



# TULSA COUNTY EXTENSION

October Highlights 2023

Stacey Jones, Family and Consumer Sciences Educator and Jan Dawson, County Extension Director spent a day at Sand Springs teaching about MyPlate, showing and identifying different fruits and vegetables with 335 students. The kids also sampled Butternut Squash Soup and Black Grapes at our station. The Tulsa County Master Gardeners had a station where they taught Worms to the Wise and had worms for the kids to handle. The kids had a wonderful time even though it was cool and we got a little wet in the beginning. It was a great day!

**Second Grade Farm at School Day**

We will enjoy a day at the FFA farm learning about animals and growing our own vegetables seeing also how worms help our soil as our gardens grow. We will learn how good fruits and vegetables are for us as well as gaining knowledge about milk; where it comes from and how it makes our bodies grow strong. These along with more to make our Farm at School Day fun and exciting!

**October 27, 2023**

Second Grade from all Elementary Schools will be participating. Students will ride a bus from their school to the FFA farm and back to school after. Farm at School will last most of the day so please dress your student accordingly. The Sandtite Nutrition Team will be providing a school lunch of a hot dog, chips, fruit, vegetables and milk. Your student will need to either notify their teacher that they are eating a school meal that day or bring a sack lunch.

If your student has allergies, please be aware that we will be in a barn during part of the time and they may also be sitting on hay.

Farm at School Day is organized and presented by the Sand Springs Public Schools Child Nutrition and the CPHS FFA. Groups also participating will be Hilland Dairy, Ag in the Classroom, OSU Extension, Master Gardeners, Barrett Mountain Border Collies, Cooking for Kids, and more.

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October allowed for the Tulsa County CNEP staff to join with employees from Oklahoma State University, Langston University and the College of the Muskogee Nation at a Coming Together for Racial Understanding experience. This training featured a dialogue process to assist in listening to better understand how people from all walks of life view race, racial equity, and opportunities in their communities.

The program brings participants together to share and discuss with each other how our attitudes, behaviors, and existing social, organizational, and institutional structures impact our working and living environments in ways that do not promote justice, equity, and respect for all.

At its core, Coming Together for Racial Understanding is about bringing people together across race and ethnicity to increase understanding and learn to work together for meaningful change.





# OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS



**Kimberly Cripps**

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

Our Tulsa County Community Nutrition Education Programs (CNEP) had a fun full October! We joined Union School District for their Farm to Student event and had a wonderful time sharing what are/ and identifying a variety of fruits and vegetables.

We were honored to be invited to be a part of the American Foundation for Suicide Prevention (AFSP) Tulsa Metro Out of the Darkness Walk. Youth had an opportunity to make, play and sample a sunflower butter play-dough. Please know that you are never alone, if you are experiencing or witnessing a mental health crisis, call or text 988 for assistance.

We had an amazing time sharing our Pear Autumn Bread (recipe below) at all three of the Food On The Move Community Resource Festivals. If you know someone looking for food resources, be sure to let them know about these pay as (if) you can, no one turned away festivals. To learn more please check out their website:

<https://www.foodonthemoveok.com/news-events>

We had so much fun at East Central Middle School teaching Teen Cuisine! Each student who completed the lessons with us received measuring cups and spoons, cutting boards, cookbook and certificate of completion. We appreciate being able to be a part of educating our youth on ways to improve their health.



### **Pear Autumn Bread** Servings: 1 loaf (16 slices)

#### **Ingredients:**

- 2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 1/2 cup butter
- 2 large eggs
- 1/4 cup buttermilk
- 1 teaspoon vanilla extract
- 1 cup finely chopped peeled ripe pears



#### **Instructions:**

In a large bowl, combine the flour, sugar, baking powder, baking soda, salt and nutmeg; cut in butter until mixture resembles coarse crumbs. Combine the eggs, buttermilk and vanilla; stir into the flour mixture just until moistened. Fold in pears. Spoon into a greased 9 x5 loaf pan. Bake at 350° for 35-40 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pan to wire racks to cool completely.

