



# TULSA COUNTY EXTENSION

August Highlights 2023

## Liz Lazar, Community Nutrition Education Program

Born in Venezuela, where she earned a Bachelors degree in Nutrition and Dietetics. There her work experience was in clinical nutrition. In 1999 she took a sabbatical year to learn English as a Second Language at the University of Tulsa and fell in love with the City of Tulsa and Oklahoma.



She started her career in Tulsa as a Nutrition Associate for Community Action Project where she found her passion for Nutrition Education and working with the Hispanic Community, since then she focused her career in these two areas along with Child Nutrition. She continued her passion for nutrition education as a Nutrition Educator for Tulsa Public Schools, and her heart will be there always.

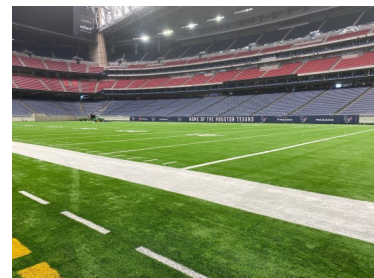
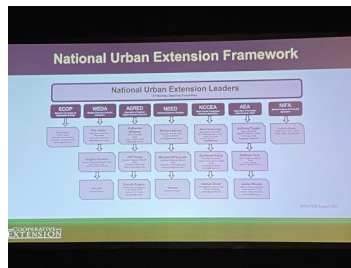
She is also a trained Medical Interpreter and holds certificates as a Certified Dietary Manager, Certified Food Protection Professional, Certified Child Nutrition Professional, Certified National Nutrition Educator, Registered SERV Safe Instructor Proctor and Adult Learn to Swim by USMS.

Her passion is working and helping people through education, Liz is an advocate for health equity and disparities as well as parenting with love and logic and early childhood education.

The greatest accomplishment is her son, Yosep. She enjoys playing games with her son and nephew after dinner, watching movies with her cats Lola and Lalo and playing word search.

Stacey Jones, Tulsa County FCS Educator and Jan Dawson, Tulsa County Extension Director attended the National Urban Extension Leadership (NUEL) Conference in Houston, Texas.

While at the conference they were able to network, share and learn from their colleagues. They attended workshops to gain new ideas and to bring back to use in Tulsa County. They also toured NRG Park and learned more about behind the scenes of the Houston Livestock Show and Rodeo.



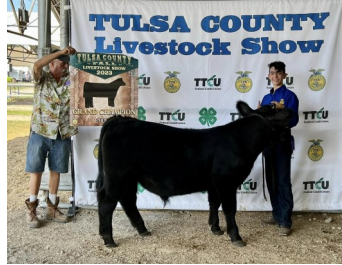


# OSU EXTENSION 4-H YOUTH DEVELOPMENT

4-H and FFA members braved the heat to compete in the Tulsa County Fall Livestock Show last week. A total of 120 animals and 75 exhibitors participated in the yearly event. We would like to thank Tulsa Teachers Credit Union for their continued support of the 4-H and FFA youth of Tulsa County.



Ayden Beach won both Grand and Reserve Grand Heifer



Grand Champion Steer—Dylan Couch



Reserve Grand Champion Steer—Keeley Ford



Ty Brenen won both Grand and Reserve Grand Breeding Doe



Kinna Turner won both Grand Champion and



Grand Champion Market Lamb— Tess Devin  
Reserve Grand Champion— Lilly



Grand Champion Breeding Gilt—Connor Crain



Reserve Grand Champion Breeding Gilt—Josie Crain



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





# OSU EXTENSION 4-H YOUTH DEVELOPMENT

YFR 4-H clubhouse and farm hosted a Back to School 4-H Water Party for 4-H families and their friends on Saturday, August 26. It was fun for the entire family! Friends were welcome to join 4-H members, making this a great way to expose others in the community to 4-H. Families enjoyed Josh's snow cones, fresh popped popcorn, fresh made cotton candy and lemonade. Activities included a bouncy house, giant water slide, games and a dunk tank! Everyone had a blast dunking our Tulsa County 4-H Officers! What a great night of fun and fellowship for all of our 4-H families and their friends throughout Tulsa County!

