



**OKLAHOMA COUNTY  
EXTENSION**

## **REPORT TO THE PUBLIC October 2022**

The Eastside Fresh Market ended its market season on October 25th. The first year of the market was considered a success for the vendors and also the market shoppers. The Farmer's Market averaged 10 vendors each week along with an average of 40-50 shoppers.

The Eastside Fresh Market serves as a food access hub for NE OKC and created a new opportunity for new farmers and other area businesses.

The market vendors consisted of locally grown produce, meat, eggs, cheese, flowers, jams & jellies, baked goods, homemade soaps and more!

Thank you to all the vendors who were part of the first year of the market and also a big thank you to all who came out to purchase the amazing Oklahoma Grown products! Looking forward to the next season in May 2023!







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## Master Composter Training Program

The Master Composter program is a 6-week training course facilitated by Urban Agriculture and Natural Resources Educator, Joshua Campbell. The program provides over 24 hours of classroom and hands-on composting instruction ranging from backyard to industrial scale. The purpose of the program is to make participants more aware of solid waste management issues in their community and equipped with practical skills for helping address community waste.

The 2022 program was the fourth year of the program in Oklahoma County. The 2022 class had 34 graduates bringing the number of active participants in the volunteer program to over 100 people.

Each week Master Composter Volunteers provide service to the community through supporting compost efforts at local parks and community gardens.





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## **Master Gardener Graduation**

The Oklahoma County Master Gardener Association sponsored a Graduation Ceremony for the 2021 class of new Master Gardeners on October 14 during the monthly MG meeting. This new class had 43 members who had been working towards this certification since September of 2021.

The Master Gardener certification requires 12 day long classes in various areas of horticulture including the study of plant materials, insects, diseases, soils, botany and lawn care. These classes are taught by Extension Educators and Specialists.

In addition, the students volunteer 60 hours in our community at various public gardens and schools. After Graduation they are official members of the Master Gardener Association and continue to volunteer in our community.



OSU EXTENSION

**OKLAHOMA COUNTY  
MASTER GARDENERS**







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## Urban Mission Youth Programming

Recently, Family & Consumer Sciences Educator and Registered Dietitian, Taylor Conner, partnered with The Urban Mission's S.P.A.R.K program (Support Program of Arts and Reading for Kids). This program is an after-school course that provides a safe, accessible place for area children grades K-5.

During September, Taylor taught the K-2nd graders how to make pumpkin pudding. In addition, they learned about the health benefits of pumpkins. In October, the 3rd-5th graders learned how to make pumpkin and sweet potato pancakes. They worked together to measure, mix, and cook the pancakes on a griddle.





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## Fall Break Babysitting Workshop

In partnership with the Edmond Parks and Recreation Department, Family and Consumer Sciences Educator, Lisa Hamblin, taught a teen babysitting workshop at the Multipurpose Activity Center. Participants learned how to keep children safe during sessions on the importance of hand washing, child development, and infant safe sleep. They also made holiday-themed crafts and snacks that could be used at their babysitting jobs.

The second day of the workshop was spent becoming certified in CPR and First Aid. The students also learned how to use an automated external defibrillator and located the AED in the building. Guest speakers included Ana Pina, City/County Health Dept., Lori Goodbary, OSU Extension CNEP program, and Don Gust, Oklahoma County Courthouse Safety Coordinator.







OSU EXTENSION

**OKLAHOMA COUNTY  
4-H YOUTH DEVELOPMENT**

## Southeast District Teen Leadership Conference

The Southeast District Teen Leadership Conference was a great opportunity for 4-H teens across the district to "UnMask their Leadership".

Oklahoma County now represents the Southeast District and State 4-H members with two Southeast District Council Officers, Rylee Lawrence as Secretary and Karson Potter as Photographer, as well as two State 4-H Ambassadors, Stephanie Davis and Avagrace Spencer, and two Southeast District Representatives on the State 4-H Council, Avagrace Spencer and Violet Spencer. Karson and Rylee were elected at the Teen Leadership Conference.

The Conference provided opportunities to serve the community as well as leadership development workshops. Of course, we had to have some recreation as well with dances and cornhole tournaments each night!







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

## UnMask

With the theme of UnMask Your Mental Health, 4-H Educator, Rachel Morse, spent a day at the Southeast District Teen Leadership Conference conducting workshops on mental health, self-care, and empowerment.

One of the activities started with an icebreaker game called Conversation Jenga, asking questions designed to get a group talking and laughing a little. Then, we discussed a focus word, which is a word or phrase that sparks inspiration in oneself.

Participants wrote that word or phrase on a wooden block and shared it with the group, and we learned a bit about from where we each draw strength and where we turn for comfort and a sense of peace. Attendees came away from the workshop with 4-5 activities and exercises they can utilize in their 4-H clubs, schools, and communities without a lot of prep time or expense.





## OKLAHOMA COUNTY EXTENSION

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Lori Goodbary - CNEP Area  
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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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