



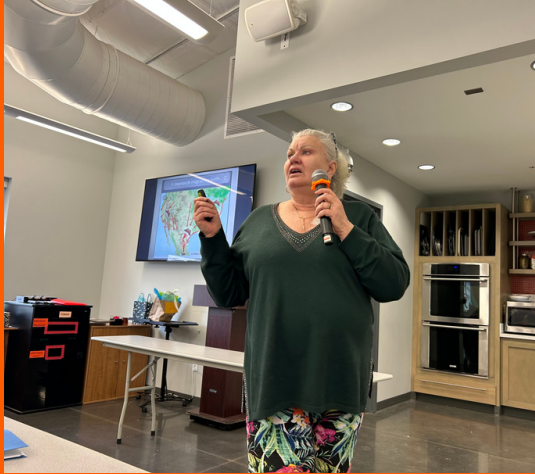
**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC **February 2023**

GARDENING 101 WORKSHOP

The Oklahoma County Volunteer Master Gardeners hosted a series of workshops called "Gardening 101" on the last three Saturdays in February.

These workshop were designed to help beginning and advanced gardeners to increase their skills in gardening, lawn, and landscape care. The class were very similar to the training our Master Gardeners receive but not as intense. Classes were taught by experienced Master Gardeners as well as Extension Educators and State Specialists. Topics included vegetable gardening, tree and shrub selection and care, soil health, composting irrigation, pest control, and much more. We had 75 participants and the involvement of dozens of volunteers.





**OKLAHOMA COUNTY
EXTENSION**

NATIONAL FATHERHOOD INITIATIVE PARTNERS WITH EXTENSION



Extension Family and Consumer Sciences Educator, Lisa Hamblin, was the recipient of a grant from the National Fatherhood Initiative to teach parenting classes at the Federal Transfer Center prison in Oklahoma City. For twelve weeks, Lisa taught the Inside/Out Dads curriculum to a group of incarcerated fathers to help prepare them when they are released.

Workshop topics included: Showing and handling feelings, children's growth, discipline, family history, working with Mom, and co-parenting. Pre- and post-test surveys were completed, and each father had the opportunity to write a testimonial about their experience. Below are some of their responses:

- I've gained multiple useful ways of how to be a better father, but the most vital thing I've learned is how to handle myself when dealing with the mother of my children.
- After losing my spouse to cancer, I turned to drugs and destroyed many family relationships. This program has allowed me to begin healing and inspired me to begin to repair these broken relationships. I've since been accepted into a 12 month rehab program upon my release, and will be forever grateful and changed by my time in this group.

Oklahoma County OSU Extension is one of 25 organizations out of 200 applicants across the country that was awarded this grant. A second workshop series begins in May.





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Baking Workshop with Girl Scouts

Things got busy in the OSU Extension Kitchen on February 16th! Taylor Conner, FCS Educator and Registered Dietitian, taught 18 Daisy and Brownie Girl Scouts how to make homemade muffins.

The girls were broken up into four groups where parents assisted them with making the recipe. Each group prepared their recipe with different flour combinations. These flour combinations included all-purpose, 50/50 all-purpose and whole wheat, gluten-free, and 100% whole wheat.

While the muffins were baking, Taylor talked about whole grains and where the different types of flours come from. Once baked, the girls tried a muffin from each group to compare the flavor, texture, and smell of the different combinations.



**FAMILY &
CONSUMER
SCIENCES**





OKLAHOMA COUNTY
EXTENSION



SAAS

Southern Association of Agricultural Scientists

Urban Agriculture and Natural Resources Educator, Joshua Campbell, presented a poster at the 2023 Southern Association of Agricultural Scientist Meeting in Oklahoma City.

Joshua presented on his work to establish a composting learning laboratory in Oklahoma City in partnership with the City of Oklahoma City Parks and Recreation Department at Will Rogers Gardens.

The Compost Learning Laboratory serves as a learning space for students in the 6-week Master Composter program and also a space for demonstrating various composting methods and teaching community composting classes.





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



Ready for Spring

4-H Educator, Cody Yount, visited the Luther 4-H club to teach members how to better prepare their gardens for the growing season. Participants learned the basics of soil science, and the importance of maintaining soil fertility. Members learned how to take soil samples, and were able to take home a soil test kit.



Spring Junior Livestock Show

The Oklahoma County Spring Livestock Show was held at the Don Ramsey Agriculture Center in Jones, Oklahoma on February 23-25. 4-H and FFA members traveled from across the county to participate. Youth learn about livestock production, responsibility, compassion, and determination when participating in showing livestock. 133 youth participated and 88 of those kids were selected to participate in the Premium Sale. The funds raised for the Premium Sale reached over \$100,000 and are used to help the children invest in current and future livestock projects.





**OKLAHOMA COUNTY
EXTENSION**

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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/> to learn of new workshops or programs being offered.

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

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