



TULSA COUNTY EXTENSION

May Highlights 2023

Tulsa County Celebrates Oklahoma Home and Community Education Week—May 7-13

The Tulsa Board of County Commissioners proclaimed May 7-13 as 2023 Oklahoma Home and Community Education Week in Tulsa County. OSU Extension staff accepted the proclamation at this morning's BOCC meeting. The OSU Extension offers services and education including the 4-H program, community nutrition education, soil testing, the Master Gardener program, and much more!



Oklahoma Home and Community Educators would like to thank all the Tulsa County Commissioners for recognizing OHCE week May 7th to 13th at their weekly commissioners meeting.



The NE District Representative for OHCE and the OHCE Advisor for Tulsa County let people know about the organization to follow up with the week with an interview on Channel 6.

[OHCE Week 2023 - YouTube](#)

Tulsa County OHCE continued celebrating by adding to their cultural enrichment by attending a lunch at the Detweiler Farm where they learned about Amish traditions and food.





Stacey Jones
Family and
Consumer
Sciences/4-H

The FCS Programming continues with food preservation. This month a Jelly making class was completed with a hands on demonstration.



2023 OSU Summer Intern, Jenny Alcocer

My name is Jenny, and I am an intern for OSU Cooperative Extension. I recently graduated with my undergrad in nutritional science and dietetics and plan to attend grad school this upcoming fall.

I have a desire in my future practice to represent and help the underserved Hispanic/Latin community through education and social support.

I am married to my husband, Jose, who is also an alumni of OSU. We have two dogs and a kitten, and currently reside in Tulsa. I am excited to learn and experience the various aspects of Extension and to work within the community. "





OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS



Kimberly Cripps
Community
Nutrition
Education Programs
(CNEP)
Area Coordinator

Our samplings at events this May, had us welcoming in the warmer weather and thoughts of enjoying the great outdoors. We provided samples of Sparkling Blueberry Lemonade. Below is the original recipe, for our samplings, we actually used Stevia leaves to sweeten the lemonade making it healthier.

Sparkling Blueberry Lemonade
Servings: 8

Ingredients:

- 1 cup fresh blueberries
- ½ cup granulated sugar
- 1 cup freshly squeezed lemon juice
- 3-4 cups sparkling water/club soda
- Garnish: fresh blueberries and lemon wedges



Instructions:

For the blueberry simple syrup, combine the blueberries, sugar, and a cup of water in a small saucepan. Bring to a boil and simmer for 5 minutes until the sugar is melted and the blueberries are starting to burst. Remove from heat and pass the syrup through a fine sieve. Let syrup cool before using.

In a large pitcher, mix the blueberry syrup with the fresh lemon juice. Add in ice, fresh blueberries, and lemon wedges. Top off with sparkling water and mix to combine. Enjoy immediately!

Nutritional analysis per serving:

Calories 65.5 kcal; Fat 0.13 g; Sodium 12.19 mg; Carbohydrates 17.24 g; Sugars 15.07 g; Dietary Fiber 0.53 g; Protein 0.24 g

Throughout May, we completed a Fresh Start series of nutrition education with a group at 1st Step Male Diversion Program and Teen Cuisine series of classes at Phoenix Rising Alternative School. Not only did we complete classes, we have started three separate groups of Spanish Fresh Start classes in partnership with The Uma Center of Tulsa and KIK It Up for youth summer programs.



We had a wonderful time at the Boevers Elementary School Farm 2 Student event. We co-taught with Taryn DeWitt, Frontier Produce. Taryn brought several produce items for the students to identify. Each student had a chance to sample a fresh salsa. Over the course of the day, we reached around 390 students!

We would also like to express our appreciation to Frontier Produce for the fresh produce donations. Thanks to Frontier Produce, CNEP is able to provide so many healthy and amazing samplings, such as fresh blueberries and lemons for our lemonade, throughout the month.

We do have two new staff members to introduce you to next month. They started a couple of weeks ago and are working hard to finish up their onboarding training and are very excited to begin teaching!





OSU EXTENSION TULSA COUNTY MASTER GARDENERS

Great things are growing at the Seed to Supper Farm in Bixby. Food is being distributed to different food pantries and we're just getting started



Brian Jervis

**Horticulture
Educator**

This group was training to start work with the Tulsa Boys Home. They will be teaching classes and working with the young men to plant seeds and plants in raised beds. The food they raise will be used by the kitchen staff in preparing meals. Another exciting project in the works!!






