



TULSA COUNTY EXTENSION

July 2024 Highlights

Best of Luck to our 2024 Summer Interns



The Tulsa Extension staff would like to thank, Reagan Conrad and Urooj Sohail, our 2024 Summer Interns for all of their hard work. They were able to see the day to day operations of the Extension office as well as work with all of the program areas to gain knowledge of what all Extension has to offer. They judged and assisted with District Food Showdown and Cupcake Wars, made educational fliers on food storage for Catholic Charities, Urooj



taught a class on MyPlate and Food Safety, Reagan taught a class on sign language, they assisted at the Tulsa Transitional Center, helped at the Tulsa County Fair, went to the Tulsa Boys Home for a class on entomology, attended Roundup, and did a farm visit among other things. We would like to wish them the best of luck as they head back to school. Go do great things!!





OSU EXTENSION 4-H YOUTH DEVELOPMENT



4-H Roundup

This group of Tulsa County 4-H members attended 4-H Roundup in Stillwater, July 23-26. Some of them competed in events, they attended workshops to learn new things to share with club members, and some of them received awards for record books and/or scholarships.



Baylee White

**4-H Youth
Development
Educator**

Thank you to everyone who came out tonight to compete in Cupcake Wars. All of the teams made such great looking cupcakes! We were very excited to have three adults teams competing for our first year of open class competition.

Contributed By Jennifer Geary

1st place winners



2nd place winners



3rd place winners





OSU EXTENSION 4-H YOUTH DEVELOPMENT

Congratulations to our State 4-H Horse Show winners from Tulsa County!

<p>Congratulation TO THE WINNERS Oklahoma STATE 4-H HORSE SHOW: HUNTER HACK</p>  <p>Hunter Hack All Ages Eva Newberry Tulsa County</p>	<p>Congratulation TO THE WINNERS Oklahoma STATE 4-H HORSE SHOW: HALTER GELDINGS</p>  <p>Junior Geldings Camryn James Cleveland County</p> <p>Senior Geldings Macyn Olson Tulsa County</p>	<p>Congratulation TO THE WINNERS Oklahoma STATE 4-H HORSE SHOW: HUNTER UNDER SADDLE</p>  <p>Junior Hunters Jessi Taulbee Cherokee County</p> <p>Senior Hunters Macyn Olson Tulsa County</p>
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Kim Arnold

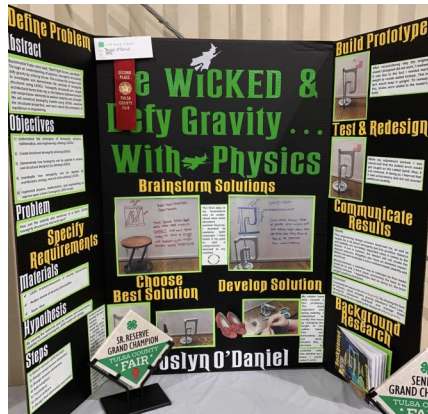
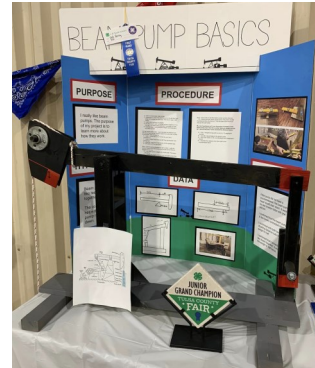
Urban 4-H



Great job rabbit exhibitors and congratulations to all the winners at the show.



Senior Grand Champion at the Tulsa County Fair was Cheyenne Vassmer and Junior Grand Champion was Nick Berry.



Reserve Senior Grand Champion at the Tulsa County Fair was Joslyn O'Daniel and Junior Grand Champion was Ethan Vassmer.





OSU EXTENSION 4-H YOUTH DEVELOPMENT

Exhibits, Kids Zone, Sheriff's Office, EMSA, Raffles, Open Class Cupcake Wars, Cloverbud and 4-H Cupcake Wars, and Animals!

Our 4-H members, Certified Volunteers, and County Officers have done an awesome job making this a fun event for well over 500 youth and adults while gaining important leadership and citizenship skills! WOW! This is what 4-H is all about!



**Kylie
Nicholson**

**Ag Literacy/
STEM**



AGRICULTURE

On July 8-10, Hannah attended the Oklahoma Association of Extension Agriculture Agents (OAEAA) AM/PIC annual meeting in Yukon, OK where she got to tour Sod by Sherry sod farm, Express Ranches, and Express Ranches Clydesdales. She learned lots about turf grass management and sod harvesting as well as got to see multiple OSU collaboration research plots with new Bermuda and Fescue varieties at Sod by Sherry. At Express Ranches, members learned about the deep history and huge genetic and data contributions Express has made to the Angus Association as well as see multi-million dollar producing bulls and dams. At the Clydesdales, they got to meet the pulling teams, staff, see the facilities, and learn about the operation's deep and famous history as well. They got to interact with multiple Clydesdales and Percherons, but Hannah was sad to discover that they wouldn't fit in the cab of her pickup truck to come home with her. At the state meeting



banquet, Hannah was awarded as the State Winner in the Communications Newsletter division and voted as the NE District OAEAA Jr Director to serve a 2 year term and hopefully become the SR Director for the NE District representing OAEAA in 2026.