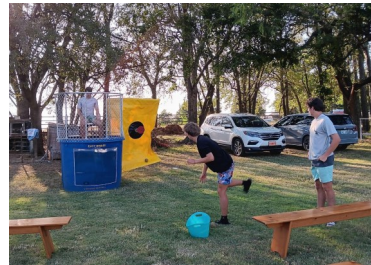
**Free!**

TULSA COUNTY 4-H  
BACK TO SCHOOL  
**WATER PARTY**  
**26 AUGUST**  
6-8:00 PM

FREE DRINKS, SNOWCONES AND POPCORN

**ACTIVITIES**  
DUNKTANK, WATER SLIDE, GAMES AND MORE!

2709 W HOUSTON ST  
REMEMBER TO PREPARE TO GET WET AND BRING A FRIEND!



**Kim Arnold**

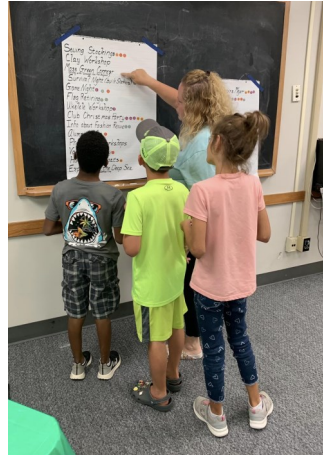
**Urban 4-H**



# OSU EXTENSION 4-H YOUTH DEVELOPMENT

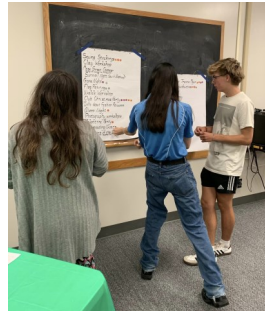
## Tulsa County 4-H On-Trac Planning Workshop

The Tulsa County 4-H On-Trac Planning Workshop was an event for 4-H club leaders, volunteers, and 4-H youth to plan meetings and educational opportunities for the 2023-2024 4-H year. It was a great night of club networking with lots of great ideas shared between the clubs.




**Kylie  
Nicholson**

**Ag Literacy/  
STEM**




**Oklahoma 4-H  
PULL FOR KIDS**  
*Supporting the Next Generation of Oklahomans*




How to participate:  
• Collect pull tabs from cans, soups, soups, yogurts, and food etc.  
• Take to your club meetings or any county 4-H event


**2023 - 2024 Tulsa County Goal:  
50 pounds**



**Change  
for  
Change**



• Change for Change benefits the Children's Health Foundation which serves youth from all 77 counties in Oklahoma.  
• Children's Health Foundation improves the health of children through its support of research, education and care in Oklahoma. The Children's Hospital serves youth in each county of the state.  
• Collect change at club meetings or at family and friends for donations. Every penny helps!

 Tulsa County 4-H  
2023-2024 goal:  
\$200





# OSU EXTENSION TULSA COUNTY MASTER GARDENERS



**Brian Jervis**

**Horticulture  
Educator**

During our Summer Learning Program, Danielle Adkins and her team of volunteers from the Oklahoma State University Master Gardener program came out during our Gardening Class to teach our boys how to easily and successfully grow their own food. Our boys also took a field trip to the Oklahoma State University Research Station where they were able to harvest corn, tomatoes, jalapeños, cucumbers, cantaloupe, okra and squash. In fact, they harvested over 150 ears of corn alone, some of which they boiled while on the farm and ate right away! Our boys LOVED it and had fun learning about the full circle of gardening. The crops harvested were taken to our TBH campus and served during meal times. On our TBH campus, our boys have grown zucchini, cucumbers, jalapeños and a variety of different herbs during their Gardening Class this summer. All the crops grown on our TBH campus are also served regularly in our Dining Hall.

*\*Special thank you to Danielle, her team of volunteers and the Oklahoma State University Master Gardener program for joining us during our Summer Learning Program.*

***\*\*This article was shared from the Tulsa Boys' Home August Newsletter.***



# AGRICULTURE

Brittany had the opportunity to attend an Animal and Food Sciences Extension In-Service. While Brittany attended she got the chance to learn from our university's specialists about current research projects, plans of future projects, and help that they have to offer us through extension. We got to tour all of the livestock facilities from our Charles and Linda Cline Equine



Teaching Center, to the Ferguson Family Dairy Center, to the Swine Research and Education Center, and much more.



Women in agriculture represent 51% of the population within agriculture. The Women in Agriculture and Small Business Conference Offered the instead look to many helpful branches for



resources and education of key pieces women may need within the industry. Brittany attended classes about The Basics of Farm Transition Planning, Overview of Viticulture, Business Planning, Strategic Decision Making, Picture This, and Composting for home, farm, and business. She also had the opportunity to meet and speak with Katie Dilse from North Dakota!



**Brittany Woods**

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



**OHCE STATE MEETING 2023  
"CONGRATULATIONS!"**

Young Member of the Year: Ashlee Eller!

