

L • COOKING CONTESTS
NORTH CAROLINA BLUEBERRY COUNCIL
Blueberries “From Scratch” Recipes



Entry Deadline: August 12, 2022, **by 11:55pm**, Online Entries Only, recipes due on contest day

Contest Date: Thursday, September 15th

Time: by 7:00 pm

Place: Davis Event Center

Cash Prizes: 1st Prize \$200

2nd Prize \$100

3rd Prize \$75

CONTEST RULES

1. Each entry must use at least **one cup of blueberries that are not processed or mix ingredients**, which have been grown in North Carolina (when available). With consideration to the health benefits of blueberries rather than as confection, additional added sugar to a recipe should not exceed 3/4 c which is 600 calories with no nutritional value. Health news about sugar is concerning and is in conflict with the health benefits marketing of North Carolina blueberries.
2. Contestants may enter more than one recipe, but only one recipe may win. Recipes may be for a breakfast dish, appetizer, main dish, dessert, salad, or other category **as long as blueberries are a main ingredient**.
3. Recipes will be judged on **health (50%), and ease of preparation (25%), taste (25%)**.
4. All recipes become the property of the North Carolina Blueberry Council, Inc. and the North Carolina Department of Agriculture and Consumer Services. Taxes are the responsibility of the winner.
5. The North Carolina Blueberry Council and the N C Mountain State Fair have the right to publish or advertise the recipes and the names of contestants without compensation.
6. Entries must be prepared at home and brought to the Fair.

DAY OF CONTEST

1. Entries will be received from 6-7 p.m. in the Competitive Exhibits Area in the Davis Event Center. **No entries will be received after 7 p.m.**
2. Judging will begin at 7 p.m. Prizes will be awarded at 8:30 p.m. (or when judging is completed).
3. Contestants **ONLY** will be admitted into the Fair free of charge **WITH ENTRY** on the day of the contest through the Gate 5 entrance. Park in lot at Gate 5.
4. Entries should be brought in a disposable container. It is not the responsibility of the Fair to return any dishes or plates.
5. **Each recipe must be typed or legibly written on Recipe Format sheet and presented with the dish.**