2008-2011) Senior (born 2001-2007)

Part 3

Please complete if you are entering in a B.C. student category.

School: _____

Category: Junior-Level (grades 4-7) Senior-Level (grades 8-12)



Recipe Submission Form

Recipe Title:

Participant Name:

Recipe Source (include link if applicable):

Time to Prepare: **Time to Cook:** **Total Time:**

Yield/Number of Servings or Portions (2-6 portions recommended):

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

B.C. Ingredients:

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

Other Ingredients:

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

I am authorized to share the details of this recipe and consent to having it included in the Field to Fork Challenge Recipe Book should I be one of the winners.



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 Foundation 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. This includes the submitted recipe.

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 Foundation, in print or in video format for broadcast or non-broadcast purposes.

- I grant 4-H British Columbia and BC Agriculture in the Classroom Foundation 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 Foundation 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 have read this release, and I fully understand it. *If signing electronically, use Adobe Acrobat (free online) for best results.*

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 as well

Parent or Guardian (please print)

Signature

Date