



TULSA COUNTY EXTENSION

April Highlights 2023

Steam Post 4-H Competes at Worlds

The team ended up in 4th place in the Ochoa Division out of 48 teams. There were four divisions at the event with 192 teams. The team was one of four alliance captains for semi-finals. At one time, they were one of only five teams undefeated—until the robot's arm broke in their 10th match. They ended the season in the top 0.23% of teams globally out of 7000 teams. They received the 2nd Place Innovative Award sponsored by Ratheon Technologies. Because they had such a fantastic showing at Worlds, they also received and accepted an invitation to the prestigious Maryland Tech Invitational hosted by the Johns Hopkins Physics Laboratory in Laurel, MD. They will be competing the 23rd-25th.





OSU EXTENSION
4-H YOUTH DEVELOPMENT

Congratulations to the 2023 Tulsa County Fashion Revue Champions!!

Grand Champion—John Hart, YFR 4-H Club

Reserve Grand Champion—Ainsley Trzebiatowski, YFR 4-H Club

Level 1 Champion—Kendall Zickefoose, YFR 4-H Club

Level 1 Reserve Champion—Harper Whisman, Bixby 4-H Club

Level 2 Champion—Evan Zickefoose, YFR 4-H Club

Level 2 Reserve Champion—Brianna Zickefoose, YFR 4-H Club

Level 3 Champion—John Hart, YFR 4-H Club

Level 3 Reserve Champion—Ainsley Trzebiatowski, YFR 4-H Club



In the picture to the left are the Cloverbud participants.

All of the participants did an AMAZING job!



Lisa Nicholson

4-H Educator



It was so AWESOME to see all the green shirts in OKC for 4-H Day at the Capitol!





OSU EXTENSION 4-H YOUTH DEVELOPMENT

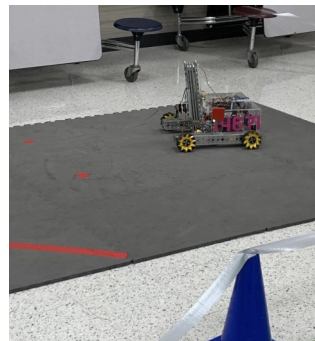
It's that time of year again! Chicks are hatching in many of the public, private and home schools throughout Tulsa County as part of the Chick Embryo Project!



Kim Arnold
Urban 4-H

Tulsa Public Schools STEM Night

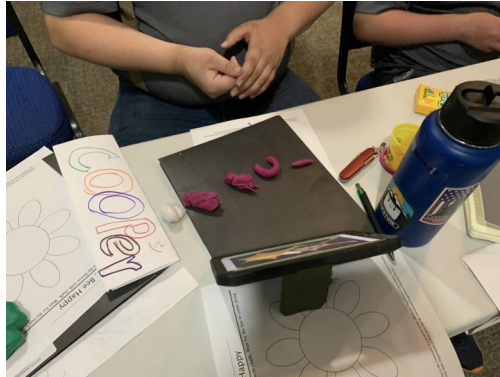
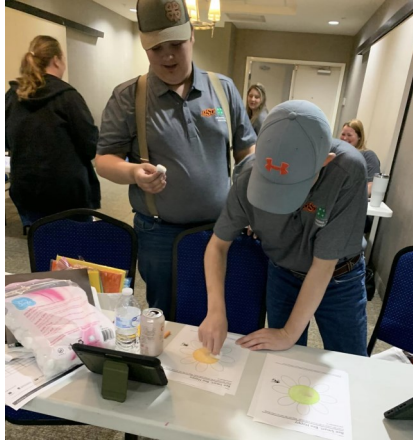
One of Tulsa County's 4-H Horse Club members participated in the McKinley Elementary STEM Night for McKinley families. Kentucky Derby was the theme! Ice cream sundaes were served, robots were driven, and lots of games were available, as well as STEM learning activities and a booth on mare and foal care, horse aging based on teeth and teeth care, feed requirements, horse shoeing and hoof care, tack and reining.





