

*For Immediate Release
Lofty*

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*National 4-H Cornbread Cook-Off
Seeks Recipe Entries from 4th Grade Youth*

4th grade 4-H club members are invited to celebrate cooking and cornbread by entering a recipe in the National 4-H Cornbread Cook-off Contest. Recipes should be creative and easy to prepare and must contain at least one cup of Martha White Corn Meal or one package of Martha White Corn Meal Mix and be cooked in Lodge Cast Iron Cookware.

Novice cooks should submit their entries by March 2, 2010 to Vicki Lofty, Marion County UT Extension, 302 Betsy Pack Drive, Jasper, TN 37347.

Recipes will be reviewed and 10 lucky 4-H'ers will be invited to

participate in the youth cook-off at the National Cornbread Festival on April 24, 2010 in South Pittsburg, Tennessee. Finalists will have one hour from start to finish to prepare their cornbread dish. Judging of the finished recipe will be based on creativity; texture, appearance, ease of preparation, appropriate use of products and of course - flavor!

The 4-H slogan is "Learn by Doing", so 4th grade 4-H'ers get in the kitchen and learn to cook. Prepare a yummy cornbread dish that will make mouths water! Prize are as follows: 1st place - \$400; 2nd place - \$200; 3rd Place - \$100 and the other seven finalists will each receive \$50. All 10 finalists also receive special gifts from Lodge Cast Iron and Martha White. The 4-H agent or 4-H Program Assistant and the teacher of the winning contestant will each receive \$50. Youth traveling more than 100 miles to the competition will receive \$100 travel money.

Vicki Lofty, Marion County UT Extension Agent invites youth from all

regions of the country to enter. “Every year I am amazed at the amazing tasty and creative recipes that are submitted,” said Lofty. To celebrate 100 years of UT Extension and 4-H in Tennessee, Marion County 4-H Clubs have compiled a cookbook containing a collection of recipes from the past finalists in the National Cornbread Festival Cook-off. Funds from the sale of the six dollar cookbooks will be used to fund 4-H youth projects and activities. For more information about purchasing a cookbook or the cook-off contact 423-942-2656. Contest guidelines are also available at www.nationalcornbread.com.

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