



February is National Potato Lover's Month / National Sweet Potato Month



Potatoes and sweet potatoes both originated in the New World, though they are not related. The leaves of sweet potatoes can be eaten by animals. The leaves of potatoes are poisonous. The earliest use of the word "potato" in English actually referred to sweet potatoes. That changed in the middle of the 18th Century. Sweet potatoes are often confused with yams, but they are not the same.

About Potato

- One acre of potatoes will produce 52,000 servings of French Fries.
- The word "spud" was a 14th Century term for a short knife or dagger and came to mean potato because of its use in digging holes for planting potatoes.
- Potato is the world's most widely grown tuber crop, and the fourth largest food crop in terms of fresh produce — after rice, wheat, and maize.
- The potato originated in the area of contemporary Peru.
- Potato was introduced to Europe probably in the 1570s, or approximately eighty years after the first voyage of Columbus in 1492, and subsequently by European mariners to territories and ports throughout the world as European colonization expanded in the seventeenth and eighteenth centuries.
- Thousands of varieties of potatoes persist in the Andes, where over 100 varieties might be found in a single valley, and a dozen or more might be maintained by a single agricultural household.
- Once established in Europe, potato soon became an important food staple and field crop. Lack of genetic diversity, due to the fact that very few varieties were initially introduced, left the crop vulnerable to disease. In 1845, a fungal disease, *Phytophthora infestans*, also known as late blight, spread rapidly through the poorer communities of western Ireland, resulting in the Great Irish Famine.
- The potato is also strongly associated with Idaho, Maine, North Dakota, Prince Edward Island, Ireland, Jersey and Russia because of its large role in the agricultural economy and history of these regions.
- In recent decades, the greatest expansion of potato has been in Asia, where as of 2007 approximately 80 percent of the world potato crop is grown.
- Since the dissolution of the Soviet Union, China has become the world's largest potato producer, followed by India.
- The potato is a cool season crop and can be grown in Oklahoma gardens early in the spring or late in the fall.





OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS



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

As a new calendar year begins, we like to share some of the results our nutrition education efforts had. One example of this is that Tulsa County CNEP was invited to Bixby to teach high school youth from our Teen Cuisine curriculum. Teen Cuisine is an evidence-based curriculum developed by Virginia Tech Extension for youth grades sixth through grade 12, designed to teach youth important life skills to promote optimal health. We asked the twenty-five youth to complete a survey before we started teaching and again after we completed all of the lessons. Because of our CNEP efforts:

- 50% of the youth started making healthier choices when eating out
- 55% eat vegetables more frequently
- 61% increased physical activity levels
- 68% improved food safety practices

This is our motivation for why we enjoy our role so much. To impact youth in such a way is very rewarding!



We have a wonderful partnership with Liz Lazar, Manager of Health Equity Programs, Uma Tulsa, to offer adult nutrition education classes in the Spanish language. Classes have started this month at Sequoyah Elementary School and San Miquel Middle School and have been well attended by the adults. Everyone who joined had the opportunity to sample a wonderful, healthy fruit salad.



Teaming up together and learning new things is something that we focus on each Friday morning. January saw the Tulsa CNEP Unit learning about waffle makers and experimenting making anything except for waffles.

Some items we made and sampled included cinnamon rolls, hash browns, and cheese quesadillas.



At community resource events this month, we shared ideas on increasing eating vegetables with a food demonstration and samplings of a colorful quesadilla. Jan Dawson, County Extension Director joined in the effort at one event!

Colorful Quesadillas

Servings: 8

Ingredients:

- 8 ounces cream cheese, fat-free
- 1/4 teaspoon garlic powder
- 8 flour tortillas (6" across)
- 1 cup sweet red pepper (chopped)
- 1 cup low-fat cheese (shredded)
- 2 cups spinach leaves (fresh)

Wash hands with soap and water. In a small bowl, mix the cream cheese and garlic powder. Spread about 2 tablespoons of the cheese mixture on each tortilla. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla. Add 1/4 cup spinach. Fold tortillas in half. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in a skillet and heat for 1-2 minutes on each side or until golden brown. Remove quesadillas from the skillet, place on a platter, and cover with foil to keep warm while cooking the remainder. Cut each quesadilla into 4 wedges. Serve warm.





