



**OKLAHOMA COUNTY  
EXTENSION**

## **REPORT TO THE PUBLIC MAY 2020**

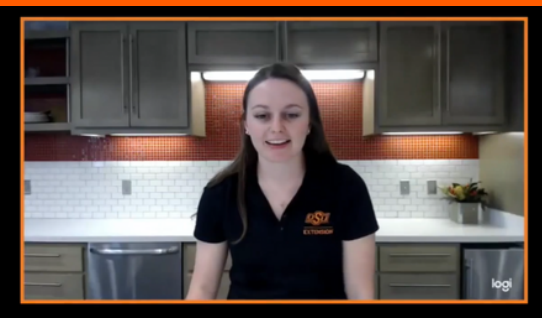
### **Congratulations, Gayla Mosteller, OHCE Member!**

On May 9th, Soldier Creek OHCE member, Gayla Mosteller, received the Senior Salute on KTOK 1000 radio station. Corporal Kim Lopez of the sheriff's department, nominated her to be recognized on the Saturday morning show, "Well Preserved with Eunice Khoury". Gayla has been busy making masks and donating them to many organizations, including Grandparents Raising Grandchildren, fire and police departments. She also made some masks out of Air Force fabric that Corporal Lopez gave to this 99 year old Air Force veteran from Warr Acres. He was thrilled to receive them!



### **"Get Cooking: Salad in a Jar"**

Taylor Conner, Family & Consumer Sciences Educator and Registered Dietitian, in partnership with the Choctaw Metropolitan library, offered a free webinar called "Get Cooking: Salad in a Jar" on Tuesday, May 19th. The event is part of the library's Health Literacy Grant and is a series of free nutrition-focused programs for the community. The event was shared as a Facebook Live video on the Metropolitan Library's page and also on the Oklahoma County OSU Extension Facebook page. During the webinar, Taylor covered different types of salads, how to up your salad game with a nutrition boost, food safety basics when preparing them, and how to create healthy salads in a jar. Taylor also did a live demonstration on how to pack a jar with salads to get the best quality. During the months of June and July, Taylor will be offering similar nutrition programs covering Freezer Meals and Smoothies.





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# OKLAHOMA COUNTY 4-H YOUTH DEVELOPMENT

## Food, Fun, 4-H & Record Books



Oklahoma County 4-H'ers have been hard at work on their Record Books. Record Books are one of the many tools used to recognize the efforts of our 4-H youth, and encourage their desirable growth and development. Even though the form is the same no Record Book is exactly the same as another. From tracking past competitions to community service and leadership experiences, record books encourage 4-H'ers to compete with past achievements while developing a greater perspective about the impact of their overall 4-H career. Youth who turn in their Record Books on time make themselves eligible for various county, district, and state level awards. For more information about Record Books please visit our [Oklahoma County 4-H Page](#).



In addition to being hard at work finishing up their Record Books some Oklahoma County 4-H'ers have been involved with the Food, Fun, 4-H program. Food, Fun, 4-H is an at home cooking program that unites families in the kitchen and at the dinner table. Participating 4-H youth are getting valuable lessons in meal preparation, receiving nutrition education, and are encouraged to spend more time with family. The project is funded through the Walmart Healthy Habits grant and is available at no charge to the 4-H members.





**Mulching Garden Soils**

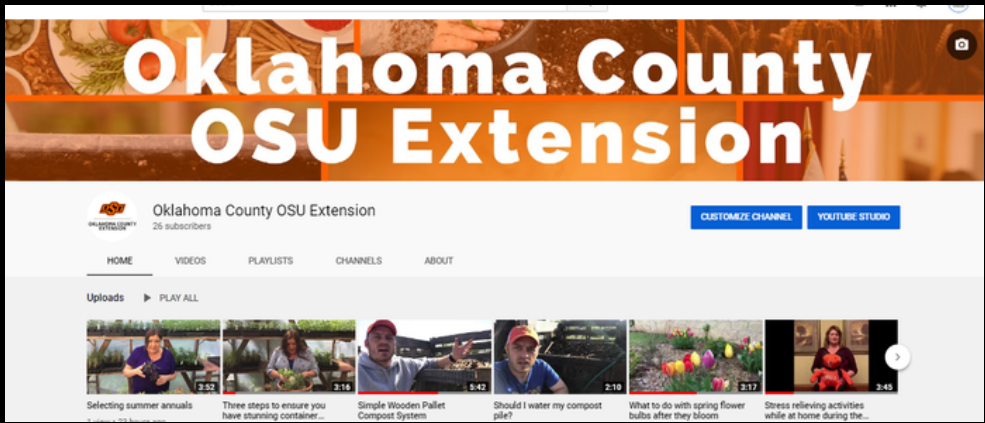


**Popular Horticulture Fact Sheets**



**Simple Home Irrigation System Checkup to Prevent Water Waste**

**Click the photos above to be redirected to the corresponding video.**



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





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**MASTER GARDENERS**



**Julie Ridgeway**



**John Walters**



**Debbi Martin**



**Jerry Burton**

## **Oklahoma County Master Gardeners Continue to Serve the Public Despite Pandemic**

Our Horticultural Educator, Julia Laughlin, and Joshua Campbell, Urban Agriculture & Natural Resources Educator along with the Master Gardener “Call Center” volunteers continue to meet the needs of our county residents, despite the abnormality of this spring season. Our team has improvised typical procedures by setting up “On-Call Master Gardeners.” These specially trained volunteers have been taking calls from their homes since mid-March, and they have been extremely successful in serving our community. Master Gardeners have been sharing fact sheets and links via email, to answer any questions or resolve any problems the clients may have. Through these continued efforts, we have been able to efficiently meet the needs of our residents answering around 111 questions via phone and email this month, alone!

Our OSU Soils Lab remains opened, and we are continuing to receive soil and water samples. Community members can drop-off samples in the foyer of the Extension Center. Clients leave their sample with basic information and our office contacts them for more details and payment. We will continue to analyze samples and return them in a timely manner. At this time we have taken 150 samples for May!

If you have questions about your lawn or garden, call our office at 405-713-1125 or send an email to a master gardener at [okmganswers@gmail.com](mailto:okmganswers@gmail.com).

As of June 1st, Master Gardeners are back in the office, continuing to meet the needs of our community members. However, our office remains closed to the public and asking for residents to call and make an appointment if needed.



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## *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 beginning to re-open during June and will start offering programs at the end of the month.

Please check out our new website for our calendar of events  
<https://calendar.okstate.edu/oces/>.

We continue to take calls and answer questions on nutrition, parenting in a pandemic, and horticulture needs. 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:*



**405-713-1125**



**@OKCountyExt**



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Oklahoma City, OK 73111**



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**[extension.okstate.edu/county/  
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