



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC August 2023

Eastside Fresh Market Gives "HUGS" to the Community

OSU Extension partnered with Lynn Institute to collect HUGS for the kids going back to school. The project consisted of collecting donations of "Back to School" supplies along with backpacks. Over 5,700 items were donated!

On Tuesday, August 15, the Eastside Fresh Market staff were giving away these back to school supplies to families visiting the market. Approximately 50 families benefited from this project. The remaining school items were donated to Millwood School District.





**OKLAHOMA COUNTY
EXTENSION**

OHCE MEMBER WINS OSU'S TOUCH OF ORANGE CONTEST



Oklahoma County OHCE (Oklahoma Home and Community Education) member, Gayla Mosteller, was recently announced the winner of the Touch of Orange sewing contest, sponsored by the OSU State Extension office for Family and Consumer Sciences.

Contestants were asked to design and construct a professional blouse for OSU President, Dr. Kayse Shrum. The primary rules were that the garment could be worn under a blazer and had to incorporate at least a "Touch of Orange". Gayla's winning blouse was constructed of orange polyester chiffon with pearl beads handsewn around the collar and down the front lapel.

Gayla and county OHCE Advisor, Lisa Hamblin, recently had the honor of meeting President Shrum and visiting with her about the impact OHCE members make on their Oklahoma County communities. President Shrum shared that her grandmother had been an OHCE member in Wagoner County, and knew what a difference OHCE's volunteerism makes across the state.





**OKLAHOMA COUNTY
EXTENSION**

Oklahoma County Free Fair

Oklahoma County residents were invited to attend and enter exhibits in the 109th Annual Oklahoma County Free Fair which was held the week of August 21st at the OSU Extension Conference Center. The livestock show was held in Jones at the Don Ramsey Agriculture Center.

The week-long fair offered categories for youths and adults. County residents entered their exhibits in a variety of areas: Horticulture, Photography, Food Preservation, Culinary, and Arts & Crafts.

The 4-H members were able to enter their project items they made over the past year and, if they received a blue ribbon, their entry would compete at the Oklahoma State Fair in September.

At the end of the week, the livestock show took place. There were many youth that participated and showed their animals. They are also looking forward in competing at the Oklahoma State Fair!





**OKLAHOMA COUNTY
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Summer Canning Workshops

Taylor Conner, FCS Educator, taught four canning workshops during the month of August in Oklahoma County.

Three of the workshops were held at the OSU Extension Conference Center. Participants gained hands-on experience in preparing the food, packing it into jars, and processing it in a canner. Items such as pickles, carrots, and salsa were canned.

A fourth workshop was held at the Northwest Library on August 23rd. This class covered how to safely can food. It also included a hands-on component where participants filled their jars with salsa and processed them in an electric water bath canner. Each participant at the canning workshops took home a jar of their own canned product.



**FAMILY &
CONSUMER
SCIENCES**



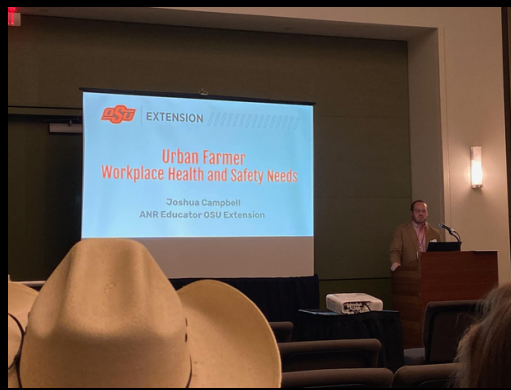


**OKLAHOMA COUNTY
EXTENSION**

Urban Ag Educator Presents Research at National Conference

In August 2023, Josh Campbell, Urban Agriculture & Natural Resources Educator was selected to present his research at the National Association of County Extension Agricultural Agents Conference in Des Moines, Iowa. This conference included Extension professionals and representatives from every state and federal territories.

