



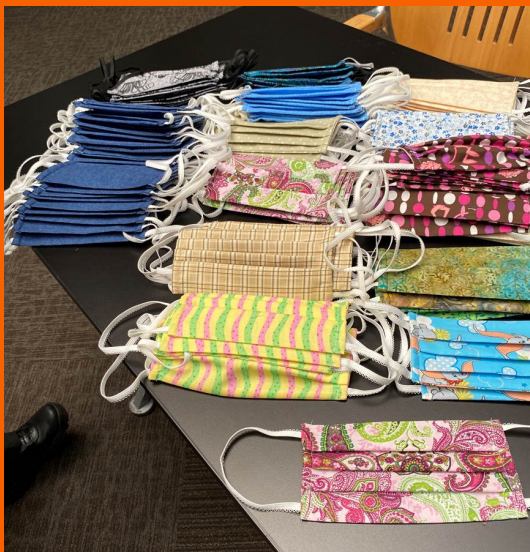
**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC APRIL 2020

OHCE Members Mobilize During Pandemic

Across Oklahoma County, Oklahoma Home and Community Education, OHCE, members have assisted their communities in staying safe, healthy and connected. By partnering with the Oklahoma County Sheriff's Department Triad program, over 260 masks were made and donated to senior citizens and the Del City Police Department. Additionally, members of the Soldier Creek, Cardinal and Modern Homemakers Groups donated 500 masks to Veterans Medical Center, Integris South Hospital, an elementary school, a child care center, an optometrist's office, and friends and neighbors.

Other OHCE members are serving their communities by delivering mobile meals and calling to check on the welfare of their church families. Also, an OHCE member donated \$300 worth of fabric and elastic to the Citizen Potawatomie Cultural Center so staff could make masks for their clinic workers.





What to do with Spring flower bulbs after they bloom



Simple Wooden Pallet Compost System



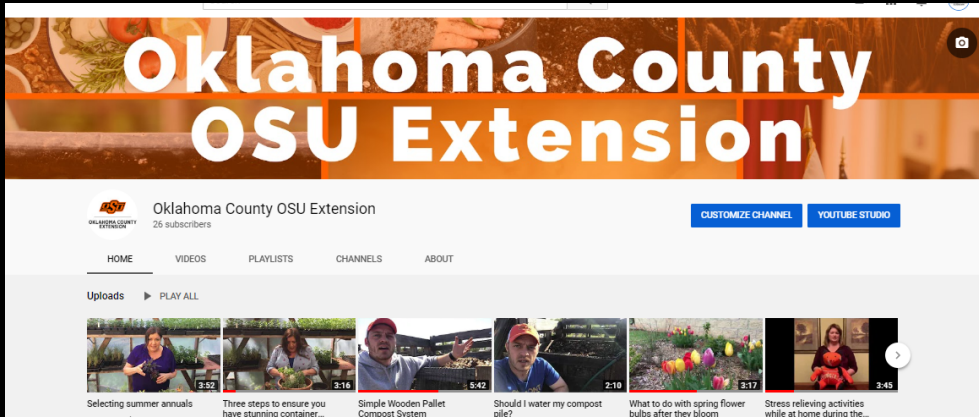
Simple Raised Bed Garden Construction



Selecting Summer Annuals



Three Steps to Ensure You Have a Stunning Container...



Oklahoma County OSU Extension has continued to fulfill its mission of serving Oklahoma County with research-based information and services to help Oklahoma County residents improve their lives. One of the ways we have done this during the pandemic is by providing timely, research based educational media content for Oklahoma County residents through regular television appearances, YouTube and social media content.

Our educators have weekly television spots highlighting gardening and parenting topics on Fox 25's Living Oklahoma show and in March, we launched our own YouTube channel to better serve Oklahoma County. The Fox television studio has not been open for educators to film their weekly live segments as usual, so our educators adapted to the situation by filming segments at home using their own phones as equipment. They leaned into this challenge and learned how to capture good video footage and do basic video editing. As a result, we have been able to continue our Growing Oklahoma gardening, and Raising Oklahoma parenting segments uninterrupted during the pandemic.

