



## Nutrition Education Assistants

A little over a month ago we expanded our CNEP team members and are honored to introduce you to Latrisha Littlejohn and Awas Abdulsalam. If you are interested in our nutrition education programming, please reach out directly to our Nutrition Education Assistants by calling 918-746-3718.



Latrisha Littlejohn, Nutrition Education Assistant, Tulsa County OSU Extension Office. I was born and raised in North Tulsa where I have lived for over 40 years. I am a proud graduate of Booker T. Washington H.S. and the mother of three awesome children who have been the light of my life. Two college graduates, one of Oklahoma Wesleyan and one of Oklahoma State in Stillwater, and the last who is a Special Olympian and National Anthem enthusiast with strong ties to Stillwater. I aspire to be of service to my black and brown community and uplift those who are in need. I recently completed training to be a Community Birth Doula and look forward to the opportunity to supply much-needed nutrition and birthing education along with guidance and support throughout Tulsa and the surrounding communities.

Awas Abdulsalam, Nutrition Education Assistant, Tulsa County OSU Extension Office. My name is Awas pronounced “House” minus the “H”. I have a great passion for nutrition and physical exercise. Luckily, I have the most amazing job combining my passion with education as a Nutrition Education Assistant “NEA”. My hobbies when I am not at work are competing with friends on our group fitness app, playing pickleball on the weekends, and gardening which is a new hobby I picked up. If you’re ever up for the challenge my friends and I would love to crush you in pickleball, then we can talk about how great it is to exercise and eat healthy.



## Taylor Vaughn– Summer Intern

My name is Taylor Vaughn, and I am the Agricultural Leadership Intern for Tulsa County Extension this summer. I am from Sand Springs, Oklahoma. I graduated from Oklahoma State University with a bachelor’s degree in Agricultural Leadership and Economics. In the past I have been a teacher in a classroom setting and am looking forward to making the transition into an extension educator position.





# OSU EXTENSION TULSA COUNTY MASTER GARDENERS

I am sharing some pictures from the Seed to Supper harvest that took place during the month of June. One of Master Gardeners reported that the Bixby food bank is so appreciative of the produce we bring each Tuesday.



**Brian Jervis**

**Horticulture  
Educator**

Seed to Supper was part of Oklahoma Gardening recently to discuss the seed to supper garden. Tom Ingram, Program Assistant, explains how the Tulsa Master Gardeners at the Mingo Valley Research Station in Bixby have been giving back to the community. Watch the interview at: [Seed to Supper - YouTube](#)

Brian Jervis, Horticulture Educator, demonstrates how to prune tomato plants and educates about the crops the Tulsa Master Gardeners have been growing at the Mingo Valley Research Station. See his segment here: [Pruning Tomatoes - YouTube](#)



# AGRICULTURE

It was a Stocktastic Day in Osage County where Brittany had the opportunity to give the Porktastic portion. Here who had the opportunity to educate 4-H members about swine nutrition, products from swine, ear notching, etc. They also got involved in many different activities of ear notching, fruit snack attack, practice pig show, and a pig race.



**Brittany Woods**

**Agriculture/4-H  
Youth Development  
Educator**



Brittany welcomed R G Foods' Farm Fresh Academy to learn about Careers in Agriculture. While learning about the careers they also had the opportunity to learn about Oklahoma's dairy industry, and got to make ice cream in a bag!





# OSU EXTENSION 4-H YOUTH DEVELOPMENT

## Tulsa County 4-H attends Multi County Camp



4-H Multi County Camp was held at Fin and Feather Resort in June.

Campers have a full day of workshops, water games, outdoor activities, cornhole tournament and a dance! A lot of learning and fun was packed in to the 2 1/2 days at camp. Many life long friendships are made at camp.