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

**Fresh Cherry
Cheesecake Bars**

If you would like to make this recipe, please click on the link below.

[Cooking Corner: Cheesecake Bars - YouTube](#)



Co-parenting Class Offered for Divorcing Parents with Children

Tulsa County Extension is offering its Co-Parenting for Resilience class for divorcing parents with minor children.

Parents who attend the class will gain a better idea of how their children are dealing with the divorce. They also will learn strategies and skills to help them work with their co-parent for the wellbeing of their children.

“Divorce is life-changing for everyone in the family, including the children, and how the parents handle the divorce can make the experience better or worse for them,” said Stacey Jones, Tulsa County FCS Educator.

The class, based on the most up-to-date research in the marriage and family field, will be taught by Jones and Jordan Shuler, who are especially trained to work with divorcing couples.

According to Oklahoma House Bill 2249, parents with children 18 or younger are required to attend a co-parenting class that relates to the impact of divorce on children.

Oklahoma State University Cooperative Extension’s Co-Parenting for Resilience has been taught for more than 20 years, meets all the requirements of the new state law and has a long, strong track record of effectiveness.

Developed by a multidisciplinary team of researchers at OSU, the class uses a combination of lecture, discussion, video and interactive activities to help parents figure out the best ways to help their children adjust to the divorce.

Recent class evaluations show more than 90 percent of participants who attended the class reported learning new ways to effectively parent their children during and after the divorce.

The class will be the first Wednesday of every month from 9 am to 1pm at OSU Tulsa. The cost to attend is \$40.00.

To register for Co-Parenting for Resilience or for more information about the class, including future class dates, contact the Tulsa County Extension office at 918-746-3707 or 4116 E. 15th St. Tulsa, OK 74112

FAMILY AND CONSUMER SCIENCES

Programming for 2023

- Spices and Herbs – March 15th \$5 and limit of 20 participants
- Drying – April 12th \$10 and limit of 10 participants
- Jelly Canning – May 24th \$25 and limit of 8 participants
- Jam Canning – June 14th \$25 and limit of 8 participants
- Salsa Canning - July 5th \$25 and limit of 8 participants
- Pressure Canning - Aug 9th \$25 and limit of 8 participants

Pre-registration is required

Tulsa County OSU Extension Center

For more information go to www.oces.tulsacounty.org or call 918-746-3706



Right This Very Minute

“You’re hungry? Right this very minute? Then you need a farmer!” Youth in the Boys & Girls Clubs and Tulsa Public Schools across Tulsa County participated in the Farm Bureau Foundation Right This Very Minute Curriculum. Youth celebrated food and farming and learned where their food comes from through reading, games and activities, and making a healthy trail mix. Many youth do not know that if there are no farms, there is no food. The 4-H motto is “Learn by Doing” and this is a fun, hands-on and educational way to introduce youth to modern agricultural practices while providing a healthy snack.



Kim Arnold
Urban 4-H





OSU EXTENSION 4-H YOUTH DEVELOPMENT



OSU EXTENSION
NORTHEAST DISTRICT
4-H YOUTH DEVELOPMENT

4-H Day @ The Gathering Place

JUNE 2, 2023
9:30-2:00

This year's theme is Global Gatherings. Come experience other cultures that are represented in The NE District.

- Guided Tour of the Park
- STEM Team Building Activities
- Visit the Cultural Exhibit in the Boat house
- Grades: 3rd-6th
- limited to 60 people (Adults included)



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I'm excited to announce that we will be doing another 4-H Day at the Gathering place this summer. Mark your calendars for June 2. This year's theme is Global Gatherings. This is a great opportunity for 4-H'ers 3rd grade through 6th grade to take a tour of the park, participate in some STEM team building activities and also learn about the different cultures that are represented in Tulsa County and the NE District. We are limited to 60 people total. That included adults as well. The first 60 who sign up will be the first who get to attend. I will contact

the next person in line if we have anyone drop out. Please fill out this Microsoft form to get registered. Also there will not be lunch provided so pack a sack lunch and we will eat in the park.