Regular video content has also been created for our new YouTube channel. Many of these videos have been shared via social media through our Facebook, Twitter and Instagram platforms as well.

https://www.youtube.com/channel/UCB9BldNoz0SA3w_h0HfZAm2g?view_as=subscriber



OSU EXTENSION
MASTER GARDENERS

Julia Laughlin and the Oklahoma County Master Gardeners: Still Serving the Public Despite Pandemic



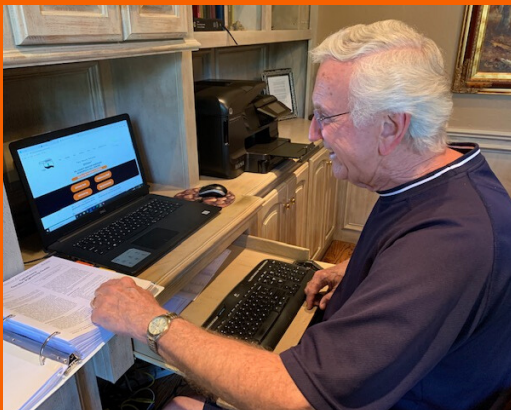
Julie Ridgeway



John Walters



Debbi Martin



Jerry Burton

During a “normal” spring, our Horticultural Educator, Julia Laughlin, and Joshua Campbell, Urban Agriculture & Natural Resources Educator along with the Master Gardener “Call Center” volunteers receive many walk-ins, phone calls, and emails with questions about gardening, landscaping, lawn, and pond care. During this challenging period, in order to continue to try to meet the needs of our county residents, we improvised our procedures by setting up “On-Call Master Gardeners.” These specially trained volunteers began taking calls from their homes in mid-March, and it has been tremendously successful. Clients often send pictures of their problem area or of a plant they want ID and the Master Gardeners can also share fact sheets and links through emails. Through these efforts, we have been able to efficiently meet the needs of our residents answering around 150 questions at this time.

In addition, the OSU Soils Lab remains opened so we are continuing to receive soil and water samples. We have arranged where the public can drop-off samples in a container at the front door of the Extension Center. Clients leave their sample with basic information and our office contacts them for more details and payment. We are managing to continue to get these samples analyzed and returned in a timely manner and have taken over 65 samples at this time.

If you have questions about your lawn or garden, you too can email a master gardener at okmganswers@gmail.com.



**OKLAHOMA COUNTY
EXTENSION**



Culinary Cooking Contest



**Senior Winners
K & P Collum**



This past month Taylor Conner, FCS Educator, and Mindy McNeil, 4-H Educator, held the Culinary Creation social media contest. The contest started April 1st and wrapped up on April 7th. This contest was open to anyone living in Oklahoma County, as well as, any age group. For the contest, participants had to create an original recipe with items they already had at their house. Individuals who successfully identified the MyPlate food groups in their recipe and/or made ingredient items from scratch received bonus points. Participants could work as an individual or in groups. We had multiple tasty looking entries for the contest!

Our winners included:

Junior Youth Division: Karson and Rexton Potter with their Crazy Nacho Recipe

Senior Youth Division: Kinley and Peyton Collum with their Peyton's Perfect Shish Kabob & Kinley's Secret Brussels Sprouts

Winners received 4-H oven mitts, measuring cups and spoons, a 4-H reusable bag, thermometer, and more goodies!



**Jr. Senior
Winners
K & R Potter**



OSU EXTENSION OKLAHOMA COUNTY 4-H YOUTH DEVELOPMENT



4-H Camp Counselors Step Up

4-H Junior Camp is something our younger 4-H'ers look forward to each year. However, this year is a lot different than most. The Oklahoma County camp counselors have been hard at work to ensure that we have a successful camp, while adhering to best practices and safety guidelines in this challenging time. During weekly planning meetings, they have worked to tailor their lessons and activities to a digital format. Our 4-H Educators are very excited to see the positive impact that all of their hard work will have this June.