Nutritional analysis per serving:

Calories 173; Fat 7 g; Carbohydrates 26 g; Sodium 208 mg; Protein 3 g; Fiber 1g





# OSU EXTENSION FAMILY AND CONSUMER SCIENCES

## OHCE DEMO DAY

2023

“It was a huge success!”

Demo Day was a huge success with over 47 people coming to the event. Tulsa County OHCE would like to thank all of our guests, including OHCE members from Mayes, Rogers, and Wagoner Counties, for attending Demo Days. Below are a few snapshots from the fun event...



**Stacey Jones**

**Family and**

**Consumer**

**Sciences/4-H**

October Cooking  
Corner: Apple Nachos

[https://youtu.be/  
YRJtidhiUTQ](https://youtu.be/YRJtidhiUTQ)







# OSU EXTENSION TULSA COUNTY MASTER GARDENERS

OSU Master Gardener Monarchs at the BooHaHa Parade on Brookside treating all the little and big trick or treaters! A big crowd came by and there



were lots of great costumes. A fun time was had by all. Our MG Water Gator was also in the parade lineup with parading bees & butterflies!



**Brian Jervis**  
**Horticulture**  
**Educator**

tulsa\_master\_gardeners



tulsa\_master\_gardeners Tulsa Master Gardeners volunteers, in cooperation with @habitatgreencountry, give new homeowners a welcoming gift of beautifully planted flower beds in front of their new homes.

This active Committee has planted 31 beds this year with 22 more homes planned. The all time record was set in 2022 with 32 homes. In 2023, a new record of 53 homes is the goal in sight! We love to help beautify our community!

#habitatforhumanity #communityoutreach #communityvolunteer #volunteering #volunteerlife #volunteergardeners #gardening #garden #plants #gardenlife #gardener #gardendesign #gardens #gardenlife #gardenlove #gardeninspiration #mastergardeners #oklahomagardens #plant #homegrown #tulsagardens #tulsaoklahoma #oklahomagardeners #landscaping #plantsmakepeoplehappy #oklahoma #tulsa #tulsagardeners

4 hours ago



ambitiousladyy\_ 4m · ❤️ by author

When I did my walk through the guy in the green shirt was out getting my neighbors and I beds ready and I told him I wanted tulips . He didn't have any. Well three weeks after I moved in, him and his wife surprised me and he planted me tulips . I'm extremely grateful and honored he remembered ❤️



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OSU EXTENSION  
**4-H YOUTH DEVELOPMENT**

Tulsa County 4-H members recently went to the Youth in Action Conference where they attended workshops, participated in a Reality Check mega session where they learned the importance of budgeting money, and made sock puppets for the Down Syndrome Association of Central Oklahoma. They also heard from “Amazing Race” cowboy Cord McCord, danced the evenings away, and ultimately had a great time making connections from across the district.



Congratulations Tulsa County 4-H on winning **BRONZE** in Science and Technology & Communications and Expressive Arts in the Tulsa State Fair 4-H Exhibits Sweepstakes!



**Lisa Nicholson**  
**4-H Educator**

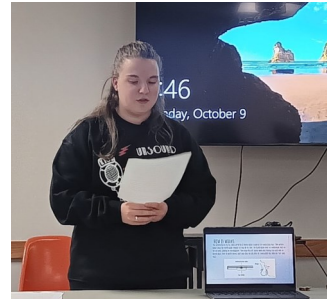






# OSU EXTENSION 4-H YOUTH DEVELOPMENT

County 4-H Officers Natalie Reyes, John Hart, Katelyn Hart, and Alice Geary led a Communication Rally workshop at the Extension Office to reinforce the importance of public speaking and encourage members to enter the contest. The 4-H Communication Rally was held November 4 at the OSU Extension Office.



**Kim Arnold**

**Urban 4-H**

4-H Horse Club member, Addie Arnold, and 4-H Horse Club leader, Jan Nolen, took their horses to A New Leaf on Saturday for their Fall Festival for their residents and families. They had so much fun line dancing, singing karaoke, eating local BBQ, painting horses and giving back to their community. Nuts and Cupcake were on their best behavior and made the cutest painting palettes.







