



# Exhibiting Vegetables

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A vegetable garden provides you with fresh produce and an opportunity to learn about plants, and it can also give you much pride and satisfaction. Exhibiting vegetables at a fair or show gives you a chance to display the results of your efforts. In addition, it can give you the thrill of competing with others and learning about high-quality vegetables. Regardless of the ribbons you receive or the prize money you win, you will greatly profit from your experience at the fair. As an exhibitor, you can become a better vegetable grower and a well-informed consumer; you will also learn the importance of good sportsmanship. To produce prize-winning vegetables, you need to do the following:

- Learn about planting and caring for a vegetable garden.
- Plan to have vegetables available at the right time and in sufficient quantities so you can prepare a good exhibit at fair time.
- Know the fair rules and regulations, and determine what types of vegetables can be exhibited.
- Recognize the desirable qualities that the judges look for.
- Become acquainted with the methods of preparing different vegetables for showing at the fair.
- Learn the best methods for transporting vegetables to avoid damaging them.

## GROWING THE VEGETABLES

If you are an avid gardener, you will enjoy growing vegetables. Naturally, you should strive for the highest quality produce possible. You should pay special attention to planting dates, the selection of varieties, planting techniques, care during the growing season, controlling pests (such as insects, weeds, and diseases), and harvesting the crops at the proper times.

One important factor in growing quality vegetables is the selection of superior varieties. Selecting  $F_1$  hybrids and disease-resistant cultivars cannot be stressed enough; in choosing wisely, you avoid many disease problems in the garden. Hybrid cultivars have more vigor, better quality and yield, and greater disease-resistance than many of the older non-hybrid types. Although  $F_1$  hybrids are not perfect, they are generally superior and should be chosen to fit your specific needs.

In addition to having the vegetables at the right stage of maturity for showing, you also need to plant enough of each kind so you can pick and choose from sufficient produce to prepare a top-notch exhibit. For example, you will have a much better chance for a prize-winning entry if you grow ten tomato plants rather than only four.

## PLANNING FOR QUALITY AND QUANTITY

Having enough vegetables for exhibition requires careful attention to the time of planting, because this factor determines the time of harvest. Vegetables that are immature or overripe are of little value at show time. To determine the proper planting date, first check the seed catalog or seed packet for the approximate number of days required from planting to harvesting. Then, count back that number of days on the calendar, starting from the opening date of the fair. Mark down this date as the proper time of planting. However, remember that you will probably need to make an additional planting or two (perhaps one earlier and another a bit later), to allow for variations in weather that can aid or hinder plant growth. How early you plant depends on the hardiness of the vegetable, the days to maturity for the particular variety, and the climate in your area.

## RULES FOR EXHIBITORS

Before planning your exhibits, obtain a copy of the fair rules and read them carefully. Pay special attention to the time for submitting entries, the number of entries allowed, the quantities of vegetables needed, and to any other rules concerning the preparation of exhibits. Although many fairs and shows operate comparably, there are always some variations. Fair rules also change from year to year, so never assume that last year's rules apply to this year's event.

Vegetables are usually exhibited on plates, in a group display, or as a market basketful. The numbers of the specimens of each vegetable usually required for a plate are listed below. In a group display, the number of specimens for a particular vegetable should be the same as the number required for a plate exhibit. Again, check with the fair you are exhibiting in for specific rules.

### *One specimen*

Broccoli (head)  
Cabbage  
Cauliflower  
Chinese cabbage (head)  
Eggplant  
Greens (collard, endive, escarole, kale, mustard, Swiss chard) (1 plant)  
Horseradish (root)  
Lettuce (1 head or plant)  
Muskmelon  
Pumpkin  
Squash, winter  
Watermelon

*Five specimens*

Asparagus (spears)  
 Beet  
 Carrot  
 Corn, sweet  
 Cucumber, pickling or slicing  
 Garlic  
 Gourds  
 Kohlrabi  
 Leek (sometimes shown as 3 specimens)  
 Onion, dry  
 Parsnip  
 Pepper, large-fruited  
 Popcorn (ears)  
 Potato  
 Rhubarb (stalks)  
 Squash, summer  
 Tomato, slicing  
 Turnip

