



TULSA COUNTY EXTENSION

March Highlights 2023

Please help us welcome our new Urban Agriculture/4-H Educator to Tulsa County Extension. Brittany Woods graduated from Oklahoma State in Spring of 2022, where she majored in animal science production with a focus in pharmaceutical medication. Brittany strives to be a voice and inspiration within the agricultural industry for the future. Faith is the foundation to her journey through this industry and she is beyond excited to grow and be a part of Tulsa County.



The Tulsa County Spring Livestock show was held February 28th and March 1st at the Tulsa State Fairgrounds. We would like to give a special thanks to TTCU for their generous support as our Title sponsor. We also want to thank RCB Skiatook, American Bank, P & K, Collinsville Livestock Sales, The Feed Store Collinsville, Darling Ingredients, and Farm Bureau for their kind contributions and willingness to sponsor the show.





OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS



Kimberly Cripps
Community
Nutrition
Education Programs
(CNEP)
Area Coordinator

March allowed us to accomplish so much with Tulsa County Extension Community Nutrition Education Programs. We are so grateful for the partnerships and would like to highlight the reach we can have because of them:

Food On The Move Tulsa provided 20 pounds of Kale for our healthy samplings. We highlighted the Kale mixed with Parmesan and sprinkled on popcorn. Not only are we getting our whole grains but also enjoying all of the nutrients from the Kale in a healthy snack. The Kale and Parmesan mix is also delicious on a variety of vegetables and used as a breading on chicken!

Kale Parmesan Popcorn

Ingredients:

Kale

- 9 to 10 ounces of kale
- 1 tablespoon olive oil
- salt

Popcorn

- 1/3 cup popcorn kernels
- 2/3 cup grated parmesan
- salt and freshly ground black pepper, to taste
- 1 to 2 tablespoons olive oil

Directions:

Kale

Heat the oven to 300°F. Rinse and dry the kale; Remove and discard the tough stems. Lightly brush two large baking sheets with olive oil. Arrange the leaves in one layer on the prepared baking sheet(s), sprinkle lightly with salt, and bake for 12 to 14 minutes, until the leaves are crisp. Let cool completely. Grind the kale chips down into flakes.

Popcorn

Make air-popped popcorn and immediately toss with the 1 to 2 tablespoons olive oil, kale flakes, Parmesan, salt, and a few grinds of black pepper. Toss until evenly coated. Taste, and adjust the seasonings if needed.



Uma Tulsa completed Fresh Start classes in Spanish. We are so very grateful to Liz Lazar for providing the instruction and to **Sequoyah Elementary** and **San Miquel Middle School** allowing us space. Below is a picture of the Uma Team, myself, and the graduates at San Miquel Middle School.

Jonathon Martinez, **San Miquel Middle School** PE Teacher, has allowed for a series of Teen Cuisine lessons for all of the students during his class. We are halfway finished with the series and anticipate presenting 75 youths with a Certificate of Completion.

We have completed a series of Teen Cuisine classes with **Phoenix Rising Alternative School** and started a new group. We are also partnering with **Tulsa Dream Center**, **Legacy Charter School**, and **Boevers Elementary After School** programs to provide KIK It Up! to their elementary school youth.

The **1st Step Male Diversion Program** has begun a new group of men with our Fresh Start lessons. They are now about 1/3 of the way completed with the series. Aaron Schupp with the **1st Step Male Diversion Program** provides the education while Tulsa County Extension CNEP provides the evaluation and skill builders at the end of the series.

The Okmulgee Indian Community Center reached out about our Fresh Start lessons and we have had a wonderful group attending each Friday and learning to read the nutrition facts labels, ingredient lists, and how to season foods without salt!

The City of Tulsa Parks Department is booking our KIK It Up! Lessons for their summer camps. Kirk Mace, with Owen Park, has recruited adults to be part of a Fresh Start series.

