

NORTH CAROLINA VEGETABLE GROWERS RECIPE CHALLENGE

We have all heard, "Eat your Veggies - they are good for you!" How about "Eat your veggies and win some cash?" This year we have a new and delicious contest that is also good for you because the star is homegrown NC Vegetables! Time to get cooking and start perfecting that amazing recipe using vegetables and you might just win some cash! North Carolina grows an abundance of vegetables therefore, the possibilities are endless! Let your imagination run wild with NC Vegetables. Entries can be an appetizer, soup, side, main course or even dessert.

ENTRY DEADLINE: SUNDAY, OCTOBER 15, 2017

DATE OF CONTEST: SUNDAY, OCTOBER 15, 2017



CASH PRIZES:
1st Prize \$200
2nd Prize \$150
3rd Prize \$75
Honorable Mention: \$25



CONTEST RULES

1. Recipe must include at least 1½ cups vegetables which have been grown in NC if available. To see a list go to: <http://www.ncvga.com/> and click **KNOW YOUR VEGETABLES**.
2. Judging will be based on: **Taste (50%), Creativity (40%), Ease of Preparation (10%)**.
3. Directions for preparing the recipe must be clear; measurements should be in level cups, tablespoons, teaspoons or fractions thereof; also include pan size, cooking temperature, preparation time, minutes ready in and number of servings.
4. Use ingredients that are readily available in grocery stores.
5. Type or legibly write recipe on an 8½ x 11 sheet of paper with the contest name, your name, address, daytime and evening phone number and email address if available, in the upper right hand corner. Entries must be legible and include a phone number or you will be disqualified.
6. This contest is open to all ages and for amateurs only. Professional bakers may not enter contest. Must be a legal US resident and entries from all states are welcome.
7. Contestants may enter more than one recipe, but only one recipe can win.
8. Entries must be prepared at home and presented at the Fair ready for judging. Insulated containers are encouraged for transportation to keep foods hot or cold.
9. Upon submission, recipes become the property of the North Carolina Vegetable Growers Association and the NC State Fair which reserves the right to edit, adapt, copyright, publish and use for publicity, promotion or advertising without compensation.
10. To be a contestant, mail recipe to: NC Vegetable Growers Recipe Contest, NC State Fair Entry Department, 1010 Mail Service Center, Raleigh, NC 27699-1010, postmarked by October 2, 2017 or by delivering recipe to the fairgrounds entry department.
11. Entry will need to serve 6-8 judges.
12. No team entries, this contest is for individual competition.
13. The cooking contest coordinator and/or contest sponsor reserves the right to make any changes or decisions prior to or during the contest as deemed necessary. Their decision will be final.
14. By entering this contest, you are agreeing to the cooking contest purpose statement and code of ethics.

DAY OF CONTEST

1. Entries will be received from 1:00-2:00 PM in the Education Building.
Please bring a copy of your recipe with you on the day of the contest.
2. Judging will begin at 2:00 PM.
3. Prizes will be awarded at 3:30 PM (or when contest is completed).
4. Contestants will be admitted into the Fair for free with prepared entry on the day of the contest through Gate 8, 11 or 12. These gates are near the Education Building and across from Carter Finley Stadium.
5. Entries may be brought in any container (preferably disposable); it is not the responsibility of the Fair to return any dishes.
6. Entries must be prepared at home and brought to the Fair on the day and time of the contest.
7. Contact the Entry Dept. if you have any questions at (919) 839-4521.

