



## Welcome Laurie Peetoom

Please help us welcome our new 4-H Administrative Assistant, Laurie Peetoom. We are happy to have her join our staff.



Tulsa County OSU Extension is proud to be offering Co Parenting for Resilience class in person in Tulsa County! For a schedule of upcoming classes or more information about the class, please call 918-746-3706.



Tulsa County OSU Extension Center was at the Oklahoma Local Ag Summit sharing about CNEP and all Extension has to offer to individuals. Kimberly Cripps, Community and Nutrition Education

Programs Area Coordinator, Stacey Jones, Family and Consumer Sciences Educator and Jan Dawson, County Extension Director attended the Summit to promote Extension and attend some of the sessions that were offered.





# OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS



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

We are looking to add to our CNEP team. If you know someone with an interest in teaching and working with the Tulsa County Extension Office, have them apply online here: <https://okstate.csod.com/ats/careersite/JobDetails.aspx?>

February had us sharing ideas on adding beets to our diets with red velvet beet cookies, beet chips, and fruit leather. With the fruit leather, we highlighted the potential benefits of beets and blueberries such as lower blood pressure. Eating beets has been shown to increase brain functioning, improved circulation, improved gut-friendly fiber, and could also boost endurance and athletic performance. So in honor of heart month, we are sharing the fruit leather recipe in hopes you increase your intake of berries and beets! We used blueberries and pineberries in the recipe below.

### FRUIT LEATHER

Makes one 9x12 sheet

### INGREDIENTS

- 2 cups berries, fresh or frozen
- 1 cup cooked beets, diced (about 1 medium beet)
- 2 tablespoons honey

### INSTRUCTIONS

Preheat your oven to 175 degrees or break out your dehydrator. Combine the berries, beet, and honey in a powerful blender. Blend on high to create a smooth mixture. You may need a tablespoon or so of water to allow the mixture to blend smoothly. Pour the blended mixture onto a parchment or wax paper-lined pan and use a spatula to create a very smooth layer about 1/8-1/4 inch in thickness. Don't worry if it looks a little too thick - as it dries, it will get thinner. Place the pan into the oven, turning every hour, until the leather is no longer sticky in the middle, approximately 5 hours. If using a dehydrator, refer to your machine's instructions. Carefully peel the fruit leather off of the pan and transfer it to a cutting board. Use a sharp knife or a pizza cutter to cut into strips or squares. Store in an airtight container.



### Nutritional analysis per serving:

Calories 222; Fat 0.6 g; Sodium 302 mg; Carbohydrates 57 g; Protein 2 g

### Teen Cuisine at San Miguel



Tulsa CNEP has started a series of Teen Cuisine lessons with San Miguel Middle School. Teen Cuisine is a six-week curriculum developed to address key concepts about nutrition, food preparation, cooking, food safety, and physical activity. Teens learn the basics of MyPlate, how to read labels to choose healthy food, how nutrients and exercise affect our bodies, and how to plan and prepare meals.

These students gained confidence in measuring skills and proper use of a blender to make banana berry smoothies. They are becoming self-sufficient in the kitchen while learning healthy habits that will last a lifetime.



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

### Chicken Lettuce Wraps But Cheaper

#### INGREDIENTS

- 1 TBSP olive oil
- 1 TBSP sesame oil
- 1 pound ground chicken (I've also used ground turkey with good results)
- 1 medium/large sweet Vidalia or yellow onion, diced small
- 2 TBSPS low-sodium soy sauce
- 1/3 cup hoisin sauce
- 1 TBSP rice wine vinegar
- 1 TBSP Sriracha or Gochujang sauce (optional)
- 3 cloves garlic, finely minced or pressed
- 1 tsp. ground ginger or 2 tsp. freshly grated ginger
- 1 8-ounce can water chestnut, drained and diced small
- 2 to 3 green onions, sliced into thin rounds
- 1/2 tsp salt, or to taste
- 1/2 tsp freshly ground black pepper, or to taste
- Butter lettuce leaves, for serving



