

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



Please use one of the following methods to submit your recipes.



E-mail your recipe to: 4hcentennialcookbook@ncsu.edu. Please include all the information requested on the form. **or**

Complete the form on this information sheet. Please type or print clearly. If submitting more than one recipe, please put each on a separate form. Mail to the address in the box below. **or**

Type your entry on a plain piece of paper. Please include all the information requested on the form. Please put each recipe you submit on a separate sheet of paper. Mail to the address in the box below.



Be sure to check your recipe after writing or typing to see that you have included all ingredients in the correct quantities, that all the ingredients you listed are included in the instructions, and that your instructions include all the steps in preparing the recipe.

We will be printing the contributor's name and county with each recipe chosen for the cookbook. We will not print your address or phone number.

THREE SECTIONS OF THE ENTRY

The Blue Ribbon Recipe

To increase chances of your recipe being included, remember that the focus is on recipes that have been utilized in 4-H project work. Perhaps it's a recipe that was handed down from generation to generation from one great cook to another. It may have earned you a blue ribbon at any 4-H or 4-H related program.

Your Personal 4-H Blue Ribbon Story

To connect to past 4-H experiences, we are also asking that you tell your personal story in 4-H...how earning the 4-H blue ribbon helped you become a "blue ribbon boy or girl" and how you have utilized that situation in adulthood.

Photograph

If you have a photograph of your award-winning entry and would like to share it, we will submit it to the 4-H Centennial Photograph Collection. Some photos will also be selected for use in the cookbook.

Your submissions must be postmarked no later than January 15, 2009. Mail to:

4-H Centennial Cookbook Committee
NC 4-H Development Fund
NC State Box 7645
NC State University
Raleigh, NC 27695-7695

You may also submit via email to:
4hcentennialcookbook@ncsu.edu

For more information, contact Sharon Rowland with the
North Carolina 4-H Development Fund at 919.515.9267 or sharon_rowland@ncsu.edu
All entries must be postmarked no later than January 15, 2009.