Kylie Nicholson

Ag Literacy/ STEM

NED STEM days are coming at you! The first one is June 27th in Rogers county. We will be learning about Alternative Wind Power, Environmental Stewardship, Learning how to calculate speed and Newton's law of motion, and Coding/ Robots. You won't want to miss out on this great event. The cost is \$10. Everything the students make, they get to take home.



OSU EXTENSION
NORTHEAST DISTRICT
4-H YOUTH DEVELOPMENT

NED STEM DAY June 27, 2023

Rogers County

A Full day of STEM and Team building Activities!

Cost: \$10

Ages: 8 and finished 3rd grade- 8th Grade

- Wind Powered Sailing Cars
- Seed Bombs
- Roller Coasters
- Coding/ Robots

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Planning for some fun summer STEM events!!





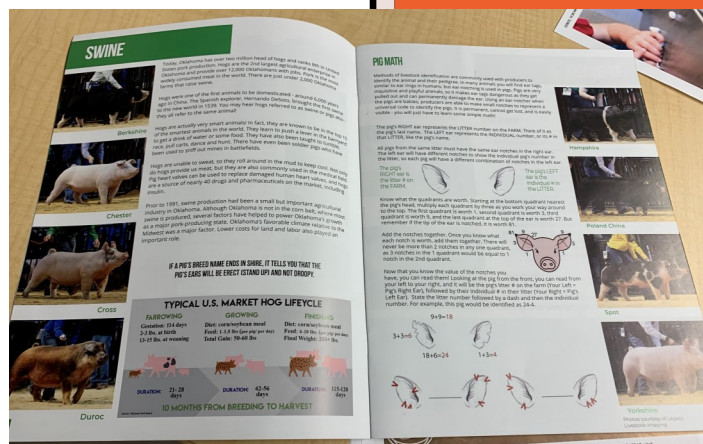
OSU EXTENSION
4-H YOUTH DEVELOPMENT

Jefferson Elementary Students recently started a 6-week Farm Fun afterschool program focusing on agriculture and how important it is to their everyday lives. Their first program focused on learning all about swine and everything they provide us. They ended the lesson by creating a swine barn using marshmallows and toothpicks.



Lisa Nicholson

4-H Educator





OSU EXTENSION TULSA COUNTY MASTER GARDENERS

Tulsa Master Gardeners Announce Second Location for 2023 Lunch and Learns

The Tulsa Master Gardeners made a big announcement Wednesday. They announced an additional location for this year's lunch and learn. Master Gardeners are adding a location in south Tulsa at the Hardesty Regional Library.

This will allow gardening enthusiasts to take part in the educational series at two locations. The series will begin on March 21 and run through April 27.

The lunch and learns allow individuals to learn about gardening-related issues taught by Tulsa Master Gardeners, explore topics, ask questions, and get ideas for their own homes all for free.

More details on topics, dates, times and locations are listed below:

South Tulsa - Hardesty Regional Library 8316 East 93rd Street; Thursdays from 1 to 1:50 p.m.

- March 23 - Newest Gardening Trend, Gardening for Pollinators
- March 30 - Container Gardening
- April 6 - Tomatoes and Popular Veggies
- April 13 - Herb Gardening
- April 20 - Saving heirloom Seeds
- April 27 - Easiest to Grow, Care, and Repotting Houseplants

Downtown Tulsa - Tulsa City-County Central Library; Tuesdays from 12 to 12:50 p.m.

- March 21 - Newest Gardening Trend, Gardening for Pollinators
- March 28 - Container Gardening
- April 4 - Tomatoes and Popular Veggies
- April 11 - Herb Gardening
- April 18 - Saving heirloom Seeds
- April 25 - Easiest to Grow, Care, and Repotting Houseplants



Brian Jervis

**Horticulture
Educator**



Shop Online at 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.

Our 30th annual Plant Sale/
Fundraiser starts today. Click
here for more info and to
shop. [https://tulsa-county-
master-gardener-plant-
sale.square.site](https://tulsa-county-master-gardener-plant-sale.square.site)



AGRICULTURE

Vacant

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



Have you received your Census of Agriculture letter in the mail yet? For producers who wish to respond by mail or don't have access to submit answers online, questionnaires were mailed out. All responses are encouraged by Feb. 6, 2023!