Josh presented on research he conducted as part of a grant received through the SW Ag Center for Agricultural Health, Injury Prevention Education. With this grant funding, he developed a needs assessment instrument that identified the agricultural workplace health and safety necessities of urban farmers in Oklahoma. This project is being used to better understand the training requirements of farmers in Oklahoma County and what educational programming is needed to support them.



**Southwest
Center**

FOR AGRICULTURAL HEALTH,
INJURY PREVENTION,
AND EDUCATION





**OKLAHOMA COUNTY
EXTENSION**

Homegrown Gardening

To help residents start their fall gardens, a workshop called, "Home Grown Gardening," was taught by Julia Laughlin, Horticulture Educator, and Taylor Conner, Family and Consumer Sciences Educator and Registered Dietitian.

With approximately 50 in attendance, Julia taught this day long workshop focused on taking soil samples to minimize overusing fertilizers; the importance of adding organic matter to the soil and how to create your own compost; efficient irrigation options for the garden and landscape; how to use mulch effectively; along with tips to successfully grow vegetables in Central Oklahoma.

Taylor finished the day by focusing on preserving the harvest with examples of canning, freezing and drying of produce.

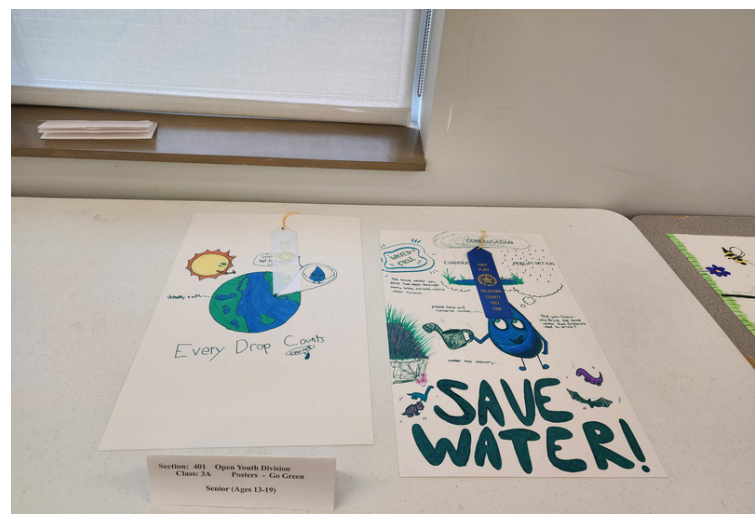
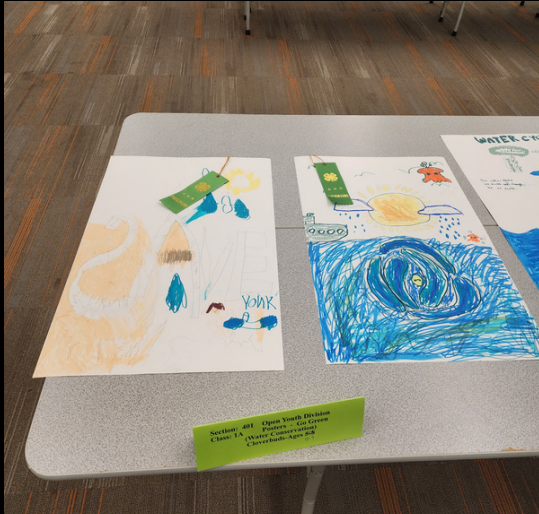




OKLAHOMA COUNTY
EXTENSION

Water Conservation at The County Fair

During the County Fair, Andrew Fleet, Urban Agriculture, Water Conservation and Environmental Horticultural Educators Assistant, used an enviroScape model to explain how watersheds play a critical role in maintaining our environment, and how point source and non-point source pollution damages our environment. Several of the students were extremely interested to learn about how interconnected watersheds are with our daily life. One example they were able to really connect with was how vegetation strips help prevent runoff and erosion in neighborhoods.





