



**OKLAHOMA COUNTY  
EXTENSION**

## **REPORT TO THE PUBLIC AUGUST 2020**

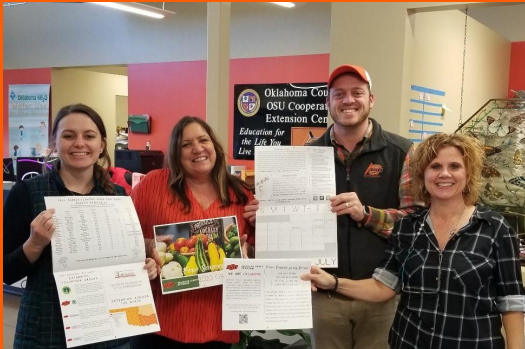
### **Extension Team Wins Regional Award**

Four Seasons Living program are quarterly workshops that are presented at the Oklahoma County OSU Extension Conference Center. The programs teach individuals about the importance of eating healthy, growing fresh produce in home gardens, natural resources conservation and creating healthy landscape by utilizing research-based approaches that are best for the environment.

Over the past year survey results showed 97.6% of respondents are able to make informed decisions about planning and planting a vegetable garden. Also, 88% of respondents indicated their knowledge of seasonally available produce and how to prepare them in a healthy recipe increased a great deal.

Congratulations to the team of Josh Campbell, Urban Agriculture and Natural Resources Educator, Julia Laughlin, Horticulture Educator, Taylor Conner, Family & Consumer Sciences Educator and LaDonna Hines, County Extension Director for being named the National Urban Extension Leaders (NUEL) Southern Region award winner for the highly successful Four Seasons Living Program. The group was presented their award during the Southern Region NUEL Network Virtual Hangout and Awards presentation.

The team also received an Oklahoma Cooperative Extension Family & Consumer Sciences Ambassadors grant to publish a “Four Seasons Living” calendar with recipes, horticulture and conservations tips, and timely reminders for garden activities and events.





# FAMILY AND CONSUMER SCIENCES

## Oklahoma County Extension: Certified Healthy Department

The Oklahoma County OSU Extension office was recently awarded a 2020 Certified Healthy Department as part of an initiative to encourage individuals to make healthier choices. Taylor Conner, FCS Educator and Registered Dietitian, took the lead on this initiative for the Oklahoma County office and the community served. She and her volunteers will continue to strive to promote health and wellness in the workplace.



## Home Canning

Home canning continues to be a relevant topic throughout the month of August. Taylor Conner, Family & Consumer Sciences Educator, taught three classes during the month.

On August 11th and 25th, classes focused on Pressure Canning and how to properly can items such as vegetables, meats, broths, and soups. Workshops allowed participants to gain knowledge and confidence in how to cook, pack, and process jars by canning fresh carrots themselves.

On August 18th, Taylor also taught an online program in partnership with the Metropolitan library called Get Cooking: Water Bath Canning 101. Nearly 50 participants watched live as she walked through the steps of water bath canning high acid foods such as fruits, jams, jellies, and tomatoes. Taylor wrapped up the online program with a live water bath canning demonstration so viewers could have a visual of the process.





# OSU EXTENSION OKLAHOMA COUNTY MASTER GARDENERS

## Extension's Teaching Gardens and Greenhouse

Master Gardener interns and volunteers have been working hard to complete the Extension Teaching Gardens and the Greenhouse. Small groups have been working using social distancing to weed, plant and mulch the gardens. Recent work completed has been focused in the Children's Garden and in setting up the greenhouse for fall production.

The Teaching Gardens are located around the OSU Extension Office and Conference Center. They were funded through a grant provided by The Oklahoma City Community Foundation.

These gardens were designed to be used to teach community members about well adapted and drought tolerant landscape plants, easy ways to do backyard gardening, how to attract pollinators and more. The interns and volunteers will continue to help maintain the gardens and work to enlarge them in the future.

Plans are being made to dedicate the Gardens and Greenhouse on October 9th, 2020 at 2 pm.





