



**OKLAHOMA COUNTY
EXTENSION**



REPORT TO THE PUBLIC AUGUST 2024

National Farmers Market Week

In honor of National Farmers Market Week, Mayor David Holt signed a proclamation stating August 4th - 10th as Oklahoma City Farmers Market Week.

Market managers from the Oklahoma City area attended the Oklahoma State Capitol to thank the Mayor for his appreciation of farmers markets across OKC. Brandi Buys, Eastside Fresh Market Manager, was able to attend to personally say thank you.

The Eastside Fresh Market, located at 3748 N. Lincoln Blvd, is proud to serve the community by providing fresh produce and locally sourced foods. The market creates a space where customers can get to know the people who grow their produce, allowing them to shop local, and have access to fresh and nutritious food.





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OHCE MEMBERS TEACH WORKSHOPS

The August OHCE (Oklahoma Home and Community Education) educational lesson, “The 3 C’s of Quilting” was presented by OHCE Scissor Tales Quilt Guild President, Beverly Kirk. She provided information on how to care for quilts, display them, and how to determine a monetary value for antique or vintage quilts. After the workshop, Modern Homemakers OHCE member, Ruby Berg, demonstrated how to make a fabric box, and gave several away as door prizes. The public is invited to the monthly workshops held the fourth Thursday of the month, 9:30am, at the OSU Extension Conference Center.





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Oklahoma County Free Fair

Oklahoma County held their 110th annual free fair August 25 - 30th. The livestock show was held at the Don Ramsey Agriculture Center in Jones, OK and the exhibits were displayed at the OSU Extension Conference Center in Oklahoma City.

At the livestock show, many youth showed their animals and are looking forward to competing at the Oklahoma State Fair in September.

County residents, youth and adults, entered their handmade projects such as quilts, arts & crafts, home improvement and clothing. There were also classes for culinary, food preservation, photography and home horticulture.





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Oklahoma County Free Fair 4-H and Special Contests

The 4-H Division had multiple categories such as science & technology, entomology, wildlife projects, babysitting & child care, postmark, wood science, poster art and educational display. There were 77 4-H members who placed 1st in their class and will move on to compete at the Oklahoma State Fair.

On the last night of the county fair, the special contests were held. The evening started off with the ice cream sundae contest. Youth brought their own toppings to show off their creativity. Ribbons were given out for 5 different youth divisions. The grand champion of The Saucy Salsa was presented a plaque. The final contest was pie baking and the entries consisted of custard, fruit and nut. A Champion Pie Baker plaque was also awarded.



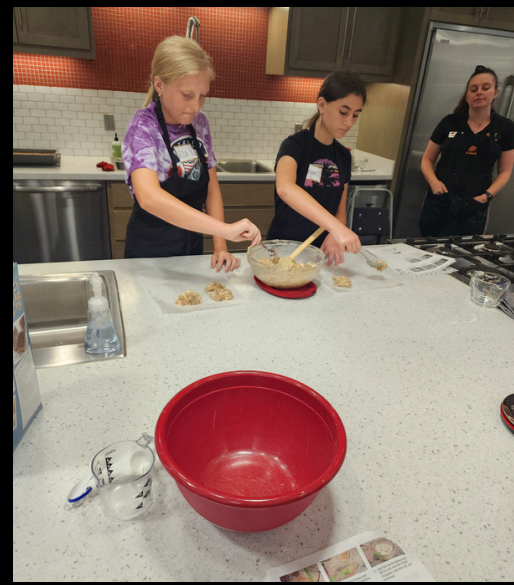


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Food, Fun, 4-H Bakes

This summer, the Food, Fun, 4-H Bakes program successfully engaged teens ages 12-18 with an interest in baking. Over the course of three workshops held in June, July, and August, participants had the opportunity to develop valuable baking skills while exploring different types of baked goods. June's session focused on cookies, teaching youth the science behind various doughs and baking methods. In July, the program emphasized the importance of eggs in baking, as teens crafted pies and soufflés.

The final workshop in August centered on quick breads, where participants learned to efficiently create items like muffins and biscuits. This program not only enhanced the participants' culinary skills, but also fostered teamwork, creativity, and confidence, which aligns with the Extension's commitment to youth development.





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Strength in Fatherhood

We are proud to announce the graduation of two Strong Dads workshops in August, one of which includes the first Spanish-speaking educator.

Strong Dads is a free fatherhood workshop providing dads with community, tools, and resources to empower them as men and fathers.

The educators spent the past weeks teaching fathers the skills and strategies to build stronger relationships with their children and families. The participants supported one another as they tackled the challenges of fatherhood, which demonstrated a deep commitment to their personal growth and family well-being.

The Spanish speaking group marked a special moment for the program, as it continues to expand its reach and support for diverse communities.

Their graduation represented not only the completion of the workshop but also the beginning of a new journey as empowered, confident fathers.





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School and Community Gardening Conference

On August 2nd and 3rd, Horticulture Educator, Julia Laughlin, offered a 2 day School and Community Gardening Conference. This conference was held at the Oklahoma County OSU Extension Conference Center and also at host garden sites around Oklahoma City. The event was co-sponsored by Squeeze Every Drop, OKC Beautiful and OK Farm Bureau Women's Leadership Committee.

Friday morning's presentations focused on gardening basics and how to get a school or community garden started. The afternoon sessions were case studies of different community or school gardens. Water conservation and proper garden planning were key topics.

On Saturday morning, attendees traveled to view local host garden sites. Approximately 45 educators and community gardeners attended.





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Aleshia Maldonado, Strong Dads
Educator

Kenny Garcia-Taveras, 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 Lili LeClaire and Andrew Fleet, Program Assistants.



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