



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC June 2025

OHCE DONATES PERSONAL CARE BAGS

Members of the Oklahoma County OHCE (Oklahoma Home and Community Education) organization completed a year-long veterans' community service project in June. Since 2024, the volunteers have been collecting shampoo, shaving cream, razors, toothpaste, toothbrushes, combs, and many other personal care items. The items were put into 130 tote bags and given to the patients at Veterans Medical Center in Oklahoma City.

The purpose of the annual project is to give thanks to the veterans and show appreciation for their service during the week of Independence Day. Special gift bags from Mary Kay Cosmetics were donated to the female patients, and all patients received puzzle books, playing cards, and a paperback book to help pass the time during their hospital stay.





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

Junior 4-H Camp

In June, Oklahoma County 4-H partnered with seven counties to host an overnight Junior 4-H Camp, providing a high-energy, hands-on experience for the younger members. The camp brought together youth from across the region for a multi-day adventure packed with learning, leadership, and fun.

Campers participated in a wide variety of activities designed to foster personal growth, teamwork, and lifelong memories. From creative arts and crafts to engaging leadership workshops, a dance, and a host of outdoor recreation opportunities, members were fully immersed in learning by doing.

The camp was successful in youth engagement and collaborative impact across 7 counties. Many first-time campers gained independence and confidence, while returning campers deepened friendships and leadership skills. Feedback from parents, volunteers, and youth has been overwhelmingly positive.

Thanks to the support of our county partners, volunteers, and community backers, Junior 4-H Camp continues to be a highlight of the summer.





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4-H Camps and Community Day Camps

Many 4-H camps took place this month. Youth Mental Health Specialist, Danyelle Kuss, worked with 26 teen leaders from Payne, Creek, and Mayes counties to prepare them to support campers who may struggle emotionally with an overnight camp. The leaders made a plan for how to help struggling youth and worked on skills they could use to increase belonging and connection among the 112 younger 4-H campers in attendance.

In Pauls Valley, kids have been participating in the Xtreme Summer Fun Day Camp. Topics ranged from safety, health, nutrition, mental health, screen time reduction, gardening, animals, music, art, weather awareness, and more. Danyelle provided Yoga for Kids programming to help with physical activity and to help kids learn additional ways to manage stress, increase focus, and find relaxation.





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Bakers & Creators Camp

In early June, Serena Woodard, 4-H Educator and Taylor Conner, Family & Consumer Sciences Educator, held the first Bakers & Creators Camp. They welcomed 10 youth for a week of hands-on learning in culinary skills and creative expression.

During this day camp, participants explored baking by preparing cookies, muffins, and biscuits while practicing kitchen safety, measuring, and recipe reading. They also completed creative projects, including personalized recipe boxes and serving trays. The camp emphasized responsibility, communication, and passion in one's work. All participants completed the activities, with many expressing increased confidence and excitement to cook at home. This experience supported practical life skills, teamwork, and personal growth in a fun, supportive environment.





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Camp Cloverleaf: 4-H Youth Discovery Day

Camp Cloverleaf: 4-H Youth Discovery Day was provided by Serena Woodard, 4-H Educator with support from trained 4-H teen leaders. They welcomed 22 participants for a fun and engaging introduction to the 4-H program.

Designed for youth new to the program, the camp focused on building friendships, developing teamwork, and exploring hands-on learning. Participants rotated through sessions in STEM, entomology, creative arts, food science, civic engagement, and service learning projects. Teen leaders led the sessions, allowing them to gain valuable experience in leadership, teaching, and public speaking.

Camp Cloverleaf offered a welcoming space for youth to connect, learn, and grow while reinforcing the values and opportunities available through 4-H. Nearly half of the youth who participated in this camp have registered for other 4-H Day Camps or shown interest in becoming a member in the fall!





OSU EXTENSION
**COMMUNITY NUTRITION
EDUCATION PROGRAMS**

Cooking with Herbs Class

On June 26th, Taylor Conner, Family & Consumer Sciences Educator and Registered Dietitian, led a Cooking with Herbs class at the Northeast Health & Wellness Center. The session began with a hands-on activity in which participants tested their knowledge by identifying a variety of fresh culinary herbs displayed at the front of the room.

Following the activity, Taylor delivered an engaging presentation on how to harvest and prepare herbs for culinary use. She explained the differences between hardy and tender herbs, including the best times to incorporate each type into recipes for optimal flavor. Preservation methods such as drying and freezing were also discussed in detail.

Participants received a handout featuring suggested herb and food pairings to support future culinary experimentation at home. To conclude the class, Taylor demonstrated how to prepare a lemon herb potato salad, which was sampled by all attendees.





OSU EXTENSION
**COMMUNITY NUTRITION
EDUCATION PROGRAMS**

Kroger Supports Fresh Start Graduates with Boost Memberships



In June, Kroger donated Boost memberships—valued at \$60 each—to 86 graduates of the Fresh Start Adult Nutrition Program. This contribution provided participants, especially those living in areas with limited access to food, with free grocery delivery for an entire year.



Over the past year, Kroger has extended this incredible benefit to a total of 204 program participants, helping to reduce barriers to healthy food and supporting the mission to build stronger, healthier communities. We are deeply grateful for their continued partnership and support!



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Culinary Mushroom Cultivation

On Saturday, June 7, Mason Huddleston, Urban Agriculture and Natural Resources Educator, was invited to the Southern Oaks Library to present a workshop on culinary mushroom cultivation. The program attracted many participants from the community, all eager to learn more about edible mushroom varieties and practical methods for growing them at home.

During the session, Mason provided an overview of the most commonly cultivated edible mushrooms, focusing on those that are both safe for consumption and well-suited for beginners. He introduced participants to various cultivation techniques, ranging from simple countertop kits to more advanced outdoor methods. This comprehensive approach allowed attendees to assess which method would best align with their personal interests, space, and resources.

The positive response to the workshop was immediate. Within one week, two additional libraries reached out to request similar programs, along with inquiries about other urban agriculture-related topics. This strong interest highlights the growing community demand for accessible, hands-on education in sustainable food production and natural resource management.





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Sustainable Urban Landscape Conference (SULC)

On June 27th and 28th, the 2nd annual Sustainable Urban Landscape Conference was held at the convention center in downtown Oklahoma City. Entomologist and creator of the “Homegrown National Park” movement, Doug Tallamy, was a featured guest speaker for both days of the conference. Other topics from the conference included native plants & propagation methods, rain gardens & bioswale designs, attracting beneficial insects, and many more.

The members of the planning committee included staff from OSU Extension, OKC Beautiful, Oklahoma County Conservation District, and Paul Mays, of Blue House Urban Farm.

Over 400 people attended the two-day conference, and the variety of partnerships allowed the conference to more than double the amount of attendees from last year. We are celebrating its success and look forward to how we can improve the conference for next year!





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 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, Mason Huddleston, Urban Ag & Natural Resources Educator and Andrew Fleet, Water Conservation Educator



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