4-H Goes Virtual

Last month, Oklahoma County 4-H Teen Council Officers hosted two game nights via Zoom. Teens from different counties participated and fun was had by all. Zoom has become a staple in communication for everyone during the COVID-19 outbreak. It is a wonderful tool that has been used for meetings, workshops, and professional development. Mindy McNeil, Oklahoma County 4-H Educator, held a virtual "Record Book" workshop to prepare 4-H'ers to put together their records for the past 4-H year. Record books are a great way for youth to learn responsibility and the importance of record keeping in everyday life.

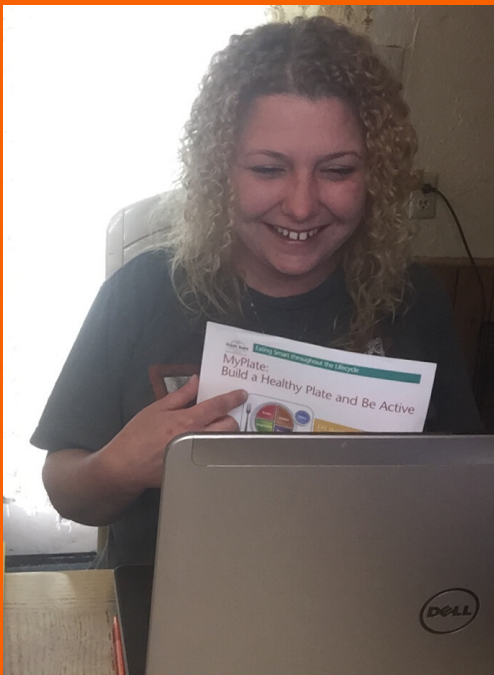
Let's
ZOOM!





OKLAHOMA COUNTY EXTENSION

And the Learning Goes On



This month, the Community Nutrition Education Program (CNEP) in Oklahoma county has successfully transitioned to providing temporary remote education. We have recently graduated 6 participants from our program, and we have continued to provide lessons to 12 of our currently active participants. We have enrolled 7 new families into our program and have received referrals for 5 new participants from our community partners.

One of our recent graduates stated that while participating in our program that she learned about nutrition, food safety, and the importance of physical activity. She stated, "I have brushed up on my food safety skills and learned to pay better attention to the sugar that is inside of food." She reported, "I learned how to properly feed my baby and learned how important physical activity is." She stated that her goal is to teach her child how to lead a healthy life and wants her to be an active and healthy person.



In addition to our current CNEP participants, the nutrition education assistants have emailed newsletters on food safety, community food pantries, and other food and nutrition resources related to Covid-19.



OKLAHOMA COUNTY EXTENSION

Extension Staff:

LaDonna Hines - Extension Director

Lisa Hamblin - Family & Consumer
Sciences Educator

Taylor Conner - Family & Consumer
Sciences Educator

Julia Laughlin - Horticulture Educator

Josh Campbell - Urban Agriculture
& Natural Resources Educator

Cody Yount - 4-H Educator

Mindy McNeil - 4-H Educator

Christi Evans - CNEP Area Coordinator

What's Coming Next:

Due to the COVID-19 Virus and concern for our staff and participants, we will not be holding any in person workshops or community meetings during the month of May. We are continuing our service to the public by accepting and processing soil and water samples, using safe distancing measures; posting informative YouTube videos on best gardening practices and parenting tips, and we are continuing to serve Oklahoma County and area residents by providing pertinent and timely information regarding the spread of Covid-19. We continue to take calls and answer questions on nutrition, parenting in a pandemic, and of course starting a vegetable garden for the first time gardeners.

Please follow us on Facebook for a glimpse into how your Oklahoma County Extension Educators and Staff are continuing to serve you and our communities.

Contact or Follow us on:



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oklahoma/oklahoma.html](http://extension.okstate.edu/county/oklahoma/oklahoma.html)



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