



North Country Jr. Iron Chef Competition inspires Farm to School programs by encouraging regional middle and high school students to develop tasty, healthy recipes that showcase local produce and build lifelong cooking skills.

Participation Guidelines	Eligible teams are made up of 3–5 middle and/or high school students whose districts participate in the Fresh-cut Farm to School Program . Each team must have a coach who is at least 25 years old and may have an assistant coach.
Recipe and Ingredient Criteria	Recipes must contain at least two fresh vegetables and/or fruits. One of these must be an item available as part of the Fresh-cut program: Apple, carrot, butternut squash, cabbage, corn, onion, pepper, tomato. Teams practice with their own ingredients before the competition AND supply them for event day.
Steps to Participate	1st December 1, 2025 – January 16, 2026 <ul style="list-style-type: none"> • Submit Team Registration via online form • Send \$20 team fee by check or online payment 2nd by February 6, 2026 <ul style="list-style-type: none"> • Upload Student Release forms and Adult Coach Release form • Complete Recipe Template 3rd February 23–27, 2026 <ul style="list-style-type: none"> • Attend Zoom recipe review with committee
Event Day	Saturday, March 28, 2026 Hermion–DeKalb Central School Friends and family welcome to attend <ul style="list-style-type: none"> • 90 minutes recipe preparation • 5 minute presentation to a panel of judges • Awards!
More Information	https://bit.ly/ncjic website includes full event guidelines ncjrironchef@cornell.edu 315–379–9192

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