



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC May 2024

**EASTSIDE FRESH MARKET
OPENS AT NEW LOCATION**



The Eastside Fresh Market celebrated its 3rd season opening on May 7th at the Community Health Recreation & Wellness Center located at 3748 N. Lincoln Blvd., OKC, OK 73105.

On opening day, the Fresh Market had 19 vendors with approximately 175 participants. There were entertainment, food demonstrations and other educational activities.

Everyone that came out shopped local and supported area farmers. The Eastside Fresh Market is open every Tuesday evening from 4 pm to 7 pm.

Eastside Fresh Market proudly accepts Supplemental Nutrition Assistance Program (SNAP), Double UP Oklahoma and Senior Farmers' Market Program.





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Developing Water Efficient Landscapes in Oklahoma

Julia Laughlin, OSU Extension Horticulture Educator, presented several workshops in May on how to develop water efficient landscapes in Oklahoma. The Martin Nature Center hosted a free public workshop on May 16th and the University of Oklahoma's LiveWell OU program had Julia as a guest speaker for their employees on May 22nd.

Julia discussed the concept of a water smart landscape and illustrated how to maintain a diversity of color while using pollinator-friendly plants. She also emphasized cultivating drought tolerant plants to help reduce water consumption.



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Every
Drop.com**



WATER CONSERVATION



**OKLAHOMA COUNTY
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OHCE WEEK CELEBRATED IN OKLAHOMA COUNTY

Across the state, May 5-11 was recognized as OHCE Week through proclamations made at local county courthouses. Annually, this is a time for OHCE (Oklahoma Home and Community Education) volunteers to celebrate their community service activities and share their accomplishments with county stakeholders and citizens.

County OHCE president, Gayla Mosteller, attended the board of county commissioners meeting where the proclamation was read by district 2 Comptroller, Brandi Mertens. Gayla then described the impact OHCE has made assisting organizations such as Grandparents Raising Grandchildren, Oklahoma Mental Health Association, and Veterans Medical Center.

Other activities during OHCE week included the spring achievement luncheon, displays at the Midwest City and Del City libraries, and OHCE bookmarks placed in additional libraries to encourage others to join one of the eight groups in Oklahoma County.





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Cooking with Herbs at The MAC

Taylor Conner, Family & Consumer Sciences Educator and Registered Dietitian, taught a Cooking with Herbs workshop at the Edmond Multi-Activity Center (The MAC) on Tuesday, May 14th.

Participants learned about the health benefits of herbs as well as the best practices for harvesting and storing them. Taylor shared methods on preserving herbs, such as freezing and dehydrating so they can be enjoyed for year-round use.

Afterwards, participants created their own herb compound butter using a variety of fresh herbs.





OSU EXTENSION
OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT



4-H In May

County Council Elections

Elections were held to determine the County 4-H Teen Council for the 2024-2025 year.

The newly elected officers are:

President: Karson Potter

Vice President: Rylee Lawrence

Secretary: Peyton Ramsey

Reporter: Rexton Potter

Recreation Leader: Stuart Ratcliff

Representatives-at-Large: Akshaj Dalavayi and Randee Jasper

These individuals were congratulated on demonstrating leadership and commitment to the 4-H program and look forward to their contributions in the coming year.



4-H District Food Showdown

In May, junior and senior 4-H teams participated in the district Food Showdown contest. Both teams showcased their culinary skills, creativity and excellence in teamwork.

Although they did not secure a win, hard work and dedication were evident throughout the competition.



SE District Consumer Decision Making Contest

The Oklahoma County 4-H team, which consisted of Randee Jasper, Peyton Ramsey, and Molly Brown, achieved 1st place at the SE District Consumer Decision Making contest!

This competition tested the ability to analyze and make informed decisions about consumer products and services.

The victory was a testament to the participant's critical thinking skills and comprehensive understanding of consumer education. Congratulations to the winning team for outstanding performance and dedication!





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

Cody Yount - 4-H Educator

Mindy Aragon - 4-H Educator

Lori Goodbary - CNEP Area
Coordinator

Danyelle Kuss, 4-H Youth Mental
Health Educator

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.



Contact Us:



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