Yes, I plan to attend the Central Oklahoma Cattle Conference on February 10, 2023

Remit to: Payne County Extension
315 W 6th Ave., Suite 103
Stillwater OK 74074

Please Make Checks Payable to:
Payne County Extension

Registration due no later than February 3, 2023.

Individual (s) Name _____
Company Name _____
Address _____
City _____
Zip Code _____
Contact # _____
E-mail _____

Individual \$20.00 each person
Company Booth \$100.00 (includes 1 meal)

Trade Show Booth (10x10) - No large equipment
Attending _____
Total Enclosed \$ _____

Contact information:
Nathan Anderson
Payne County OSU Extension
315 W 6th Ave., Suite 103
Stillwater OK 74074
(405) 747-8320

Directions:
The Payne County Expo Center is located at the Payne County Fairgrounds on the corner of HWY 51 and Fairgrounds Rd. The address for the Expo Center is 4518 Expo Cr E, Stillwater, OK

CENTRAL OKLAHOMA CATTLE CONFERENCE



February 10, 2023
Payne County Expo Center
4518 Expo Cr E
Stillwater OK
Registration at 8:30 AM
Presentation at 9:00 AM

Sponsored by:



PAYNE COUNTY EXTENSION







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Schedule of Events

8:30	Registration
9:00	Welcome & Introductions Nathan Anderson
9:15	2023 Market Outlook
10:15	Break/Visit Tradeshow
10:30	Timely Topics
11:15	Liability Issues for Straying Animals
11:45	Lunch/Visit tradeshow
12:30	Direct Beef Sales
1:00	Livestock Risk Protection Real world use with examples
1:45	Break/Visit Tradeshow
2:00	When the Drought is Behind You
3:00	Break/Visit Tradeshow
3:15	Profitability Pointers Worth Pondering


Speakers




Derrell Peel
Oklahoma State University
Extension Livestock Marketing Specialist



Garrett Reed
McAfee & Taft
Attorney




Scott Clawson
Oklahoma State University
Area Ag Economics Specialist



Rick Machen
King Ranch Institute
Paul C. Genho Endowed Chair
in Ranch Management

Sponsored by:

Oklahoma Cooperative Extension Service
Stillwater Chamber of Commerce Ag Committee
Oklahoma AG Credit of Stillwater
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PAYNE COUNTY EXTENSION

Successful and long-lasting cattle operations in Central Oklahoma are those that maintain efficiency during periods of volatile input costs and extreme weather conditions while implementing risk management to ensure profitability.

This year's Central Oklahoma Cattle Conference will focus on mitigating rising input costs, managing production practices and improving marketing strategies. A trade show with up-to-date products from major agricultural suppliers will be another attraction at the conference.

The Oklahoma State University Cooperative Extension Service invites you to register now to reserve your place at this important educational event.

Extension Staff

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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

February 2023

- 1 Award Reports Due to State
- 4 Skiatook Livestock Show – Swine – Skiatook Show Barn.
- 5 Oklahoma 4-H Horse Communication Contest – Stillwater, Ok
- 7 Share the Fun Rehearsal Night – Call 4-H office to schedule your time slot.
- 10 Spring Livestock Show Rabbit & Poultry Entries are Due to the 4-H Office.
- 10 Share the Fun – Jenks High School Auditorium @ 6:30 p.m.
- 13 Sperry Livestock Show – Cattle – Sperry Show Barn
- 16 OYE Entries due to 4-H office
- 16 Sperry Livestock Show – Sheep & Goats – Sperry Show Barn.
- 16 Horse Club – Ride Night – Bronco Barn @ 6 p.m.
- 17 NE District Meeting Money Due
- 18 Sperry Livestock Show – Swine – Sperry Show Barn.
- 20 Extension Office closed in observance President’s Day
- 21 1-4 p.m. OHCE Appreciation Tea
- 23 10 a.m. to noon Bunco at OSU Extension
- 23 VOICE Meeting – 6:00 p.m.
- 25 Tulsa County Horse Showmanship Clinic-Bronco Barn
- 28 Tulsa County Spring Livestock Show-Bronco Barn (swine, goats, sheep)



Contact Information

Tulsa County OSU Cooperative Extension Service

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Website: <https://extension.okstate.edu/county/tulsa/index.html>

Facebook: <https://facebook.com/TulsaCountyOSUExtension>