**Lisa Nicholson**

**4-H Educator**





# OSU EXTENSION 4-H YOUTH DEVELOPMENT



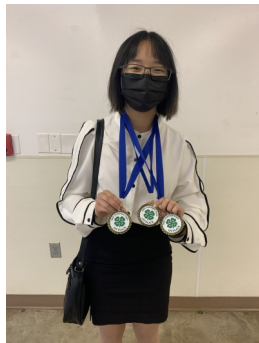
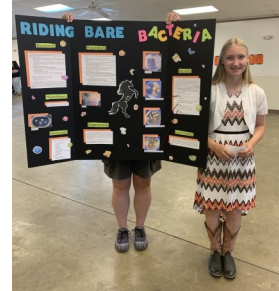
Tulsa County 4-H members participated in the Northeast District Contest Days Public Speaking contest in Stillwater, OK.

4-H members gave speeches that were prepared and memorized, impromptu, and also extemporaneous. Also part of the Public Speaking contest were demonstrations, skill-a-thons, and job readiness resume building and interviews. Contestants also participated in a community service booth to make pom pom pens to donate to Operation Christmas Child while waiting on contest results.



What a great event for youth to put the 4-H moto 'Learn by Doing' into action to build public speaking and citizenship life skills!

Contest Days winners will go on to compete at the State level!



## Congratulations to Claire Newberry, Tulsa County 4-H Horse Club, on placing 9th overall in the Extreme Mustang Makeover in Tennessee!

“From Wild to Mild”..... Youth have 100 days to train a wild mustang to be show ready to enter the Extreme Mustang Makeover. It takes tremendous dedication, perseverance, knowledge and patience to enter this competition and showcases the competitors’ true ability to bond with and train horses. Lucy and Ella Adams and Nora Mullis, also of the Tulsa County 4-H Horse Club, competed in the Extreme Mustang Makeover.



**Kim Arnold**

**Urban 4-H**



## Northeast District 4-H STEM Days

Just a few pictures of one of two NED STEM days this summer! Wind powered cars, roller coasters, insulated playdough to go along with our squishy circuits.



**Kylie  
Nicholson**

**Ag Literacy/  
STEM**



# OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS



**Kimberly Cripps**  
**Community  
Nutrition  
Education Programs  
(CNEP)**  
**Area Coordinator**



We are having the best adventures throughout Tulsa County this summer presenting our KIK It Up and Teen Cuisine classes at Reed Park, Owen Park, and the Salvation Army Boys & Girls Clubs. Fresh Start classes at the Women and Children Center, the Plaza Santa Cecilia, and the Tulsa County Extension Office. Outside of the classes we present, we continue to be present at Food On The Move Tulsa Community Resource Festivals celebrating and providing healthy food suggestions for produce. At the events this month we shared cucumber chips. If you enjoy snacking on potato chips, we encourage you to try our recipe below for a healthier option.

## Cucumber Chips

Servings: 8

### Ingredients:

1-2 Large cucumbers  
1 teaspoon of onion powder  
1 teaspoon of garlic powder  
Salt to taste (optional)

### Instructions:

Slice cucumbers thinly, about  $\frac{1}{8}$  of an inch in thickness. Pat cucumbers dry and add them to a bowl. Mix well with your seasoning of choice. Line a baking sheet with parchment paper. Place the cucumbers onto the baking sheet, lying flat and separated. Bake low and slow at 170 degrees Fahrenheit for 3-4 hours. Time will depend on how large your cucumbers are. Remove the cucumbers from the oven once they are dried out and crispy.

### Other seasoning options:

Smokey Cucumber Chips: 1 teaspoon of smoked paprika; 1 teaspoon of garlic powder; Salt to Taste  
Salt and Vinegar: 1 teaspoon of apple cider vinegar; Salt to taste  
Lemon and Pepper: 1 teaspoon of fresh lemon juice;  $\frac{1}{2}$  teaspoon of ground black pepper

### Nutritional analysis per serving:

Calories 25 kcal; Fat 2 g; Carbohydrates 1 g; Sodium 396 mg



We are looking to add one more member to our team. If you are or know someone who might like to join our efforts to improve the nutritional health of Tulsans, please encourage them to apply by sharing this link: <https://okstate.csod.com/ats/careersite/JobDetails.aspx?site=8&id=15721>

To be considered for the position, all interested must apply online.



