



FIELD TO FORK CHALLENGE

2022 INFORMATION PACKAGE



Challenge Opens June 17, 2022





The 2022 Field to Fork Challenge is on! BC youth are invited to submit recipes featuring BC grown ingredients and cooking demo videos for a chance to win cash prizes totalling \$6,400. Plus, learn about agriculture and the value of cooking with locally grown foods!

The 3rd annual Field to Fork Challenge builds on the successes of Challenges held in 2020 and 2021. Visit www.bcaitc.ca or www.4hbc.ca to see a recap of the previous Field to Fork Challenges.

Please carefully review this Information Package and the [online entry form](#) for details on the 2022 Field to Fork Challenge. Good luck!

Eligibility

Participants in the 4-H BC categories must be registered 4-H BC members for the 2022 4-H year. Participants in the student categories must reside in British Columbia. **The challenge opens June 17, 2022 for all categories.**

Submissions will be judged under the following categories:

- 4-H BC Junior Members (born 2009-2012) – entry deadline **September 30, 2022**
- 4-H BC Senior Members (born 2002-2008) – entry deadline **September 30, 2022**
- BC Junior-Level Students (grades 4-7) – entry deadline **November 9, 2022**
- BC Senior-Level Students (grades 8-12) – entry deadline **November 9, 2022**

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.

\$6,400 in Cash Prizes

There are 40 cash prizes totalling \$6,400! 10 prizes are available in each of the above-noted categories:

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

Bonus

All top-placing participants will ALSO win an invitation to a full-day virtual conference on January 14, 2023. **The Field to Fork Challenge Virtual Conference** will give winners an opportunity to participate in virtual BC farm tours, meet BC farmers, cook with BCAITC Chef Trevor Randle, and more! PLUS, top-placing participants will have their recipes published in the **2022 Field to Fork Challenge Recipe Book!**

Questions?

Do you have questions about the Field to Fork Challenge? Contact: Meghan McCrea | Communications Coordinator | BC Agriculture in the Classroom Foundation | meghan@aitc.ca | 1.866.517.6225 | www.bcaitc.ca



Entry Steps

Step

1

Review

Review this entire information package and the online entry form [here](#). Please note that the entry form is a new format this year.

Step

2

Plan

Decide on your recipe (see sample recipe on page 4/5 for an example). Be sure to choose a recipe that highlights BC grown ingredients.

Step

3

Gather

Gather your ingredients (both BC grown and other ingredients) and assemble your kitchen equipment. Ready your camera and video equipment (camera, computer, or video recorder).

Step

4

Photograph

Take a photo (vertical/portrait orientation) of you with your BC grown ingredients. See Photo Requirements on page 3 for more details.

Step

5

Record

Record a video of you cooking your recipe. See Video Requirements on page 3 for more details.

Step

6

Photograph

Take a photo of your completed recipe on a neutral background. See Photo Requirements on page 3 for more details.

Step

7

Complete

Complete the online entry form [here](#) by the deadlines noted on page 2 of this package. On the entry form, you will be asked to enter your contact, category, and recipe information, upload your 2 photos, upload a link to your video, and complete and sign the media release (your parents must also sign the release if you are 18 or under).

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

Entrants will be contacted by BCAITC and/or 4-H BC within a few weeks of submission. Winners will be notified by December 2022.

Photo Requirements

Entrants will need to submit **1 photo of yourself with your BC ingredients (vertical/portrait orientation)** and **1 photo of your completed recipe on a neutral background (horizontal/landscape orientation)**. Each photo should meet the following criteria:

- 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.



Example Photo: Entrant with BC Grown Ingredients (Vertical/portrait orientation)



Example Photo: Completed Recipe on Neutral Background (Horizontal/Landscape Orientation)

Video Requirements

Entrants will need to submit **1 video of a demo of the recipe**. The video should meet the following criteria:

- Videos must be in English
- Clipping and video editing is allowed
- 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 2009-2012 and **10 to 15 minutes** for those born 2002-2008.
- Maximum file size of 2GB. 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, .mp4 or .m4v.
- Google Drive, OneDrive, Dropbox, or WeTransfer video link to be included in online entry form.

Check out a sample video here: <https://www.youtube.com/watch?v=7N3FKTZw9AY&feature=youtu.be>

TIPS FOR TAKING GOOD PHOTOS AND 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

* Participant Name

* Recipe Title

* 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/Portions (2-6 portions recommended)

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

* BC Grown Ingredients (Identify ingredients that were grown/produced in BC)

- $\frac{2}{3}$ 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



Example Recipe Submission (Continued)

*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 $\frac{3}{8}$ 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!

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

Yes



Judging Criteria

Videos will be judged based on criteria outlined in the following Field to Fork Challenge Score Card.
(Score Card - Front Page)

Judge: _____ **Participant:** _____

Category: _____ **Recipe Name:** _____

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

NOTE: 5 points are deducted for every minute part thereof under time, or overtime. 4-H Junior Members and Grade 4-7 students are to submit a 5-10 minute video. 4-H Senior Members and Grade 8-12 students are to submit a 10-15 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>	
BC 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 BC INGREDIENTS <i>Were BC 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>	
	PURPOSE OF PRESENTATION ACCOMPLISHED EFFECTIVELY <i>How well does the participant meet the objectives of the presentation by highlighting BC foods from Field to Fork?"</i>	
Column Total		/100
Time Penalty from above		
Final Score		/100



(Score Card - Back Page)

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

Judge's Comments for Participant

Presentation:	
BC Recipe and Ingredient Selection:	
Additional Comments:	