Action Shot of hay sampling! Preparing for our September 6th collaboration Fall Focus on Forage with John 3:16 Mission by collecting samples from their hay to discuss quality. OSU Extension offers a wide array of testing to help producers improve their operations while being more efficient and cost-effective. One example of such is forage testing, where we take a small bag of hay or fresh forage and send the sample to the soil, water, and forage testing lab (SWFAL) at the OSU Campus in Stillwater for nutrients and tissue information such as moisture content, protein, energy (TDN), and nitrate toxicity. Once Hannah receives results back from campus, she works with the producer to show if that hay meets or exceeds nutrient requirements for their livestock. She can calculate estimates of how much the livestock would eat in pounds of this forage and exactly how much supplement in addition to this hay they may need. During times of draught, this testing is also crucial. Draught or any other conditions that cause plant stress to forages such as Johnson Grass, Haygrazer, sorghum, etc. will cause that forage to collect nitrates. Cattle digestive systems will convert that nitrate into nitrite, which is fatally toxic to cattle. Our testing here at OSU can show producers the parts per million content of Nitrates so we can evaluate if that forage/hay is safe for them to consume.



Hannah Hough

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



OSU EXTENSION TULSA COUNTY MASTER GARDENERS



Brian Jervis
Horticulture
Educator

Two truckloads of corn harvested at our Seed to Supper Farm and delivered to area food pantries today. Guessing between 2000 and 2500 pounds. The young men from the Tulsa Boys Home came out to help with the corn harvest and were treated to some cooked corn before heading back to the home. It was a good day!





CAESAR SALAD PIZZA

INGREDIENTS:

- 1 Egg
- 2 Cans 12.5 oz. Canned Chicken
- ½ Cup Parmesan Cheese
- 1 tsp Ground Pepper
- 2 TBSP Creamy Caesar Dressing
- 1 tsp Powdered Garlic
- 3 Cups Romaine Lettuce



INSTRUCTIONS:

1. Preheat the oven to 375.
2. Drain canned chicken. Combine canned chicken, egg, parmesan cheese, garlic powder and pepper in a bowl. Mix with spatula.
3. Spread crust mixture thinly onto a baking sheet covered with a piece of parchment paper. Bake for 30 minutes. Remove from oven and let cool for 10 minutes.
4. Wash romaine lettuce, dry and chop into very small bite sized pieces. Measure out 3 cups. Toss with creamy Caesar dressing. Top pizza crust.
5. Cut pizza into 4 slices and serve. Enjoy!

Check out our Channel 6 Cooking Corner demonstration
by clicking on the following link:

<https://youtu.be/eVSuTIEePRM?si=S3VxY5GBNp5sJAWc>

CONGRATULATIONS

Tulsa County

OHCE!

Congratulations to Tulsa County OHCE for placing 2nd place, in the state, with their County OHCE Week Report! And for placing 1st place, in the state, with their Local OHCE Week Report!

Shari Monroe and Linda Lawrence did fantastic jobs on writing these reports! Be sure and ask them about their reports and give them your CONGRATULATIONS!

CONGRATS!


Valley View

**2024 Ambassadors Grant
Recipient Winner!**

**Valley View will have a booth at the
Health and Resource Fair presented by
Life Senior Services!**

**The event will be held in the Central Park Hall at
the Tulsa County Fairgrounds, on July 9, 2024,
from 8:30 a.m. to 2:00 p.m.**

**Special thanks to Jean Parks, for writing this
grant for Tulsa County!**



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



TULSA COUNTY EXTENSION



**Maritza
Martinez**

**Strong Dads
Field Program
Coordinator
Bilingual**



Lacey McCause

**Strong Dads
Field Program
Coordinator**

On July 17, 2024, eleven fathers and/or father figures at David L. Moss completed the Strong Dads/Papás Fuertes program. Throughout the 12 Lessons, all the fathers evolved. One father had issues with his own father which has affected his life negatively. Today him and his father have a stronger bond and are able to communicate and have deeper more meaningful conversations. Another father struggled with his child. The child did not want to speak with him when he called once a week via video chat. Now the dad has found a way to connect with his child realizing what is important to that child and meeting her where she is at. All the fathers have developed regular work out routines that are now habits. These fathers understand the importance of taking care of themselves first in order to take care of their families. Other fathers are now reading books and have discovered their enjoyment for reading. I am so proud of each father and/or father figure. We are continuing to build a community of Strong Dads/Papás Fuertes.



**STRONG
DADS**

Extension Staff



Jan Dawson, CED

Jan Dawson

County Extension Director

Kim Arnold

Urban 4-H Educator

Martiza Martinez

Fatherhood Field Coordinator

Hannah Hough

Urban Agriculture Educator

Brian Jervis

Horticulture Educator

Stacey Jones

Family & Consumer Sciences
Educator

Lacey McCause

Fatherhood Field Coordinator

Kylie Nicholson

Ag Literacy/STEM Educator

Baylee White

4-H Youth Development
Educator



Upcoming Events and Activities

August 2024

- 1 Hall of Fame and County Officer Interviews
- 7 New Master Gardener Class Informational Meeting at 10:00 am, OSU Extension Center
- 8 OHCE Tulsa County "After the Fair Meeting" at 1:00 pm, Extension Office
- 14 New Master Gardener Class Informational Meeting at 1:00 pm, OSU Extension Center
- 17 4-H at the Tulsa Farmers Market
- 19 Beginning/Small Farmers and Ranchers at 6:00 p.m., Extension Office
- 20 OHCE Cultural Enrichment Trip to Woody Guthrie Center
- 21 OHCE Leader Lesson Training at 10:00 am, NE Tech Center in Claremore
- 22 OHCE Bunco for Scholarships, 10:00 am to noon, Extension Office
- 22 VOICE meeting
- 26 Backyard Chickens class at 6:00 p.m., Extension Office



Contact Information

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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."