

L • NORTH CAROLINA BLUEBERRY COUNCIL

Blueberries “From Scratch” Recipes



Entry Deadline: August 11, 2023, **by** 11:55pm, Online Entries Only, recipes due on contest day

Contest Date: Thursday, September 14th

Time: by 7:00 pm

Place: Davis Event Center

Cash Prizes: 1st Prize \$200

2nd Prize \$100

3rd Prize \$75

CONTEST RULES

- 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.
- 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.**
- Recipes will be judged on **health (50%), and ease of preparation (25%), taste (25%).**
- 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.
- 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.
- Entries must be prepared at home and brought to the Fair.

DAY OF CONTEST

- 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.**
- Judging will begin at 7 p.m. Prizes will be awarded at 8:30 p.m. (or when judging is completed).
- Only contestants 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.
- Entries should be brought in a disposable container. It is not the responsibility of the Fair to return any dishes or plates.
- **Each recipe must be typed or legibly written on Recipe Format sheet and presented with the dish.**

DELIVERY TIME OF DISHES WILL BE ENFORCED