**OKLAHOMA COUNTY
EXTENSION**

**The mission of
Community Nutrition
Education Programs
(CNEP) is to educate
and empower
limited-resource
Oklahomans to
improve nutrition
and physical activity
behaviors. CNEP's
vision is to improve
the health of
Oklahomans.**

CNEP Partnerships

Scissortail Unit of CNEP is excited to announce NEW partnerships and programs. The following organizations, business, and schools are helping CNEP to improve the health of Oklahomans. These organizations schedule and are conducting programs throughout our community.

Kroger Food Delivery is working on a pilot program with the OKC delivery area projects to help encourage limited resource

Oklahomans to complete a full session of Fresh Start Nutrition. Those who graduate will be rewarded for their commitment to improve their health along with their families

North YMCA is hosting a Family Nutrition and Fitness program

OKC Parks and Recreation Department has opened their doors at the brand new Willa D Johnson Recreation Center.

Project 66 has invited CNEP to work along side of them to provide nutrition education to their clients.

Scissortail Farmer's Market is hosting a Fresh Start Nutrition Program at the Crystal Bridge Classroom.

Santa Fe South Schools are opening doors for many youth programming opportunities.



The City of
OKLAHOMA CITY
Parks & Recreation Department



OSU EXTENSION
**COMMUNITY NUTRITION
EDUCATION PROGRAMS**





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



Cupcake Wars

Oklahoma County 4-H'ers entered a cupcake decorating contest, Cupcake Wars. Three teams qualified to go on to compete at the State Fair. This event allowed 4-H'ers to decorate cupcakes they made and brought from home. The participants also decorated their area to go along with the theme of their cupcake decorations.

Each team member took part in a presentation about the process of elaborately decorating the cupcakes as well as what went into their decisions about the ingredients, flavors, and theme. We even allowed the younger members to participate. "Cloverbuds" are 4-H members who are between the ages of 5 and 7. This is a non competitive category to prepare younger members to participate in these events in the future. Don't let the non-competitive aspect fool you. These young 4-H'ers prepared and participated just as their older counterparts.

A special guest judge joined us, The OKC Cake Lady, Nicole England. She shared about her journey to cake decorating. As a young woman, she started baking at a grocery store bakery part-time. It wasn't on her radar but she tried something new and loved it! Never stop trying new things!



OSU EXTENSION
OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT

Meet our new 4-H Youth Mental Health Educator

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. Extension has a long history of improving the health and wellbeing of its communities and I am honored to be a part of an intentional focus of including mental health in our conversations.

My name is Danyelle Kuss and I am the Multi County Educator, Youth Mental Health Specialist. I received my Master Degree in Marriage and Family Therapy from the University of Southern Mississippi. I have worked with families, adults, and youth dealing with a variety of issues and have recently spent several years working in inpatient substance abuse treatment before being welcomed by Extension. I hope to meet many of you in the coming months and to be a resource to our extension programs.

I am able to address both youth and adult audiences with a variety of programming; spanning many topics from Youth Mental Health First Aid training, healthy relationship skills, stress management, resiliency skills, substance use prevention, emotional management and mindfulness, to name a few.

*"Who you are
inside is what
helps you make
and do
everything in
life."
-Fred Rogers*





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

Lori Goodbary - CNEP Area
Coordinator

Danyelle Kuss, 4-H Youth Mental
Health Educator

Kris Martens, Strong Dads Educator

Aleshia Maldonado, Strong Dads
Educator

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.

Be sure to check out Oklahoma County OSU Extension's monthly podcast "The Urban Gardener" with Julia Laughlin, Horticulture Educator, and Joshua Campbell, Urban Agriculture and Natural Resources Educator.



Contact Us:



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oklahoma/oklahoma.html](https://extension.okstate.edu/county/oklahoma/oklahoma.html)



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