#### INSTRUCTIONS

1. To a large skillet, add the oils, chicken, and cook over medium-high heat until chicken is cooked through; stir intermittently to crumbly while cooking.
2. Add the onion, hoisin sauce, soy sauce, rice wine vinegar, spicy sauce, stir to combine, and cook for about 5 minutes, or until onion is soft and translucent and most of the liquid has been absorbed; stir intermittently.
3. Add the garlic, ginger, stir to combine, and cook for about 1 minute, or until fragrant.
4. Add the water chestnuts, green onions, salt and pepper to taste, and cook for about 2 minutes, or until tender. Taste filling and make any necessary flavor adjustments, i.e. more soy sauce, hoisin, pepper, etc.
5. Spoon about 1/4 cup of the mixture into the lettuce leaves to serve.

**Serves: 4**

#### Nutritional analysis per serving:

Calories: 366, Total Fat: 20 gm, Saturated Fat: 5 g, Trans Fat: 0 g, Sodium: 1044 mg, Carbohydrates: 19 g, Sugars: 8 g, Protein: 29 g

[Chicken Lettuce Wraps But Cheaper - YouTube](#)

**Tulsa County Social Services**  
Jan 20

Thank you **Tulsa County OSU Extension Center** for helping our Transitional Living Center (TLC) clients to set S.M.A.R.T. (specific, measurable, attainable, & relevant) goals!

**S.M.A.R.T. GOALS**

Thank you Stacey Jones, Family and Consumer Sciences Educator with OSU Extension Center for helping our clients set S.M.A.R.T. goals.

Stacey Jones, FCS Educator is doing a series of programming at the Tulsa County Transitional Shelter to help the residents focus on self-care, S.M.A.R.T Goals and employment for 2023.





# OSU EXTENSION 4-H YOUTH DEVELOPMENT

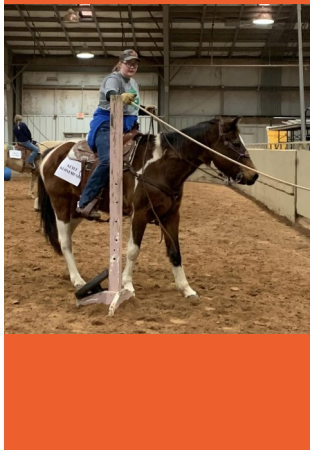
## 12th Annual Spring Horsemanship Clinic

4-H families, riders and horses from around the state spent a fun day learning about horsemanship and participating in games and a silent auction.

Thank you to the Tulsa Co. 4-H Horse Club for putting on a wonderful event!



**Kim Arnold**  
**Urban 4-H**







### 2023 Share the Fun

Tulsa County 4-H members showcased their talents at Share the Fun February 10, 2023 at Jenks High School. We had 13 acts participate in the event. What a fun and entertaining evening of performing arts.



Small Group Winner was Alice Geary and Katelyn Hart from YFR 4-H for "Worldwide Bake Off"



1st Place Junior Individual from Skiatook 4-H was Jack Hardie with his performance of "God Bless the U.S.A."



1st place Senior Individual was Jonas Campbell from Impact 4-H with 'The Carol of the Mandalorian'.



1st place Large Group was YFR 4-H with their skit 'Pure Awesomeness'



**Lisa Nicholson**

**4-H Educator**





### INNOVATE YOUTH LEADERSHIP SUMMIT

Are you ready to innovate change in your 4-H program? Oklahoma 4-H is excited to invite you to our fourth annual 4-H Innovate Youth Leadership Summit! Challenge yourself to learn new leadership skills to teach STEM-related workshops in your local community.

Come Join me April 21-23, 2023, in Enid, OK!



