



TULSA COUNTY EXTENSION

July Highlights 2023



MARITZA FREESE **OSU Extension-Tulsa County** **Fatherhood Field Program Coordinator**

My name is Maritza, I was born in Guayaquil, Ecuador and raised in the greater NYC area including northern New Jersey. I have lived in California, Florida, Washington DC, Utah and now Oklahoma. I moved to Tulsa, Oklahoma in July 2017 and enjoy living here.

I graduated Cum Laude from St. Peter's University with a Bachelor of Arts in Political Science in 1993. Then in 2017 I earned an Associate Degree with Honors in Paralegal Studies from Drury University. I am also a Registered Court Interpreter and a Professional Community Interpreter (Spanish).

Prior to coming here, I was the Interpretation and Translation Program Supervisor at the YWCA where I conducted Cohorts for Interpreters and worked closely with the Case Management Team. I am excited to be here and looking forward to doing cohorts for the 24:7 Dad program in Spanish. This program is much needed in the Latino Community.

I have two boys ages 16 and 19 who are my world.

Lacey McCause **OSU Extension-Tulsa County** **Fatherhood Field Program Coordinator**

My name is Lacey McCause and I am the Tulsa County Field Program Coordinator for the Fatherhood Program at OSU Cooperative Extension Service. I am the mother of six children ages 22 years, 17 years, 10-year-old twins, 9 years, and 8-year-old and I am a native of Oklahoma. I have worked in the nonprofit community for eighteen years. I received my BS in Human and Family Sciences from Northeastern State University in Tahlequah, Oklahoma. I developed a strong sense of devotion for working with families to improve their overall outcomes. For the past thirteen years, I have assisted in the development of parenting programs, fatherhood/male engagement programs, and family engagement opportunities while working with a local Head Start/Early Head Start Agency. This experience has given me a deep appreciation for programs who seek to improve the quality of life for all members of our community; one program at a time.





OSU EXTENSION TULSA COUNTY MASTER GARDENERS

There is a Place for You in the Garden

The boys at the Tulsa Boy's Home learned a valuable lesson this summer, whether you are young or old, there's a place for you in the garden.

The Tulsa County Master Gardeners began their partnership with the Tulsa Boy's Home this summer by building beautiful, raised bed gardens for the boys

on their campus. Initially, the boys helped fill the beds with soil but soon began planting vegetables in their new raised beds.

Then, through an eight-week summer program, the boys learned about how to become gardeners through a combination of classroom and hands-on learning opportunities.

Not only did the boys learn how to grow different varieties of food, but they also learned how easy it is to cook the food you grow. It didn't take long for them to realize how much

better fresh vegetables taste, especially when you grew them yourself.

Tulsa Master Gardeners worked alongside the boys in the garden and taught on a variety of topics including propagation, pollinators, good bugs vs. bad bugs, and the value of patience in the garden.

In addition, the boys were able to take field trips to the Tulsa Master Gardener's Seed to Supper Farm where the Master Gardeners grow food for distribution to area food pantries. At the farm the boys harvested their own corn, and then were able to cook and eat the corn right there at the farm. It doesn't get much fresher than that. They must have liked it because the boys ate an average of 6 ears of corn each.

Toward the end of the summer program, most of the boys had their bedroom windows filled with plants and one of the groups of boys created their own private garden.

At the beginning of the program, the prevailing thought amongst the boys was that "gardening was for old women." Now, several of the boys say they hope to become a Master Gardener someday. Mission accomplished.



Brian Jervis
Horticulture
Educator





AGRICULTURE

On July 20, 2023, the stigma of agriculture was brought to attention at the Tulsa County extension office. On this day the event of "Voice in Agriculture," took place. This event was focused on bringing color to a black-and-white stigma of mental



health in the agricultural community. I invited multiple speakers to help make this even more special. First Scott Clawson spoke about "Economics of Yesterday, Today, and Tomorrow." Here he mentioned the key points about what cattle economics looks like. Second, Brittany Woods spoke about "The best medicine for not just a healthy crop but mind too." She spoke about the basics of mental health; what is mental health and stress. How to manage or react to these things, as well as the benefits of laughter and what it can do for mental health. Gage Milliman offered what Farm Bureau had to offer for new resources and educational help with this subject. Brent Brewer from American Farmers and Ranchers also, offered what they have to offer as a hotline for those within the industry as well.



