



Louisiana Mayhaw Association **Cooking Contest Rules & Regulations**

Purpose

To promote and expand the use of mayhaws.

Sponsors

The Louisiana Cooperative Extension Service (LCES), LSU Agricultural Center, and the Louisiana Mayhaw Association.

Eligibility

All interested persons are invited to participate. If you have a disability that requires special assistance to participate in the contest, please contact Don Lord, LMA, at (225) 921-5775 at least two days prior to the contest.

Divisions

1. Cakes or Other Desserts
2. Any Other Mayhaw Product
3. Punch and Other Beverages
4. Jelly, Jams and Butters
5. Syrups

Food Safety

Perishable foods, such as meat dishes or dishes containing cream, must be prepared and chilled to refrigerator temperature and transported on ice in an ice chest to the contest. Contest officials will disqualify perishable foods not transported in this manner.

General Requirements

1. No commercial products will be allowed.
2. Every product must contain a minimum of 1 cup of mayhaw juice, pulp or syrup.
3. Bring two typed copies of the recipe, one with your name and one without your name, to the contest. Recipes may be used in publicity and printed in publications by the Louisiana Mayhaw Association, LCES, and/or LSU Agricultural Center.
4. Products must be entered before 9:00 a.m. on the day of the Louisiana Mayhaw Conference.
5. The product will be judged on both taste and appearance

Awards

The first place winner in each division will receive a \$15 Visa Gift Card and an overall "Best of Show" will be chosen by the judges and will receive a \$50 Visa Gift Card.

Contacts For More Information

Quincy L. Cheek, FCS Agent - Nutrition
LSU Agricultural Center
300 Grady Britt Rd
Alexandria, LA 71302
Telephone: (318) 767-3968