*Twelve specimens*

Bean, green (pods)  
 Bean, lima (pods)  
 Bean, wax (pods)  
 Brussels sprouts  
 Herbs (stems or branches)  
 Okra  
 Onion, green  
 Pea (pods)  
 Pepper, small-fruited (chili, cherry, etc.)  
 Tomato, small-fruited (including paste types)

## WHAT MAKES A GOOD VEGETABLE EXHIBIT?

When selecting vegetables for exhibition, keep in mind that the judge will evaluate them on the basis of cleanliness, uniformity, condition, quality, and trueness to variety.

**Cleanliness.** Only enter vegetables that are clean and bright in appearance. Dirty vegetables create an unfavorable impression and indicate that the exhibitor was not really interested in preparing an attractive, first-rate display. Sometimes you can clean vegetables by washing them, while in other cases, wiping them with a soft, clean cloth, or brushing them lightly with a soft brush is sufficient. Further instructions for cleaning specific kinds of vegetables are given below.

**Uniformity.** The word “uniformity” as used in connection with vegetables in competition means that each specimen on a plate or each vegetable within a display is of similar size, color, stage of maturity, shape, and condition. Judges place considerable importance on the uniformity of vegetables exhibited. The larger your supply of vegetables, the better chance you have to choose specimens that are uniform in every respect.

**Condition.** Condition indicates how the crop was grown, harvested, and handled. Vegetables should be free of dirt, cuts, bruises, and defects, as well as insect or disease damage.

**Quality.** This term refers to the prime eating condition of any vegetable but also indicates the best color development, shape, texture, and size. Many exhibitors seem to think that a winning vegetable entry should have huge or even gigantic specimens.

Although large size is important in a few classes (i.e. heaviest cabbage, largest pumpkin, or biggest watermelon), considerably less emphasis is placed on large size in most vegetable classes. In deciding on the size of the vegetables to exhibit at the fair, think in terms of the sizes most in demand by consumers at the supermarkets. They generally prefer average-sized specimens over extremely large or quite small ones. Select vegetables that have a deep, clear, intense color. Avoid dull-colored specimens, or those that are deep-colored due to over-ripeness. Experience will help you determine the best time to harvest a particular vegetable.

**Trueness to variety.** Each vegetable variety has its own special characteristics. Therefore, an exhibit should consist entirely of vegetables of the same variety. For example, a plate of four ‘Better Boy’ tomatoes and one ‘Jubilee’ tomato (an orange-fruited variety) would certainly make up a plate of fine tomatoes, but it would not be true-to-variety.

## TRANSPORTING VEGETABLES TO THE FAIR

Vegetable specimens that may be damaged while being transported should be individually wrapped in tissue paper or newspaper. Place the wrapped specimens in strong containers, such as bushel baskets or boxes, using large amount of crumpled paper between layers. Also, take along extra specimens for each exhibit, in case something happens to one or more of those chosen for entry in exhibition.

## DESIRABLE CHARACTERISTICS

In addition to being uniform in size, shape, color, and stage of maturity, the vegetables should have certain other characteristics common for the type. The following suggestions may help you select vegetables for an exhibit or competition. These are only general recommendations, and should supplement the exact rules established by your fair’s show committee.

*Asparagus*

- Straight, dark green spears with tight scales.
- Free of disease, insect injury, or other blemishes
- Spears trimmed to 7 or 8 inches.
- Display in shallow pan of water to prevent wilting.

*Bean, Lima*

- Pod well-filled, bright green, tender, and fresh.
- Trim stems to 1/4 inch.
- Clean by wiping with soft, dry cloth; do not wash.

*Bean, Snap*

- Pods tender, stringless, brittle, with seeds in immature stage.
- Free of dirt, rust, blemishes, or other imperfections.
- Trim stems to 1/4 inch.
- Clean by wiping with a soft, dry cloth or by washing if necessary.