Brittany Woods
Agriculture/4-H
Youth Development
Educator



The 2023 State 4-H Horse show was full of amazing 4-H members showing off their passions, and Brittany had the opportunity to help hand awards to those individuals!



The Tulsa County fair had some fun with learning where our everyday thing that we may wear, or eat where they come from through an agricultural matching game.





OSU EXTENSION 4-H YOUTH DEVELOPMENT

Nine Tulsa County 4-H members traveled to Stillwater to participate in the 2023 Oklahoma 4-H State Round-up where they attended educational workshops, tours, and competed in state contests. Tulsa County was also well represented at the 2023 Oklahoma 4-H Round-up Honor Night. Four of our members were recognized as state winners in their project areas! They had a good time, leaned new things, and made some awesome memories.



Lisa Nicholson

4-H Educator



We had 51 Record Books and 7 Cloverbud books turned in this year! Great Job Tulsa County 4-H!





OSU EXTENSION 4-H YOUTH DEVELOPMENT

4-H members showcased their talents by creating and entering projects in the 2023 Tulsa County Fair! First place winners will go on to compete at the Tulsa State Fair! 4-H members also showed poultry in the poultry show and talked about their rabbit project while hosting a rabbit petting zoo. The interactive Kids Farm Zone featured EMSA, Tulsa County Sheriff Department,

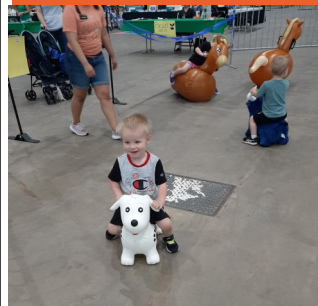


Beekeepers, egg incubation, seed necklaces, games and prizes, and an inflatable horse derby! 4-H clubs created informational posters to showcase their individual clubs and an always fun silent auction ran the duration of the event. 4-H members also participated in Cupcake Wars, Cornhole Tournament, Ice Cream Festival and enjoyed entertainment by dancers and the German band. The Tulsa County Fair is open to the public and offers a fun, educational and cool place for residents, school and church programs, and daycares throughout Tulsa County to visit for the day!



Kim Arnold

Urban 4-H





OSU EXTENSION 4-H YOUTH DEVELOPMENT

These lovely gems are from the NED stem day that was last Tuesday in Payne county where the students built wind powered cars, worked together in teams to design and construct marble roller coasters, and they learned about electricity and made insulated play dough that go with squishy circuits.



**Kylie
Nicholson**

**Ag Literacy/
STEM**

Tulsa County 4-H Officer Team

President—Natalie Reyes

Vice President—John Hart

Secretary—Luke Martin

Reporter—Alice Geary

Song & Recreation Leader—Katelyn Hart

Parliamentarian—Matt Martin

Financial Strategist—Timothy Martin

Marketing/Public Relations—
Ainsley Trzebiatowski





OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS

July saw the entire CNEP team attend the 2023 CNEP Annual Conference in Stillwater. While at the conference we participated in a mapping of resources to help identify possible partnerships; recognized our Nutrition Education Assistants for completing an online certification program; celebrated Liz Lazar and her guest Valeria Romero as the Tulsa County Friend of CNEP; and happily posed for a group picture with Nutrition Education Assistants in neighboring communities.



Kimberly Cripps
Community
Nutrition
Education Programs
(CNEP)
Area Coordinator



These hot July days had us sharing a cooling and hydrating grape sorbet at various community resource events we participated in. We used red seedless grapes, however if you try the recipe below with Cotton Candy grapes it is so very delicious!

Grape Sorbet

Ingredients:

4 cups grapes



Instructions:

Stem the grapes. Separate all the (washed) grapes from the stem. If the grapes are wet, dry them, so they don't stick to each other as they freeze.

Freeze the grapes. Transfer the grapes into a sealable bag, and freeze them flat for approximately 5 hours.