We are quickly getting booked for classes for the summer and are looking to add to our CNEP team to reach even more. If you know someone with an interest in teaching and working with the Tulsa County Extension Office, no experience is required, have them apply online here: <https://okstate.csod.com/ats/careersite/JobDetails.aspx?site=8&id=13100>



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

OHCE GAME DAY
3-17-23
**Lots 'O Lucky
Winners!**



COPYCAT ALFREDO SAUCE, BUT BETTER

INGREDIENTS

- ½ Cup Butter
- 1 Cup Heavy Whipping Cream
- ½ Cup 2% Milk
- 2 teaspoons Garlic Minced
- ½ teaspoon Italian Seasoning
- ½ teaspoon Salt
- ¼ teaspoon Pepper
- 2 Cups Freshly Grated Parmesan Cheese
- 16 oz of Fettuccini

INSTRUCTIONS

- In a large pot, bring salted water to boil.
- Add all of the fettuccini to the pot and cook to package directions.
- Add the butter, cream, and milk to a large skillet.
- Simmer over low heat for 2 minutes.
- Whisk in the garlic, Italian seasoning, salt, and pepper for one minute.
- Whisk in the parmesan cheese until melted.
- Mix the alfredo sauce and pasta together.
- Serve immediately.

Serves: 4

Nutritional analysis per serving:

Calories: 1031 kcal | Carbohydrates: 90 g | Protein: 34.5 g | Total Fat: 60 g | Saturated Fat: 37 g | Cholesterol: 190 mg | Sodium: 803.25 mg | Potassium: 69.75 mg

[OSUAlfredoNo6032923.mp4 \(dropbox.com\)](https://www.dropbox.com/s/OSUAlfredoNo6032923.mp4)



**OHCE
CANNED FOOD DRIVE**
Shari Munroe delivered
the canned food
collected at OHCE Game
Day to the Coffee
Bunker!





OSU EXTENSION 4-H YOUTH DEVELOPMENT

Discovery Unlimited is an overnight camp for 5th and 6th grade 4-H members. During camp youth will get a chance to make new friends and participate in hands-on educational workshops. I took four youth to Sky Ranch for the camp this year. We donated pop tabs to the Ronald McDonald House, ziplined, and made new friends and good memories!



Kim Arnold
Urban 4-H



OSU EXTENSION
4-H YOUTH DEVELOPMENT

I visited my favorite T-2 class at Marrs Elementary School! We disguised a potato and wrote a persuasive story to end their St. Patrick/ Potato unit!



I taught Farm Fun at Jarman Elementary! We learned all about pigs and how to show them.



Lisa Nicholson

4-H Educator





OSU EXTENSION 4-H YOUTH DEVELOPMENT

I taught at McAuliffe for Food Fun, our first day was learning about strawberries! We learned about the life cycle of the plant and we even played a strawberry math game! At the end of the day freeze dried strawberries were our snack! I also taught this along with Lisa Nicholson, 4-H Educator at Sand Springs as part



of the 21st Century Grant. Some students were fans and some, not so much!



Kylie Nicholson

Ag Literacy/ STEM

4-H Educator, Lisa Nicholson and I participated in the Central Tech STEM day. We set up a booth with the Robotic Arm and the Botzees to provide some hands-on activities for the youth.





OSU EXTENSION TULSA COUNTY MASTER GARDENERS



Brittany, Jan and I had a great time at The Gathering Place over Spring Break. The OSU Tulsa Master Gardeners had an exhibit with earthworms to teach about earthworms as “nature’s plows”. Basic worm anatomy, what they eat, how they live and the characteristics that make these underestimated creatures so valuable to farmers and gardeners. The participants were able to get up close and personal by observing LIVE worms and learning their body parts and functions.



Dr. Andrine Shufran, Insect Adventure Coordinator and Associate Extension Specialist, Department of Entomology and Plant Pathology, with Oklahoma Cooperative Extension was also at the Gathering Place with the live bug petting zoo. Participants were able to walk around the exhibit and explore and handle the bugs.



Brian Jervis
Horticulture
Educator



AGRICULTURE



Brittany Woods

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



Yoga afterschool programming taught by Lisa Nicholson and I at McAuliffe Elementary! Students learned how to stay active by doing yoga poses and the importance of eating healthy foods.



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

April

- 4 – Insta Pot Class
- 5 - 4-H Day at the Capital
- 7 – Office is closed for Good Friday
- 14 - Fashion Revue entries due
- 18 - Fashion Revue garments due to 4-H office
- 21 Fashion Revue @ Tulsa County Extension office
- 27 – 10:00 am to noon, Bunco for scholarships
- 28-30 NED Horse Show



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Contact Information

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