*Beet*

- Smooth, free of side roots and blemishes.
- Medium to small sizes preferred (1 1/2 to 2 inches in diameter).
- When cut open, the flesh should be firm, crisp, and fine-grained.
- Can be displayed with the top leaves, or cut down to 1/2 to 1 inch; taproot should be left on.
- Clean by soaking and washing.

*Broccoli*

- Stalk and head at least 6 inches long, firm, tender, crisp, and with good color.
- Buds tightly closed.
- Center head should be at least 3 inches in diameter.
- Leaves removed below the head.
- Clean by dipping in cold water.

*Brussels Sprouts*

- Sprouts should not be less than 1 inch in diameter.
- Round, fresh, firm.
- Trim base smoothly.

*Cabbage*

- Head solid and heavy for size. Pointed types will weigh less than other types.
- Free of blemishes and insect damage.
- Stem evenly trimmed at the base.
- One to two outer wrapper leaves left on.
- Clean by washing in water or wiping with a dry or moist cloth.

*Carrot*

- Specimens straight with deep orange, smooth skin.
- Free of cracks, greening, or side shoots.
- Tops trimmed to 1/2 to 1 inch; do not remove taproot.
- Length: short varieties – 2-1/4 to 2-1/2 inches; half-long varieties – 5 to 7 inches long; long varieties – 7-1/2 inches or more.
- Clean by washing; do not scrub. Use a soft brush to remove dirt around the top and in creases.

*Cauliflower*

- Heads pure white, solid, and uniform, with 4 to 6 protective leaves attached.
- Protective leaves trimmed to 1 inch to expose curd.
- Curd should be compact, deep, firm, and at least 4 inches in diameter.
- Cut stem 1/4 inch below bottom leaf.
- Clean by wiping with dry cloth or washing if necessary.

*Chard*

- Shown as entire plant or ten cut blades and their stalks.
- If entire plant, should be at proper stage for eating. Remove outer leaves if they are damaged. Trim roots. Exhibit with taproot in jar of water.
- Cut stems should be even in size, shape and color. Place cut ends in jar of water.

*Corn, Sweet*

- Ears fresh and well filled from tips to butt ends; should be in the “milk” stage.
- Kernels plump, soft, tender, arranged in closely spaced rows.
- Remove “flag” leaves but do not remove husks.
- Clean by wiping with dry cloth; trim base evenly.

*Cucumber*

- Straight, deep green, with blunt ends.
- Trim stem 1/4 to 1/2 inch.
- Slicing cucumbers should be 6 to 9 inches long and not over 2 to 3 inches in diameter; pickling cucumbers should not be more than 3 inches long and 1-1/4 inches in diameter.
- Do not wax.
- Clean by wiping with a soft, dry or moist cloth if necessary.

*Eggplant*

- Specimens firm and shiny, with uniform, deep color.
- Small blossom scar and a fresh, green calyx.
- Trim stem to 1 inch.
- Clean by wiping with a soft, dry or moist cloth.

*Garlic*

- Medium-sized bulbs with small, well-dried necks.
- The outer scales should be intact.
- Trim the roots close to the bulbs.

*Gourds*

- Not a vegetable, but often shown in the vegetable category.
- Same size, shape, and color.
- If they have a color pattern, it should be clear and distinct on all specimens.
- Trim stem to 1 inch.

*Herbs*

- Leaves fresh and tender; free of blemishes.
- Trim stems evenly.
- Clean by washing, if necessary.
- Stage of development and preparation varies by type.

*Kale*

- Select young leaves 8 to 10 inches long.
- Specimen should be healthy and free of insect damage.
- Color should be deep and even.
- Wash thoroughly but avoid breaking or bruising the leaves.

*Kohlrabi*

- Specimens 2 to 3 inch in diameter, and tender with good color.
- Leave 4 to 6 crown leaves trimmed to 1/2 inch.
- Cut off taproot 1/2 inch below the enlarged stem.
- Clean by brushing or wiping with dry cloth.

*Leek*

- Specimens should be long and straight with white stems.
- Trim the end of the tops in an arrow-shape
- Cut roots to 1/4-inch

*Muskmelon*

- Evenly netted and free of decay spots, defects, or cracks.
- Stem scar should be smooth, indicating harvest at “full-slip” stage.
- Clean by brushing or wiping when soil is dry.

