

## Family Heirloom Recipes Competition, 2025



Our Family Heirloom Recipe competition seeks your best from-scratch recipe suitable for a celebratory dinner or an everyday family favorite nobody has written down yet. To encourage delving deep into your family's culinary history, please submit family recipes at least 50 years old. We look forward to learning about and tasting your treasured foods.

Greater Midwest Foodways Alliance is dedicated to exploring, celebrating and preserving unique food traditions and their cultural contexts in the American Midwest. By hosting public events, developing archival resources, and generating publications, the Alliance celebrates the distinctiveness of a region that is as varied in tastes and traditions as it is in its geography from the Great Lakes to the Great Plains. Exploring indigenous foods like Wisconsin cranberries and Minnesota

walleye, celebrating iconic flavors like the wheat and corn from across the prairies, chronicling cuisines from Native American to early European immigrants to 21st-century newcomers, or highlighting fish boils in small towns and fine dining big cities, the Alliance promotes and chronicles the diversity of the region's culinary character.

### PRIZE MONEY

1st place - \$150, 2nd place - \$100, 3rd place - \$50

### SCORING

History - 50%, Prepared Dish and Written Recipe - 40%, Presentation - 10%

### CONTEST REQUIREMENTS

- Enter your best made-from-scratch family heirloom recipe suitable for a celebratory dinner or an everyday family favorite that perhaps has never been written down. These recipes should be 50 years or older (early 1970s or before).
- Entries should be printed or neatly handwritten on 8-1/2 x 11-inch paper in duplicate (often the Fair wants a copy for their records). On the back of every history and recipe page submitted, please state contestant's name, age at time of contest, address, phone number and email address.
- On a separate page(s), please present the recipe. The dish must be replicable from the recipe submitted. If an ingredient itself requires a recipe (for example, Jerry's famous sausage), please include it. A copy of the original recipe (color or black and white) is always appreciated. These may be in personal culinary diaries, back of envelopes, notations in books, 3x5 cards etcetera. If you have rewritten the original recipe to clarify instructions, please include a copy along with the original recipe that inspired it. You may include in the history why these changes were made. If the family favorite recipe was lost and you put effort to recreate it, please note this in your history with some explanation of how it was achieved (or how it was lost).
- On a separate page(s) present the recipe's history. You may include who passed the recipe down to you, ethnicity (if relevant), number of years the recipe has been in your family and any interesting information about its place in your family's traditions. Note the history accounts for 50% of the score so be sure to do justice to your recipe's story. Please consult [GreaterMidwestFoodways.com](http://GreaterMidwestFoodways.com) under the 'State Fair' tab for examples of recipes and their histories.
- Each winning entry will be shown in a display. Your dish should be displayed simply though attractively, with the use of props, such as a copy of the original recipe, photographs, placemat, napkins, glassware, or flowers. If you frame your recipe or history, please have extra unframed copy available for photographing.
- By submitting your entry, you accept official rules and agree to be bound by the judges' decisions, which will be final. You also agree that your recipe and history will become the property of Greater Midwest Foodways Alliance, which reserves the right to edit, adapt, copyright, publish and use without compensation to you.
- By participating, contestants also understand and accept the right of Greater Midwest Foodways Alliance to use contestant names, photos, histories, and recipes for publicity without compensation.
- Greater Midwest Foodways Alliance is not responsible for any loss or damage to entries, nor is the Fair.
- Taxes on prizes are the responsibility of the winner.
- Entrants must be at least 18 years of age; one entry per person. Contestants or their family members who participated earlier may not resubmit previously entered recipes. Greater Midwest Foodways Alliance board and advisory council members cannot compete.
- Recipes from the Greater Midwest Foodways Alliance website ([GreaterMidwestFoodways.com](http://GreaterMidwestFoodways.com)) are not eligible for entry in this contest.



### Greater Midwest Foodways Alliance Heirloom Recipe Contest Pre-Registration Form

\*\* You do not need to submit the recipe along with the pre-registration form. The recipe and entry need to be brought to the State Fair on Sunday, August 31, 2025, at 12:30 PM.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Name of Recipe: \_\_\_\_\_

Participant Waiver of Liability: As a participant in the 2025 Greater Midwest Foodways Alliance Heirloom Recipe Contest, I the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators and assigns, voluntarily assume any and all risks associated with or connected to participation in the Competition. I further waive and release any and all rights for claims, damages, harm, or injuries to my person or property that may occur or arise against South Dakota State Fair, the South Dakota Department of Agriculture, and/or the State of South Dakota, including all employees, agents, successors or assigns of the aforementioned entities, as a result of, or in connection with, participation in this event. I further grant permission to South Dakota State Fair and/or agents authorized by them, to use any photographs, videotapes or any other record of this event that may include photographs of me or my name for legitimate purposes to promote the South Dakota State Fair. I have read this release and I fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and voluntarily without any inducement, assurance, or guarantee being made to me and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Contestant Signature \_\_\_\_\_

Date of Signature \_\_\_\_\_

Mail to: South Dakota State Fair, Attn: Heirloom Competition, 1060 3rd St. SW, Huron, SD 57350