OSU EXTENSION 4-H YOUTH DEVELOPMENT

On Saturday, April 22nd, I spent the day in Enid teaching these 4-H Innovators about Pollinators, germs and infectious diseases, and plant science. These are just a few activities that we did learning the life cycle of bees and how they pollinate flowers.



**Kylie
Nicholson**

**Ag Literacy/
STEM**

Completed McAuliffe after school program for the year! On our last day they participated in the grain game and barn/farm bingo with all the foods/products we learned throughout the 6 weeks!



Darnaby first graders learned about chicks and chickens. They even got to make their own clucking chicken to take home! Some may have eye lashes and others may have mustaches!!





OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS



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

April provided us with a few opportunities to share a healthy version of an onion dip. This was shared with pita chips for sampling at a variety of community resource fairs.

Caramelized Onion Dip

- 1 recipe of Caramelized Onions
- 1/2 cup plain yogurt
- 1/4 cup olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 scallion, greens, and whites chopped

Put everything, except the scallion, in the bowl and mix well. Taste the dip. Garnish with the scallion and serve right away, or cover and refrigerate for up to 2 days.

How to Caramelize Onions:

- 2 tablespoons olive oil
- 2 large red onions
- 1/2 teaspoon salt
- Water, about 4 tablespoons
- 1 teaspoon fresh rosemary leaves or 1/2 teaspoon crushed dried rosemary

Chop onions. Heat oil to medium on the stovetop. Add onions, salt, and rosemary, and cook for 10 minutes, stirring occasionally. Turn heat down to low and cook until onions are lightly browned and almost syrupy, about 35 to 40 minutes, stirring occasionally at first and then frequently as they start to brown. If the pan starts to seem too dry, add water, 1 tablespoon at a time.

Nutritional analysis per serving:

Calories 57.36 kcal; Fat 5.61 g; Sodium 113.35 mg; Carbohydrates 1.27 g; Dietary Fiber 0.22 g; Protein 0.51 g

Throughout April, CNEP participated in several area CAP resource fairs sharing about the variety of classes offered to help stretch food dollars while eating healthier as a family.

As we shared last month, we are quickly getting booked for summer classes and looking to expand our team. We are grateful to those who shared. We had numerous applicants and are in the process of extending offers and setting start dates for a couple more team members in Tulsa!

During April, we completed a variety of series of nutrition education classes. As a result of our Teen Cuisine series with San Miguel Middle School students, a total of 75 students, here were the results:

- 84% improved dietary quality
- 70% increase in physical activity levels
- 57% increase in food safety practices
- 46% increase in food resource management skills

These youth increased their understanding and practices of choosing healthier options when eating out, decreasing the number of sweetened drinks, increased consumption of whole grains, as well as fruits and vegetables. They also increased confidence in using measuring spoons and cups along with following directions in a recipe.

We extend our appreciation to Food On The Move Tulsa. Food On The Move Tulsa invited Tulsa County Extension CNEP to attend and share a variety of Kale recipes as part of their recent ribbon-cutting ceremony. We are honored for the opportunity to share how we provide education on eating healthier while stretching those food resources.



Kimberly Cripps of the Oklahoma State University community nutrition education program (right) talks to Leigh Anne Strahler, PSO president and chief operating officer, on Tuesday about cookies made with kale harvested from the Food on the Move container garden. Daniel Shular, Tulsa World



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

There was a wonderful turn out for the FCS programming that happened in April!



A Barn Quilt class, a Drying class and Instapot class.



Special thanks to Dr. Matt Brosi for co-facilitating the Co Parenting for Resilience in April!

Copycat Market Salad

Ingredients

- 2 chicken breasts
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon kosher salt
- 1/8 teaspoon coarse ground black pepper
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon paprika
- 16 cups spring mix salad chopped
- 1 cup blueberries
- 1 cup strawberries cut in half
- 1 granny smith apple chopped
- 1/2 cup blue cheese crumbled
- 1 cup roasted walnuts
- 1 cup granola



Instructions

1. Combine the chicken, olive oil, kosher salt, black pepper, cayenne and paprika.
2. Heat a large skillet on medium heat and cook chicken for 5-8 minutes on each side until cooked through.
3. Let the chicken cool while assembling salad.
4. Layer the romaine, iceberg, cabbage, carrots, blueberries, strawberries, apple, blue cheese, roasted walnuts and granola.
5. Slice the chicken as thinly as you possibly can (refrigerated cooked chicken is easiest) and top on salad with vinaigrette.