**Kylie  
Nicholson**

**Ag Literacy/  
STEM**



It is SOOO important for students to know where their food comes from, which is why agriculture education is desperately needed in the classroom!!





# OSU EXTENSION TULSA COUNTY MASTER GARDENERS



## Congratulations to the graduating Master Gardener class of 2021!

In order to graduate you attend classes that are taught by OSU professors, horticulturist, and educators. The following year you are an intern and are required to volunteer 70 hours in various aspects of the Master Gardener program. After your intern year and after you have fulfilled your 70 hours of service, you are a full-fledged Master Gardener. Each year moving forward you are required to volunteer 50 hours per year to keep your Master Gardener status. In addition, you are required to attend 10 hours of continuing education per year.



**Brian Jervis**

**Horticulture  
Educator**

2023 Annual  
*Plant Sale*  
Est. 1993

Shop Online at [WWW.TULSAMASTERGARDENERS.ORG](http://WWW.TULSAMASTERGARDENERS.ORG) from February 1st thru midnight, March 12th. Pick up plants on Thursday, April 13th from 7am until 7pm at the Tulsa Fairgrounds Exchange Center.



# AGRICULTURE

Vacant

## Agriculture/4-H Youth Development Educator

### 2023 Cattlewomen's Boot Camp

The OSU Cattlewomen's Boot Camp is a project that combines elements of two successful programs, Annie's Project and the Oklahoma Livestock Boot Camps. Using previous agendas from the boot camps and the teaching model of Annie's Project, the program intends to create an informative and engaging learning experience for female producers covering various methods on how to manage the production, financial, and market risks when operating a beef cow/calf operation.

#### 2023 EVENT INFO

June 5-7, 2023  
Creek County Fairgrounds  
Kellyville, OK  
\$150.00 per attendee

This program will be a three-day workshop that will combine traditional educational programming with hands-on demonstration and activities and classroom exercises. Topics that will be covered include but are not limited to:

- Cattle Evaluation
- Calf Management
- Herd Nutrition
- Hay Evaluation
- Forage Production
- Marketing
- Production and Financial Records
- Farm Transitions
- General Management Practices
- Farm Business Planning
- Herd Health and Vaccinations
- Facility Management and Selection
- Reproduction Management
- Calving Management

**REGISTER NOW**

### CATTLEWOMEN'S BOOT CAMP

▶ **June 5 - 7, 2023**  
Creek County Fairgrounds

 **EXTENSION**



To register for the event go to:

[2023 Cattlewomen's Boot Camp Registration Form \(okstate.edu\)](#)

If you have questions about the upcoming 2023 event or any related issue, please email [Olivia Toothman](#) or [JJ Jones](#).



## Extension Staff

Jan Dawson  
County Extension Director

Stacey Jones  
Family & Consumer Sciences  
Educator

Kimberly Cripps  
CNEP Area Coordinator

Vacant  
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



### March 2023

- 6-17 Oklahoma Youth Expo
- 9-12 Master Gardeners at the  
Tulsa Home and Garden Show
- 11 Urban Gardener Training—Seed to Supper,  
9:00 am to 3:00 pm at the OSU Extension  
Office, Course Fee: \$30
- 17 OHCE Game Day, 1-3 p.m.
- 21 & 28 Lunch and Learn with the Master Gardeners,  
12:00 pm to 12:50 pm at Tulsa City-County  
Central Library
- 23 & 30 Lunch and Learn with the Master Gardeners,  
12:00 pm to 12:50 pm at Hardesty Regional  
Library
- 23 Bunco for Scholarships, 10:00 am to noon  
at OSU Extension Office
- 28 NE District Meeting at Tulsa Tech in Owasso

### Contact Information

Tulsa County OSU Cooperative Extension Service  
4116 East 15th Street  
Tulsa, OK 74112  
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Website: <https://extension.okstate.edu/county/tulsa/index.html>  
Facebook: <https://facebook.com/TulsaCountyOSUExtension>