



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC February 2021

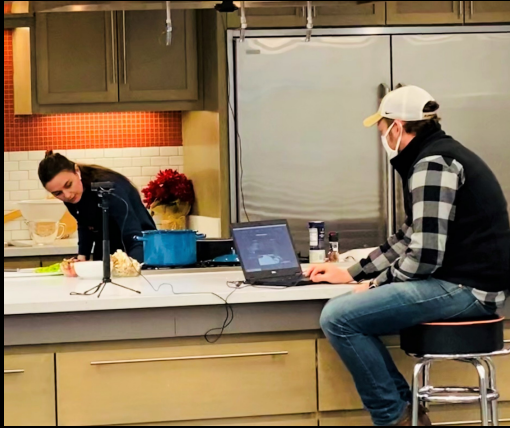
Step Into Spring

As part of the “Four Season’s Living” series of quarterly workshops held at the Extension Center, the STEP INTO SPRING workshop was on February 19th, 2021 virtually. This workshop, like the rest of the Four Seasons Living series of workshops, was designed to help attendees prepare and plan for the next season including all of the tasks involved in the landscape, lawn and gardens.

The course was taught by Julia Laughlin, Horticulture Educator, and Joshua Campbell, Urban Ag and Natural Resources Educator. Topics covered included late season pruning tips, early spring vegetable gardening, planting trees and shrubs, annual and perennial gardening and pest prevention. In addition, a seasonal recipe was shared by Taylor Conner, Family & Consumer Sciences (FCS) Educator and Registered Dietitian.

Dr. Whitcomb Donates Trees

Horticulture Educator, Julia Laughlin, worked with former OSU Professor and author, Dr. Carl Whitcomb, to coordinate the transfer of over 70 trees to local parks this month. Dr. Whitcomb owns Lacebark Farm in Stillwater. The farm is tree and shrub research farm and is famous for its breeding program. Dr. Whitcomb attempted to place some of the HEPTACODIUM trees (aka Seven son flower tree or Fall festival tree) from his research plots in public spaces. The trees went to the OKC Zoo, Will Rogers Gardens, and Scissortail Park as well as some smaller parks around the state.

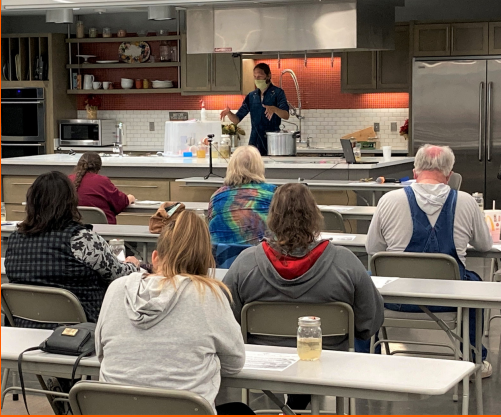




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Grow Your Own Mushrooms

Urban Agriculture and Natural Resources Educator, Joshua Campbell, facilitated a home mushroom production workshop called “Grow Your Own Mushrooms” with a local farmer, Jacob Sanders, on February 24th. The program was held in a hybrid manner with both virtual and in person attendance totaling nearly 100 people. The program taught participants how to create their own liquid mushroom culture in glass jars, cultivate it using wheat germ so that they can grow their own mushrooms at home.



During the month of March, Taylor Conner, FCS Educator, partnered with the Southern Oaks Metropolitan Library to virtually teach four sessions of Yoga for Kids. Each session was held live from 2-3PM on Tuesdays and ages ranged from 6-12 years old. The free class focused not only yoga movements but also breathing techniques. The class was provided as an outlet for youth in the community to have a fun way to be physically active with others and encouraged the kids to be comfortable and expressive in a safe environment.

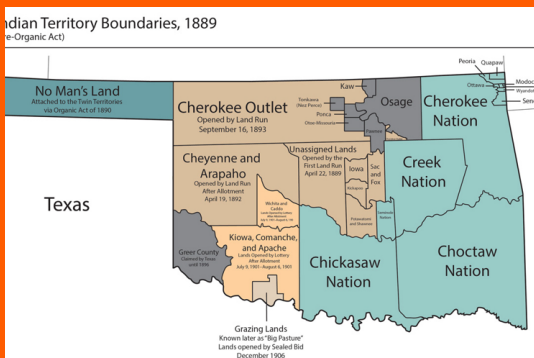




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Native American History Workshop

Brenda Hill, Cleveland County Family and Consumer Sciences Educator, provided an informative lesson on Oklahoma Native American history and culture, dating back to the 1800's to present day. She discussed treaties, shared migration maps, and provided current information on the many ways the tribes invest in health care, education and roads throughout the state.





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CNEP Teaches Nutrition Program at ReMerge

The Community Nutrition Education Programs (CNEP) partnered with ReMerge to provide nutrition education lessons to program families. 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. Their mission is to restore mothers and families thorough a comprehensive diversion program of treatment, recovery, and hope.

Donna Albright, CNEP Nutrition Education Assistant, provides weekly nutrition lessons where participants learn important life skills including meal planning, grocery shopping, food preparation, and food safety. After completing the series of lessons provided by CNEP, each participant receives a cookbook of healthy recipes that they can prepare for their families and certificate of completion which can be beneficial when searching for employment.



**COMMUNITY NUTRITION
EDUCATION PROGRAMS**





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



4-H Online Auction Fundraiser

Oklahoma County 4-H hosted an online auction to raise funds for programming, awards, and scholarships for 4-H'ers. The Valentine's Auction brought in over \$1200. We are so proud of our youth members and love celebrating their success. Thank you to all of our donors!

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Oklahoma County Spring Livestock Show

The Spring Livestock Show was delayed due to the winter weather, but, we were able to regroup and have the event a week later. The livestock show was held at the Don Ramsey Agriculture Center in Jones, OK. We had over 350 animals exhibited by 99 4-H and FFA members. Our Grand Champions were Mattie Loveless, Luther FFA, David Claytor, Harrah FFA, Karlee Jeney, Harrah 4-H, Peyton Ramsey, Jones 4-H, Kylie Hill, Edmond FFA, Elli Robinson, Edmond FFA, Randee Jasper, Jones 4-H, Landen Anderson, Luther FFA, and Jake Lanier, Jones FFA.





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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 open to the public, however, we are asking the public to make appointments in advance if they would like to meet with educators. We are also continuing to offer workshops and programs for the public. Please check out our website for our calendar of events

<https://calendar.okstate.edu/oces/>

We continue to take calls and answer questions on nutrition, parenting, horticulture, agriculture and 4-H. 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



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