- Leadership Development:** 2nd Place NE District/Tulsa County – OHCE Appreciation Tea
- Membership Report:** 2nd NE District / Tulsa County place - Bunco, Bingo, Crafts and Friendship
- OHCE Week:** 3rd place – Owasso Jewels – Who and what is OHCE
- Member Recruitment:** 3rd Place - Tulsa County 24% growth  
3rd place – Valley View 44% growth
- Cultural Enrichment:** 1st Place – Cinco de Mayo Party!
- Family Affairs:** 3rd Place – Food Pantry Restoration to Support Military Veterans in Need in Our Community
- Resource Management:** 2nd Place - Tulsa County - Recycled Pots and Paper Pots Project
- 1st Place – Owasso Jewels – A \$10.00 Goodwill Blender
- State Project-**  
"Reducing Child Hunger" 1st Place – Knit & Stitch – Reducing Food Insecurity by Identifying and Supporting the Underserved in Our Community

**CHÈVRE CUPS**

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

**Ingredients**

- 12 sheets filo dough
- 2 tablespoons liquid honey
- 2 tablespoons fresh thyme leaves (plus extra sprigs for garnish)
- 6 tablespoons of melted butter
- 175 grams goat cheese\* (3/4 cup) Feta cheese can be substituted for the goat cheese

**Instructions**

1. Preheat your oven to 375 F and spray a 12-muffin tin with cooking spray.
2. Mix together your goat cheese, honey and thyme together in a bowl.
3. Take 1 phyllo sheet and brush with melted butter. Put another sheet of phyllo on top of the first sheet repeating the step until there are 4 sheets of phyllo. Using a sharp knife, carefully cut the phyllo length ways into 2 rectangles and cut the phyllo again horizontally. This will make 4 rectangles.
4. Take the rectangle of phyllo dough and butter and put it into one of the muffin tins. Be careful when putting the phyllo dough into the tin to avoid tears. Next, get 1 tablespoon of the goat cheese mixture and carefully place it on top of the phyllo layers.
5. Bake for 10 minutes or until golden brown. Wait 5 minutes for the filling to cool. Serve and enjoy!

Serves: 12 | Nutritional analysis per serving: Calories: 169 | Total Fat: 10.9 gm |  
 Saturated Fat: 6.7 g  
 Saturated Fat: 6.7 g  
 Sodium: 202 mg  
 Carbohydrates: 13.1 g  
 Sugars: 3.1 g  
 Protein: 4.9 g

[Aug 2023 Cooking Corner- Chèvre Cups - YouTube](#)



Stacey Jones  
Family and  
Consumer  
Sciences/4-H



# OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS



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

We are geared up for fall programming. This summer saw us providing KIK It Up to our youth through a variety of partnerships. We have expanded our team in Tulsa to include Liz Lazar who is providing our nutrition education classes in Spanish! In case you didn't know, not only are we offering our classes in English and Spanish we also have staff who are fluent in Hindi and Arabic.

We are always looking for partners willing to host our classes. If you are interested in having us provide nutrition education focusing on food security and resource management skills, please reach out to me to get those scheduled:

[kimberly.cripps@okstate.edu](mailto:kimberly.cripps@okstate.edu)

August afforded us access to an abundance of zucchini and exploring ways to stretch food dollars with tasty and healthy creations. After a little playing in our kitchen, the Tulsa County CNEP shared our recipe and sampling of a summer salad. Shaving the zucchini and using garden fresh basil in this recipe made for a delightful flavor combination!

Summer Salad

Servings: 6

Ingredients:

2 medium zucchini (summer squash)

¼ cup lemon juice

2 Tbsp olive oil

¼ tsp freshly ground pepper

2 Tbsp grated or shaved Parmesan cheese

2 Tbsp chopped basil



Instructions:

In a small bowl, whisk together the lemon juice and olive oil. Slice your zucchini/summer squash in half, long ways. Then, using a peeler create long thin slices of zucchini. Place slices in a bowl. Add ground pepper, Parmesan and basil. Mix thoroughly. Serve immediately.

Nutritional analysis per serving:

Calories 60; Fat 5.3 g; Carbohydrates 2.5 g; Sodium 37 mg; Protein 1.5 g; Calcium 33 mg; Potassium 189 mg



## 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

### September

- 1 Youth in Action Registrations Due
- 1 TSF Contest Deadline
- 4 Labor Day, the Extension Office will be closed
- 6, 13, 20, 27 Master Gardener Classes
- 12 Tulsa County 4-H Banquet, Asbury United Methodist Church, 6:30 p.m.
- 15 OHCE Board Meeting, ZOOM
- 18 OHCE Business Meeting and Fun Day, election of officers
- 21 Bring TSF Exhibits to the 4-H Office
- 28-Oct. 8 Tulsa State Fair



### Contact Information

Tulsa County OSU Cooperative Extension Service

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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."