

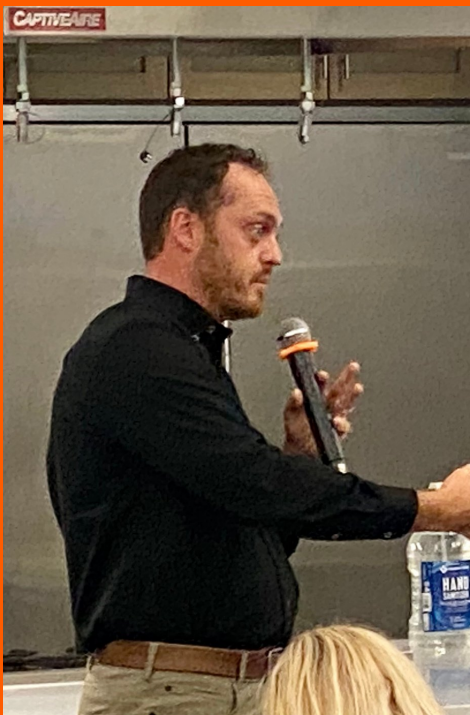


**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC September 2021

"Home-Grown Gardening"

On September 1, 2021, Horticulture Educator, Julia Laughlin, and Agriculture & Natural Resources Educator, Joshua Campbell, offered a free workshop called "Home-Grown Gardening" at the OSU Extension Conference Center. The workshop was designed to help beginning backyard gardeners learn the basics of growing vegetables, fruits and herbs. Topics covered included soil improvement, site selection, vegetable production for central Oklahoma, and basic pest control tips. Other topics discussed were basic composting, irrigation options and design, as well as harvesting/storage tips for produce. Approximately 80 participants attended the workshop which also included a tour of the teaching gardens at the OSU Extension Center.





**OKLAHOMA COUNTY
EXTENSION**

Nutrition Food Demo at OIC

Taylor Conner, Family & Consumer Sciences Educator and Registered Dietitian, recently partnered with the organization, Opportunities Industrialization Center of Oklahoma County, Inc. (OIC). Taylor demonstrated how to make Corn and Tomato Salad using fresh tomatoes from the garden at OIC.

The purpose of the food demonstration was to show the students how fresh garden goods could easily be added to a dish to create a nutritious meal. Taylor also talked about fresh herbs such as basil, rosemary, and thyme and how they can be topped on fresh produce to enhance the flavor without adding excess salt. Students also learned about MyPlate and the importance of incorporating the five food groups to make a more balanced meal.





**OKLAHOMA COUNTY
EXTENSION**



Urban Agriculture

The Master Composter Program, led by Joshua Campbell, Urban Agriculture and Natural Resources Educator, began on September 15th and will continue through October 20th, 2021. This six-week training has our largest class ever with 40 participants. The Master Composter Program goes in depth to teach participants how to successfully compost at the home and at community gardens.



On September 13th, 2021, Joshua Campbell, facilitated a virtual "Fall Lawn Care" Workshop that included 95 participants from across Oklahoma County. This class highlighted lawn maintenance tips, irrigation options and considerations, and weed control strategies for the homeowner.



