

STRENGTHENING OKLAHOMA



**GARFIELD COUNTY
EXTENSION**

Dads Bring Different Skills to Parenting

As we roll into June and celebrate the beginning of summer, it's also a time to celebrate Father's Day, the contributions fathers and father figures make to their families and their role in their children's lives.

Moms and dads each bring different and unique skills to parenting, said Angie Behrens, program coordinator for the Fatherhood Initiative with [Oklahoma State University Extension](http://oces.okstate.edu/garfield/Extension).

"Fathers engage kids in physical play and problem-solving skills and tasks, as well as teach skills that children need," Behrens said. "Whether fathers are custodial or noncustodial, the impact fathers have on their children's lives can't be understated."

A new program called [Strong Dads](#) is offered through OSU Extension uses the 24/7 DADS curriculum to teach fathers and father figures that their role is important in the development of their children and can result in better outcomes for their kids.

An article by Alexander Elguren for The Gottman Institute this year, says children reap a lifetime of benefits from 10 to 15 minutes of purposeful play. When dads consistently give children their undivided attention, intentional playtime can improve a child's self-confidence, social skills and emotional well-being.

"In his research, Elguren indicates



a key finding that revealed regular father-child playtime early in a child's life established a pattern of involvement," she said.

"However, quantity is not as important as the quality. Dads who are consistent with spending quality time with their kids, even for short amounts of time, build strong ties with their children, which in turn strengthens their relationship."

Elguren also learned it's important for mothers and mother figures to encourage dad playtime. Fathers may take cues from moms who are modeling play and emphasizing its importance. Parents must realize that unlocking play's full potential starts with making the most of purposeful playtime together.

Other research conducted indicates when fathers are involved with their children, the outcomes for the family, children and the fathers are positive. When the father or father figure is actively involved and engaged, not only are the children happier, but the fathers experience better physical and mental health.

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In addition, co-parenting relationships are less strained, family ties are stronger, and children have better overall emotional and social well-being. Research also shows that children with involved fathers show more empathy, emotional security, curiosity and pro-social behavior.

“Although June 16 is the date on the calendar to celebrate fathers and father figures in our lives, every day of the week is a day for dads to spend time with their children and celebrate their presence,” Behrens said. “Involved fathers truly make a difference.”

Grilled Asparagus and Shrimp Quinoa Salad with Lemon Vinaigrette

Ingredients

- 2 cups fresh asparagus, large spears (cut into 1” pieces)
- 1/2 yellow or red bell pepper (cut into 1/2” pieces)
- 1 clove garlic (minced)
- 1 14 oz. can quartered artichoke hearts (drained)
- 12 oz. fresh or frozen large raw shrimp (peeled and deveined)
- 1 1/2 cups dry quinoa (cooked according to package directions)

For the Lemon Vinaigrette:

- 1 teaspoon grated lemon peel (optional)
- 3 tablespoons fresh or bottled lemon juice
- 3 tables spoons olive oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon ground black pepper



Directions

1. Place vinaigrette ingredients in a small bowl and whisk; set aside.
2. Cut vegetables as directed.
3. Heat grill and grilling tray.
4. Place vegetables and shrimp in a large bowl; add about 1/3 of the vinaigrette (about 3 table-
spoons) and toss.
5. Spread shrimp-vegetable mixture over hot grilling tray.
6. Grill, turning shrimp and vegetables, until the flesh of the shrimp is an opaque color (about 5
to 6 minutes); remove from grill.
7. Serve grill mixture over cooked quinoa, and drizzle with vinaigrette.

Nutrition Information

Serving size: 1/4 of the recipe

*Calories 460; Total Fat 16g; Saturated Fat 2g; Cholesterol 115mg; Sodium 420 mg; Carbohy-
drates 51g; Dietary Fiber 7g; Total Sugars 6g; Added Sugars included 0g; Protein 29g; Vitamin D
0mcg; Calcium 200mg; Iron 6mg; Potassium 860mg*



Summer Workshops



Barn Quilt



Plan to attend the summer Barn Quilt Class, Monday, June 17. Class will begin at 9 am and continue until you are finished or approximately 4 pm. Cost is \$40 and includes all supplies, patterns, lunch as well as snacks to complete a 2 x 2 ft to display outdoor ready barn quilt. Please register by June 12th to reserve your spot.

Artisan Bread



An Artisan Bread workshop will be held Friday July 12, starting at 10 am. Cost is \$20. We will be completing 2-3 different types of bread. Register by July 5 for this class.

Food Preservation Classes July 17 and July 18



Jams/Jellies is scheduled for July 17. Class begins at 12:30 pm. Each participant will have 2-3 jars to take home at the end of class. Cost is \$25 and includes all supplies needed.



Pickles/Pickling is set for Thursday, July 18. Class begins at 12:30 pm. We will be completing 2 kinds of pickles appropriate for fair entries. Cost is \$25 and includes all supplies. Please register by July 10 so that materials can be prepared.



Table Runner

A quick and easy zig zag table runner class will be August 7, 10-2. Kits in fall and holiday colors will be ready for you to sew, cost will be \$20. Bring your sewing supplies and machine, a few machines are available if needed. A light lunch will be served. Register by July 31, so that kits can be constructed.