# OKLAHOMA COUNTY EXTENSION



## COMMUNITY NUTRITION EDUCATION PROGRAMS



## CNEP Provides Free Training For Childcare Providers

The Community Nutrition Education Program (CNEP) has partnered with the University of Oklahoma College of Continuing Education's Center for Early Childhood Education and Development to provide free nutrition education to childcare employees and to assist childcare providers in meeting their required number of continuing education hours. These training events are listed through the Oklahoma Professional Development Registry (OPDR).

Through this partnership, CNEP has offered training on topics such as child and infant nutrition, safe food handling, meal planning, shopping for value, making smart drink choices, and reading food labels. So far this program year, the Oklahoma County CNEP program has graduated 26 childcare employees and provided each graduate with 12 continuing education hours.



OSU EXTENSION

# OKLAHOMA COUNTY 4-H YOUTH DEVELOPMENT



## 4-H MEMBERS COMPETE AT HORSE SHOW

The Oklahoma County Free Fair Horse Show was held at State Fair Park recently. Members of three 4-H horse clubs competed in western and English classes, speed events, as well as fence jumping. Awards were given in three age categories for high point and reserve high point winners. Safety precautions were followed, and all volunteers and spectators wore masks and social distanced throughout the show.





OSU EXTENSION  
**OKLAHOMA COUNTY  
4-H YOUTH DEVELOPMENT**

## **2020 FALL LIVESTOCK & POULTRY SHOW**


The Oklahoma County Fair Board and Extension staff had to make several adjustments to the Free Fair this year due to COVID-19. However, there were more than 150 animals entered in the livestock and poultry shows. This was a smaller event than in the past, however the youth had a great time showing their animals. The show was held at the Jones High School Don Ramsey Agricultural Facility in Jones, OK.

Livestock projects allow for 4-H'ers to learn about animal husbandry, responsibility, and hard work. Parents and youth invest not only money, but time, in these animals. "We are very proud of the students who have overcome adversity this year to produce quality livestock and allow for an awesome and safe county fair," stated Mindy McNeil, Oklahoma County 4-H Youth Development Educator.





# Oklahoma County OSU Extension

 Oklahoma County OSU Extension  
63 subscribers

Uploads



Hand Sanitizer Safety



Bathroom Safety for Small Children  
No views · 1 day ago



Identifying Plant Problems  
2 views · 4 days ago



Leadership Series: Responsibility & Goal Setting  
8 views · 5 days ago



July - Smart Irrigation Month  
7 views · 1 week ago

Oklahoma County OSU Extension continues to fulfill its mission of serving Oklahoma County with research-based information and services to help residents improve their lives. We have continued this during the pandemic by providing timely, educational media content through regular television appearances, YouTube and Facebook postings.

Educators have weekly television spots highlighting gardening and parenting topics on Fox 25's Living Oklahoma show. In March, we launched a YouTube channel to better serve Oklahoma County. Regular video content has been shared via social media through our Twitter and Instagram platforms as well.

Subscribe to our channel and check our videos using the link below!

[https://www.youtube.com/channel/UCB9BldNoz0SA3wh0HfZAm2g?view\\_as=subscriber](https://www.youtube.com/channel/UCB9BldNoz0SA3wh0HfZAm2g?view_as=subscriber)



Grow Your Own Fall Garden



Installing a Smart Irrigation Controller

Click the photo to take you to the corresponding video on our YouTube channel.



# 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:*

OSU Extension is continuing to offer in-person and virtual workshops to the public. If you would like to receive our monthly newsletter with upcoming programs, feel free to call our office at 405-713-1125 and ask for Diana. She will add you to our email list.

You can also view our calendar of events @ <https://calendar.okstate.edu/oces/>, then choose Oklahoma County.

We continue to take calls and answer questions daily. Please follow us on Facebook for a glimpse into how your Oklahoma County Extension Educators and staff are continuing to serve the community.

LaDonna Hines, Oklahoma County Extension Director

## *Contact or Follow us on:*



405-713-1125



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