Blend. Add the frozen grapes into a food processor or high-speed blender with a tamper and blend until smooth. If the motor is struggling, let the fruit sit for a minute or two to slightly thaw and then blend again. Refrain from adding any liquid.

Serve/Freeze. Serve the grape sorbet straight out of the food processor (blender). For a firmer consistency, transfer the sorbet to an air-tight container and freeze for 1-2 hours.



Store. Leftovers keep well in an ice cube tray (or an airtight container) in the freezer for up to 1 month.

Nutritional analysis per serving: Calories 62 Fat 0.3 g; Carbohydrates 16 g; Sodium 2 mg



2023 Tulsa County Free Fair

I would like to thank everyone who supported the TCFF!

A Special Thank you to EXPO Square and the Tulsa County Commissioners for the Tulsa State Fair tickets for the open class entry awards!

We had 770 fair entries for the open side for 2023. Which is 92 more than we had in 2022.

We had 23 volunteers who provided over 519 volunteer hours. The monetary value of those volunteer hours is \$15,559.62.

Thank you to Oklahoma Home and Community Education who provided 85% of those volunteer hours and had 63 people attend the OHCE Membership Tea.

Thank you to everyone who participated in the fashion show in which Commissioner Keith announced.

Stacey Jones
Family and
Consumer
Sciences/4-H



TULSA COUNTY
EXTENSION

PEACH COBBLER EGG ROLLS

Stacey Jones—Family and Consumer Sciences Educator
OSU Extension Center Tulsa County



FAMILY AND
CONSUMER SCIENCES

INGREDIENTS

- 2 tablespoons water
- ½ cup of sugar
- 1 tablespoon corn starch
- 1 tablespoon of cinnamon
- 2 ¼ cups diced peaches
- ½ teaspoon of nutmeg
- ½ cup brown sugar
- vegetable oil for frying
- 2 tablespoons melted butter
- ½ teaspoon vanilla extract
- 12 egg roll wrappers (they are doubled to make 6)

INSTRUCTIONS

1. Dice your peaches into small uniform pieces.
2. In a small bowl, add corn starch and water, stir together until it becomes a paste. In a large pan add in peaches, brown sugar, butter and the water/corn starch mixture. cook on medium high heat and stir frequently. Cook for about 10 minutes or until your peach mixture thickens and becomes bubbly. Remove from the heat and then add in the vanilla extract.
3. Prepare your egg roll wraps by adding 1-2 heaping tablespoons of the peach mixture into the center of the wrapper. Wet the edges of the egg roll wrapper, then fold in the sides and roll, pressing the edges to close and making sure the egg rolls are tightly wrapped so filling does not escape. Repeat with the remaining wrappers until all 12 egg rolls are wrapped.
4. In a small bowl, mix together the granulated sugar and cinnamon until well combined. Set aside.
5. Heat the vegetable oil on medium heat in a large frying pan. Once the oil starts to show small bubbles, it's ready for frying. Carefully add the peach eggrolls and fry for 3-4 mins on each side until crispy. Remove from the oil and set on a plate lined with paper towels to drain for 2 to 3 minutes.
6. Toss the egg rolls in the cinnamon-sugar mixture and serve warm.

Serves: 12

Nutritional analysis per serving:

Calories: 251kcal | Carbohydrates: 51g | Protein: 3g | Fat: 4g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Trans Fat: 1g | Cholesterol: 12mg | Sodium: 190mg | Potassium: 111mg | Fiber: 2g | Sugar: 33g | Vitamin A: 310IU | Vitamin C: 2mg | Calcium: 30mg | Iron: 1mg

<https://youtu.be/q8IV4KrGpnQ>

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

August

- 9 Master Gardener Orientation at 9:00 am
- 12 OHCE Membership Activity
- 16 Master Gardener Orientation meeting at 1:00 pm
- 24 10:00 am to noon, OHCE Bunco for Scholarships, OSU Extension Center
- 24 & 25 Fall Livestock Show (Tentative Dates)
- 25 TSF Livestock & Horse Show Entry Deadline
- 26 4-H Back to School Water Party with YFR, 6:00 to 8:00 pm
- 28 1:00 pm, Tulsa County after the Fair meeting
- 29 VOICE Meeting
- 31 4-H On TRAC Plans Due



Contact Information

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

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