

Washington County 4-H Country Ham Project

Name: _____

Ham Weights:

Ham 1:	_____		_____		_____
Ham 2:	_____		_____		_____
	Cure Day		Shucking Day		State Fair

Ham 1: _____

Ham 2: _____

Weight lost

Notes: _____

Speech Details:

Junior (Born 2013– 2009); Discuss the history of the country ham. Country ham is considered a Southeastern food, but that was not always the case. Before mechanical refrigeration, salting food was a common preservation method. Discuss the history of the country ham and how it became part of Kentucky's food heritage.

Senior (Born 2004 – 2008); Discuss the pests that infest country hams and how to control them. Country hams are susceptible to various pests; identify those pests and discuss the various ways the pests can be controlled and/or eliminated.

ALL SPEECHES MUST BE 3-5 MINUTES.

Ham Dates:

- Country Ham Curing- Martin Luther King Day; January 16, 2023
- Shuck Hams & Intro to Country Ham speeches due- May 9, 2023
- Body & Conclusion of speeches due- June 6, 2023
- Full Speech Presentation- July 11, 2023
- Ham washing & final speech practice- August 14, 2023
- Speeches at Kentucky State Fair- August 17, 2023