How to Grill Safely this Summer

Grilling is a summer classic enjoyed by many. One of the awesome things about grilling is that you can grill pretty much anything! Burgers, chicken, seafood, vegetables... they're all delicious when cooked on the grill. But did you know that there are food safety steps to follow no matter what you're cooking? Keep reading to learn about safe grilling of ALL foods.



Safe Food Prep for Grilling

Clean: No matter what you're grilling, always start with clean hands. You should especially wash your hands before and after touching raw meat, poultry and seafood items to prevent the spread of foodborne illness bacteria. When it comes to washing food items, you should wash some, but not others:

Always wash fruits and vegetables before preparing. Run fruits and vegetables under clean, running water and gently rub to remove any debris. If you are using firm fruits and vegetables, such as melons and zucchini, use a vegetable brush to scrub. Dry fruits and vegetables with a clean cloth or paper towel to further reduce bacteria that may be present.

Never wash or rinse meat, poultry or seafood items. Doing so greatly increases your risk of cross-contamination because bacteria can be spread to other foods, utensils and surfaces. If you must rinse your meat or poultry because of a marinade or brine, be sure to thoroughly clean and then sanitize all surfaces, including the inner sink, to eliminate the risk of cross-contamination.

Separate: Always keep your raw meat, poultry and seafood items separate from ready-to-eat foods, such as salads, dips and even any fruits and vegetables you plan on grilling. As soon as you put raw items on the grill, get a clean plate or serving dish ready for when the items are done. You should also pay attention to the utensils used while grilling – those tongs you used to place those raw burgers on the grill could be contaminated with harmful bacteria, which could spread to the fully cooked burgers being pulled off the grill. Ultimately, it is NOT safe to use the same plate or utensils you originally used to place raw items on the grill, unless they have been fully washed and sanitized.

How To Grill Meat, Chicken, and Fish

Grilling uses direct high heat to cook items – it's what gives them the classic grill marks that everyone loves to see. However, those marks can make items look done before they actually are. This can be a major safety issue! When grilling meat, poultry and fish, it's important to use a food thermometer to make sure your items are truly being cooked through to a safe minimum internal temperature.

The recommended safe internal temperature varies depending on the product you're cooking, so use this handy list to know what yours should reach:

- Beef, pork, lamb and veal (steaks, roasts and chops): 145°F (63°C) (with a 3-minute rest time)
- Ground meats (including burgers and hot dogs): 160°F (71°C)
- Whole poultry, poultry breasts and ground poultry: 165°F (74°C)
- Fish: 145°F (63°C)



Education Workshops for June

Check out some of these offerings for OHCE members, guests or anyone interested in a good time with friends and learning a new skill.

Leader Lessons July and August Meetings

The lesson for July meeting is "Honoring our Flag and Veterans". This will be held June 26, 2 pm in the conference room. The lesson for August is "Cast Iron Cookery". Due to a conflict, that lesson will be held **Wednesday July 31, 2 pm** instead of the published date in your yearbooks. Please make that change and plan to attend.

Board Meeting Monday, June 3, 9:30 am

The Garfield County OHCE Board will meet Monday, June 3, 9:30 am in the Conference Room. County and Local officers are encouraged to attend as well as interested members. Topics include the upcoming State OHCE meeting and our donations to the Ambassador Auction, the County Fair, Fall Association meeting-scheduled for October 15, and other business that comes before the group.

State OHCE Meeting

Registration is open for the State OHCE meeting July 7, 8, and 9 at the Champion Convention Center in Oklahoma City. All information for the meeting and hotel registration is online at ohce.okstate.edu. More details were shared in the previous newsletter and in the OHCE Summer Outreach newsletter. Voting delegates should be aware of the proposed By-Laws changes published in the Outreach. Registration for rooms is discounted until Friday, June 7, and registration for the meeting deadline is June 20th.

Tulsa Underground Tour Friday, June 7

There is still time to meet the May 29 sign up deadline for the tour of Tulsa. Cost is \$30 and due by May 29. Please make check out to Shirley Clark. We will leave June 7, 7:30 am and return late afternoon. Check last month's newsletter for details.

Garfield County Fair September 4-8

Details and fair books will be available in late July for the County Fair. Check out the upcoming workshops for fair entry items as well as all your projects since the last fair. The deadline for fair entries will be late August. More details and schedule will be in the July newsletter.

Oklahoma State Fair— OKC

If you wish to enter items in the State Fair of Oklahoma, entry deadline is August 15. State Fair dates are September 12 – 22. Each exhibitor is responsible for bringing your items to the fair and for pickup at the completion of the fair.

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Joy Rhodes
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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or joy.rhodes@okstate.edu at least two weeks prior to the event.



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Dates to Remember

June 3—OHCE Board Meeting
June 7—Tulsa Underground Tour
June 17 — Barn Quilt Class
June 26—Leader Lesson
July 7-9—OHCE Annual Meeting
July 12 — Artisan Bread Class
July 17 — Jams/Jellies class
July 18 — Pickles/Pickling class
July 31 — Leader Lesson
August 7 — Table Runner class
Sept. 4-8 — Garfield County Fair
Sept. 12-22 — Oklahoma State Fair



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