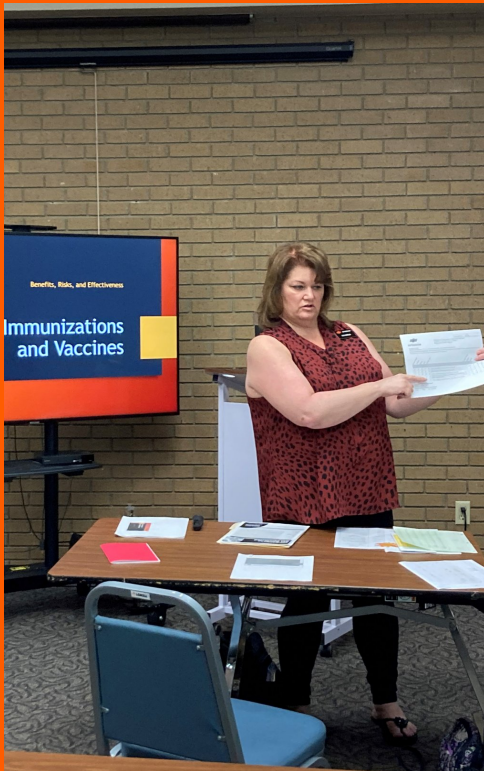


OKLAHOMA COUNTY
EXTENSION



"Adult Vaccines: What You Need to Know" Workshops

During the month of September, four workshops titled, "Adult Vaccines: What You Need to Know" were taught by Family and Consumer Sciences Educator, Lisa Hamblin. Attendees learned the benefits and risks of adult immunizations, the different types of vaccines, and which ingredients are commonly contained in vaccines. Additional information was provided regarding the most popular myths about vaccines and recommended immunization schedules for adults.





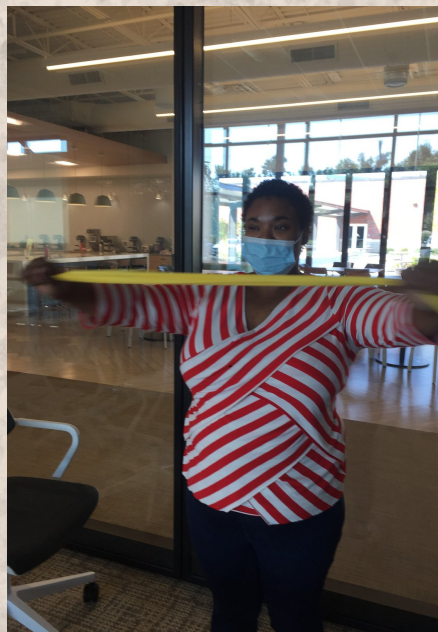
**OKLAHOMA COUNTY
EXTENSION**



Nutrition Classes at ReMerge

Donna Albright, Nutrition Education Assistant with the Community Nutrition Education Programs (CNEP), has been providing weekly nutrition classes at ReMerge. ReMerge offers an alternative to incarceration for women in Oklahoma County who have nonviolent felony convictions and are either pregnant, have children under five years of age, or have multiple minor children.

CNEP provides research-based, hands-on education about diet quality, food safety, physical activity, food security and food resource management. While attending CNEP classes, participants at ReMerge, learn important life skills such as meal planning, grocery shopping, food preparation, food safety, and the importance of physical activity.



OSU EXTENSION

**COMMUNITY NUTRITION
EDUCATION PROGRAMS**



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

The Great State Fair: Return to Fun

The State Fair returned to Oklahoma City this fall and Oklahoma County 4-H was excited to "Return to Fun". We had 75 entries in the 4-H exhibits, 53 of which place in the top 10. 19 exhibits received the coveted blue ribbon! These exhibits must first win at the Oklahoma County Free Fair before moving on to the State Fair where they compete against 4-H'ers from all 77 counties in Oklahoma.

We also had a livestock judging team consisting of Jackie, Stephanie, and Harley Davis. It was their first time competing in this event at the State Fair. This team has been developing their skills over the past year and has improved significantly.

Our County and State Fairs have exhibits from a variety of project areas. From Food Science to Robotics, Livestock to Photography and everything in between. 4-H has something for every kid and we love to showcase them on the state level. Congratulations to all the exhibitors!





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

Rachel Morse - 4-H Youth
Mental Health Specialist

OSU Extension provides research-based resources you can use to improve your home, workplace and community. We offer programs and services that are specifically designed to solve the problems that county residents face. Please check out our website for the calendar of events <https://calendar.okstate.edu/oces/>

You can follow us on Facebook for a glimpse into how your Oklahoma County Extension Educators and staff are serving you and the communities.

Contact or Follow us on:



405-713-1125



[@OKCountyExt](https://twitter.com/OKCountyExt)



2500 NE 63rd Street
Oklahoma City, OK 73111



facebook.com/okcountyextension



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