*Okra*

- Small pods, fresh, bright green, and not over 3 inches long.
- Leave 1/2 inch of stem.
- Clean by wiping with dry or moist cloth, or by brushing.

*Onion*

- Firm, mature, well-shaped bulbs, at least 2 inches in diameter.
- Avoid double, split bulbs, or those with soft necks.
- Remove loose or discolored skins; do not peel completely; if the bulb appears shiny, you have peeled too far.
- Trim top to 1 inch; trim roots to 1/4 inch.
- Clean by washing carefully or by brushing specimens while dry.

*Onion, Green*

- Good specimens have long, white stems 1/2 inch or less in diameter.
- The bulb should be only slightly larger than the stems.
- Trim the tips evenly.
- Trim the roots to 1/4 inch.

*Parsnip*

- Roots solid, smooth, well shaped, and 2 to 2-1/2 inches in diameter.
- Tapered evenly with no side shoots.
- Skin should be a light, creamy-yellow color.
- Trim tops to 1 inch; leave taproot on.
- Clean by soaking in water to remove dirt; do not scrub.

*Peas*

- The pods should be green and fresh; do not exhibit dry or shriveled pods.
- Handling the pods more than necessary will remove the bloom (the natural waxy coating).
- Trim stems to 1/4 inch.
- Shell peas should be well filled; snow-type peas should be flat; edible-pod types should have the peas slightly developed.

*Pepper, Bell*

- Specimens should be firm, thick-fleshed, and deep in color.
- All should have same number of lobes.
- Trim stems to 1/4 to 1/2 inch.
- Clean by wiping with a soft, dry cloth or washing if necessary.

*Pepper (other than bell types)*

- Specimens with length, shape, and color typical for the variety.
- Trim stems to 1/2 to 3/4 inch.
- Clean by wiping with soft, dry cloth.

*Potato*

- Specimens fully mature, clean, and free of insect or disease damage, injury cracks, sunburn, or greening.
- Clean by brushing *lightly* or washing to remove soil after tubers are dry. *Do not scrub.*

*Pumpkin*

- Deep, even color, thick-fleshed and heavy in weight for size of specimen.
- Free of blemishes and dirt.
- Trim stem to 2 inches.
- Clean by wiping and polishing with a dry cloth or by washing if necessary.

*Rutabaga*

- Roots at least 3 to 4 inches in diameter.
- Trim tops to 1 inch.
- Clean by washing.

*Rhubarb*

- Stalks at least 10 inches long and at least 1 inch across at the middle of the stalk.
- Skin smooth and well-colored.
- Trim leaves to 1 or 2 inches; trim base of stems evenly.
- Clean by wiping with a dry cloth or by washing, if necessary.

*Squash, Summer*

- Soft rind (immature) and at prime eating stage.
- Avoid over-mature, bruised, or misshapen specimens.
- Leave 1 inch of evenly-trimmed stem attached.
- Clean by wiping with soft, dry cloth or by washing, if necessary.

*Squash, Winter*

- Outer rind hard and firm.
- Avoid immature, cracked, or split specimens.
- Leave 1 inch of stem attached.
- Clean by brushing or wiping with soft, dry cloth, or by washing, if necessary.

*Tomato*

- Firm and free of cracks, blossom-end rot, insect, disease, or mechanical damage.
- Ripe tomatoes should be in prime condition for slicing; avoid overripe fruit.
- Green tomatoes should be entirely green on the same plate.
- Do not exhibit red and green tomatoes on the same plate.
- Display with or without stems.
- Clean by wiping with a moist cloth.

*Turnip*

- Roots at least 1-1/2 to 2-1/2 inches in diameter.
- Trim tops to 1 inch; leave taproot 2 to 3 inches long.
- Clean by washing.

*Watermelon*

- Typical of variety in shape and color.
- Mature but not overripe; should have bright or velvety appearance.
- Ground spot should be yellowish in color and not white or pale green.
- Leave stem 1 inch long.
- Clean by wiping with a moist cloth or by washing, if necessary.



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