Source: Chick-fil-A Market Salad (copycat) - Dinner, then Dessert (dinnerthendessert.com)

TULSA COUNTY FREE FAIR

July 18-21, 2023

It's almost time for our COUNTY FAIR!!! Did you know that Tulsa County had a Free Fair? We would love for everyone in Tulsa County to participate!!! Start preparing your entries now and join us at the Tulsa County Fairgrounds, July 18-21!

Access fair entry information and requirements with this link or QR code below:

[Tulsa County Fair Open Class Exhibits \(okstate.edu\)](https://okstate.edu)



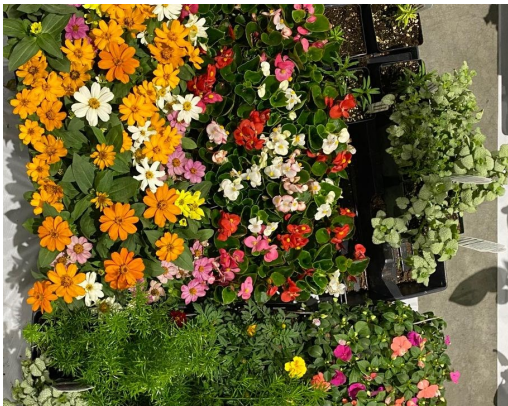


OSU EXTENSION TULSA COUNTY MASTER GARDENERS

The Tulsa Master Gardener Annual Plant Sale was a huge success. This plant sale has been going on for over 30 years now. Our volunteers sold 27,015 plants but the amazing statistic is that they had 1343 total orders that were all picked up in our “drive through” in 12 hours. Lots of sore tired volunteers but what a huge success! Congratulations!



Brian Jervis
Horticulture
Educator



The Master Gardeners have been busy at the MG Bixby Seed to Supper Farm. They have installed a drip water system, planting, staking, and have already harvested radishes and delivered them to the Bixby Community Food Bank.





AGRICULTURE

Tulsa county was represented at the Northeast District Ag In-Service day where Brittany Woods had the opportunity to



visit Bufford Ranch to learn about brush control, BLM horses, and economics of native grass management.



Brittany Woods

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



Brittany had the opportunity to attend Fed Cattle Field Day where she had the opportunity to hear about Neogen and understanding Igenity Beef program scores, we heard from David Lalman about bull selection, cow performance/efficiency, and we learned about OSU's Research program at Willard Beef Research Center and the OCA Feedout program they offer for students, and producers.



Tulsa County was represented at the Oklahoma Blossom Easter Pageant where Brittany Woods had the opportunity to participate in the community to help judge at this fundraising event.



Extension Staff

Jan Dawson
County Extension Director

Kim Arnold
Urban 4-H Educator

Kimberly Cripps
CNEP Area Coordinator

Brian Jervis
Horticulture Educator

Stacey Jones
Family & Consumer Sciences
Educator

Lisa Nicholson
4-H Youth Development
Educator

Kylie Nicholson
Ag Literacy/STEM Educator

Brittany Woods
Urban Agriculture/4-H
Educator



Upcoming Events and Activities

May

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| 6 | 4-H Food Showdown |
| 7-13 | OHCE Week |
| 11 | VOICE Meeting |
| 16 | 10:00am Leader Lesson training for June, July & August at First Church, 4715 Price Road, Bartlesville, OK |
| 17 | 10 am Business Meeting |
| 22-24 | Advanced Cow/Calf Bootcamp |
| 23-24 | Vet Science Program in Stillwater |
| 24 | Jelly Workshop |
| 25 | 10 am to Noon, Bunco at OSU Extension |
| 29 | Memorial Day-Tulsa County Extension Office closed |



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>

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"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."