# OSU EXTENSION 4-H YOUTH DEVELOPMENT

It's the season of change, at least for the leaves! At Darnaby, the students learned about pumpkins and how they grow, the number of seeds, and the different varieties. They then got to take colored pumpkin seeds and use them as leaves for their fall tree art project! They were so creative in the design of their trees and backgrounds.



**Kylie  
Nicholson**

**Ag Literacy/  
STEM**

Congrats to our winners of the First NE District Science Fair. It was a great experience and all the students did an awesome job! For this being our first Science Fair and Wax Museum, We couldn't have asked for a better outcome! Hoping for an even better turnout next year!







# TULSA COUNTY EXTENSION



**Maritza Freese**  
**Strong Dads**  
**Field Program**  
**Coordinator**  
**Bilingual**



On Week 4 of the Strong Dads/Papas Fuertes program being held at El Centro, we covered Masculine Health. This lesson discussed the importance of men taking care of their health which one aspect includes annual check-ups, eating healthy, exercising etc. Initially all of the fathers discussed how they did not trust doctors. They all agreed that each time they went to the doctor, the doctor found health issues they were not even complaining about and prescribed them medicine for these health issues. The fathers said this led them to believe that health care and medicine is a money making business and this is why they don't go to the doctor. Well the following week, one of the fathers said in class "I am going to find a doctor and start getting annual check-ups." I told him that was very good and then all of the fathers verbally agreed and said they were also wanting to find doctors and start getting annual check-ups. The 24/7 dad program works. These fathers understood the week 4 lesson and were going to make changes. This is just one of the changes I have seen in the fathers as the weeks have gone by. Each father is growing and evolving. They are all doing it at different speeds and in different areas but they are definitely progressing. I am so proud of all of them.



**Lacey McCause**  
**Strong Dads**  
**Field Program**  
**Coordinator**



As part of OSU's Strong Dads program, I have had the privilege of working within the Oklahoma Department of Corrections providing the evidence-based program, "24/7 Dads", which is a 12-week program aimed to teach the invaluable contribution Dads have to the well-being of their children. I currently work with 48 men all from different backgrounds but are all working to rebuild their lives in preparation of their release from prison. The participants meet once a week for two hours where they learn the knowledge, skills, attitudes, values and characteristics that are necessary to have a happy and healthy relationship with their children. While the men in the class have made a mistake which resulted in their incarceration, they are an extremely talented and inspiring group of men whom I look forward to working with weekly and have no doubt that they will continue the growth of their relationships with their children beyond this class.







# AGRICULTURE

This month we hosted a Stead Your Home series of classes learning about farmers markets, backyard poultry, salsa making and storage, and much more.



**Brittany Woods**

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



## Extension Staff

Jan Dawson  
County Extension Director

Kim Arnold  
Urban 4-H Educator

Kimberly Cripps  
CNEP Area Coordinator

Martiza Freese  
Fatherhood Field Coordinator

Brian Jervis  
Horticulture Educator

Stacey Jones  
Family & Consumer Sciences  
Educator

Lacey McCause  
Fatherhood Field Coordinator

Kylie Nicholson  
Ag Literacy/STEM Educator

Lisa Nicholson  
4-H Youth Development  
Educator

Brittany Woods  
Urban Agriculture Educator



## Upcoming Events and Activities

### November 2023

- 8 Master Gardener Class
- 9 4-H Voice Meeting
- 10 OSU Extension Office Closed  
in Observance of Veterans Day
- 15 Master Gardener Class
- 16 Bunco for Scholarships at  
OSU Extension Center,  
10:00 a.m. to noon
- 22 Master Gardener Class
- ?? County Officer Retreat
- 23-24 OSU Extension Office  
Closed for Thanksgiving
- 29 Master Gardener Class



### Contact Information

Tulsa County OSU Cooperative Extension Service  
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Tulsa, OK 74112  
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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."