**Stacey Jones**  
**Family and  
Consumer  
Sciences/4-H**

**TULSA COUNTY FREE FAIR**

July 18-21, 2023

**SageNet Center, Expo Lower Level,**

**Tulsa County Fairgrounds**

**It's COUNTY FAIR time!!!**

**Did you know Tulsa County has a Free Fair?**

**We would love for everyone in**

**Tulsa County to participate!!!**



**Tulsa County Free Fair  
Schedule of Events**

**2023**

Tuesday, July 18	4:00 – 7:00 pm	Entries taken for Indoor Exhibits and Table Setting Contest Set-up
Thursday, July 20	10:00 – 7:30 pm	Exhibits Open OHCE Gift Shoppe Opens Entertainment and Demonstrations Educational Kids Activities
	9:30 am 10:00am 10:00am-2:00pm 5:30-6:30 5:30-7:30 7:30	Poultry and Rabbit Show Check-in Poultry and Rabbit Show Kids Farm Zone Cupcake Wars Family Activity Night Doors Close
Friday, July 21	10:00 – 7:00 pm	Sage Net Expo Lower Level OHCE Gift Shoppe Opens Community Resource Booths Entertainment and Demonstrations
	10:00am-12:00pm 2:00-4:00pm 5:00-7:00 7:00-8:00	Kids Farm Zone OHCE Membership Tea and Scholarship Presentation Kids Corn Hole Tournament, Ice Cream and Silent Auction Indoor Exhibits Checkout

<https://youtu.be/mTBtrc7GtA4>— Watch our Channel 6 Fair Interview with Extension Educator, Stacey Jones

**To access fair entry info/requirements, use the QR code above, or link below:**

[Tulsa County Fair Open Class Exhibits \(okstate.edu\)](https://okstate.edu/tulsa-county-fair-open-class-exhibits)

Cooking Corner Food Safety

<https://youtu.be/uuz5zeX8Z3M>

Information on Food Safety –

[Food Safety During Power Outage | FoodSafety.gov](https://www.foodsafety.gov)

[Keep Your Food Safe During Emergencies: Power Outages, Floods & Fires | Food Safety and Inspection Service \(usda.gov\)](https://www.usda.gov/food-safety-and-inspection-service)



## Extension Staff

Jan Dawson

County Extension Director

Stacey Jones

Family & Consumer Sciences

Educator

Kimberly Cripps

CNEP Area Coordinator

Brittany Woods

Urban Agriculture Educator

Brian Jervis

Horticulture Educator

Lisa Nicholson

4-H Youth Development

Educator

Kim Arnold

Urban 4-H Educator

Kylie Nicholson

Ag Literacy/STEM Educator



## Upcoming Events and Activities

### July

- 1 TSF Junior Livestock Nomination Deadline
- 1 TSF Junior Market Broiler Order/Entry Deadline
- 4 Independence Day Holiday—Tulsa County OSU Extension Office Closed
- 10-11 OHCE State Meeting
- 17-21 Tulsa County Fair
- 21 OHCE Membership Tea
- 18-20 Big 3 Field Days in Stillwater
- 21-22 Urban Gardener Class
- 26 4-H County Officer Election Filing Deadline
- 26-28 State 4-H Roundup Conference
- 27 OHCE Bunco, 10:00 am to Noon at the Tulsa County OSU Extension Office
- 31 County Record Books Due



## Contact Information

Tulsa County OSU Cooperative Extension Service

4116 East 15th Street

Tulsa, OK 74112

Phone: 918-746-3700

Fax: 918-746-3704

Website: <https://extension.okstate.edu/county/tulsa/index.html>

Facebook: <https://facebook.com/TulsaCountyOSUExtension>

"Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>."

"Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact (name, event host/coordinator) at (phone number/email) at least two weeks prior to the event."