AGRICULTURE



Brittany Woods

Agriculture/4-H Youth Development Educator

Brittany attended an in-service for new educators. Here they discussed many common practices of the cattle industry. Practices from animal nutrition and different feed stuffs, cowculator, OQBN program information, etc. Lastly, She had a lot of hands-on opportunities with calving simulator, animal handling, ear implants, blood draw, interjections and much more. You can be use to doing it a certain way for years, but new and safer ways have come about and been proven to work.

**TULSA COUNTY EXTENSION**

LET'S BE YOUR
VOICE IN AGRICULTURE

REGISTRATION DEADLINE: JUNE 14TH

REGISTRATION FEE: \$30
INCLUDES A TACO-BOUT-IT BAR FOR DINNER
BRING YOUR SPOUSE, THEY ARE FREE!
REGISTRATION CALL: Brittany Woods
TULSA COUNTY AGRICULTURE/4-H EDUCATOR
918-746-3725

PERSONS WITH DISABILITIES WHO REQUIRE AN ALTERNATIVE MEANS FOR COMMUNICATION, PROGRAM INFORMATION OR REASONABLE ACCOMMODATIONS, PLEASE CONTACT BRITTANY WOODS AT 918-746-3725 OR BRITTANY.WOODS12@OKSTATE.EDU BY JUNE 7TH
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Brittany lent a hand at the Advance Cow-Calf Camp where she had the opportunity to not only help but learn alongside many producers not only here in Oklahoma but Nationwide. Here she learned about Bull Evaluations, beef Carcass & Atomy, Farage Variety options, Soil Fertility, Budgeting, Freezer Beef, and so much more that is involved within the beef industry.





Earthworms

My last day at Darnaby was a bitter sweet one. These soon to be second graders learned about earth worms and how beneficial they are to the earth and to farmers. Some were a little nervous and some loved to hold them and even gave them names. I have been with these students this school year almost every Friday since August I've been there watching them grow and learn so much. It's going to be a little different going back in August not seeing these faces but I'm excited to meet the new ones coming up!!



**Kylie
Nicholson**

**Ag Literacy/
STEM**

Dirt Babies

On May 5th at Darnaby Elementary, the first grade students got to create their own dirt baby. They filled a nylon sock with grass seed and potting soil. When they got home, they were to water their baby and watch their hair grow!





OSU EXTENSION 4-H YOUTH DEVELOPMENT



“Growing strawberries is a lot of work and responsibility, but Jolie is ready with the help of her faithful rabbit Munchy!”



Kim Arnold
Urban 4-H



Urban 4-H summer campers are reading the American Farm Bureau Foundation for Agriculture’s book *I Love Strawberries* and engaging in fun Ag Literacy projects while learning to grow their own food with the help of their very own classroom rabbit. Campers are learning the importance of nutrition, food safety, food security, and how they can use their healthy strawberry smoothies to feed and hydrate their bodies this summer.

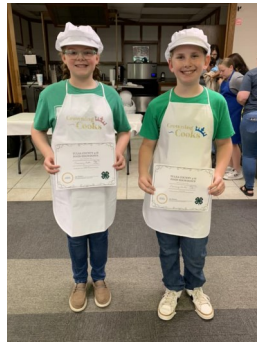




4-H Food Showdown

Junior Division

- 1st Bixby Bakers
- 2nd 4-H Besties
- 3rd Crowning Cooks
- 4th The Cat Bro's



Senior Division

- 1st 'Team Name Here'
- 2nd Hot Tamales
- 3rd Unsupervised Children
- 4th Groovy Grapes



Congratulations to all of our 4-H chefs!!



Lisa Nicholson

4-H Educator



Cloverbuds had a great time decorating cookies and sharing information about their decorations and team name with the judge.



Extension Staff

Jan Dawson
County Extension Director

Kim Arnold
Urban 4-H Educator

Kimberly Cripps
CNEP Area Coordinator

Brian Jervis
Horticulture Educator

Stacey Jones
Family & Consumer Sciences
Educator

Lisa Nicholson
4-H Youth Development
Educator

Kylie Nicholson
Ag Literacy/STEM Educator

Brittany Woods
Urban Agriculture/4-H
Educator



Upcoming Events and Activities

June

- 6-8 Northeast District 4-H Contest Days
- 10-11 Tulsa Master Gardeners Garden Tour
- 12 Tulsa County Free Fair Planning Meeting
- 13 State 4-H Record book Interviews
- 18 Happy Father's Day
- 19-21 Multi County Camp at Fin and Feather Resort
- 19 Juneteenth, Extension Office Closed
- 21 Voice in Ag Conference
- 22 OHCE Bunco for Scholarships, 10:00 am to noon
- 27 4-H County Fair Project Workshop



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