

RECIPE SUBMISSION FOR
NORTH CAROLINA'S 4-H CENTENNIAL COOKBOOK
CELEBRATING 100 YEARS OF BLUE RIBBON RECIPES



Please print clearly or type. Use a separate page for each recipe you submit.
 Read the guidelines on the other side of this form.

Recipe Category: Please circle one category.

- | | | | | |
|-----------------------|--------------------|-------------|-------------------|--------------|
| Appetizers and Snacks | Beverages | Breads | Beef, Lamb, Pork | Dairy Foods |
| Desserts | Egg Cookery | Main Dishes | Food Preservation | On the Grill |
| Poultry, Fish | Salads & Dressings | For a Crowd | | |

Name of Recipe: _____

Ingredients:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Preparation Instructions:

Oven Temperature _____ Baking Time _____ Pan Size _____ Serves _____

Submitted By: _____ **Phone:** (____) _____
 (please print clearly)

County As a 4-H'er: _____ **County Today:** _____ **Email:** _____

Share Your Personal Story about How 4-H Helped You Become a Blue Ribbon Boy or Girl:

(Limit your response to 200 words. The committee will reserve the right to shorten the quote, if appropriate.)
 For example, "My 4-H Dairy Foods Presentation taught me how to make presentations in front of an audience. This cheesecake recipe earned me 1st place...more importantly, it prepared me to make presentations to major corporate leaders in my business today. Planning, practicing, anticipating the unexpected, handling questions and talking while demonstrating are all skills I use everyday."

Submit a photograph that relates to your entry. ___ Yes ___ No photo available.
 Send a self-addressed and stamped envelope if you'd like to have the photo returned.

Mail to: 4-H Centennial Cookbook Committee
NC State Box 7645, NC State University, Raleigh, NC 27695-7645.
All entries must be postmarked no later than January 15, 2009.