



Family and Consumer Sciences Programming Highlights for 2023

Stacey Jones , FCS Educator



Oklahoma Home and Community Educators were over 60 members strong which donated over \$53,000 and over 10,000 volunteer hours during 2023.

Over 500 hours were donated to the Tulsa County Free Fair.

Over 900 people attended the Co Parenting for Resilience class in 2023 in person and online.

Over 1,000 people utilized programs such as Overcoming Obstacles and Money Habitudes in 2023.

Over 76 people attended Canning and Drying Workshops for Food Preservation.

Over 93 people attended THD Wellness fair with attendance in Food history and a cooking segment.

Over 500,000 people watched the 12 Cooking Corner segments.



Interesting Facts About 4-H

- Tulsa County has 14 Active 4-H clubs with over 400 members.
- Tulsa County has 70 Adult Volunteers that assist the clubs.
- In 1911, the four-leaf clover emblem was created as the official 4-H emblem to replace the previously used three-leaf clover. The four-leaf clover emblem was patented in 1924.
- In 1914, the passage of the Smith-Lever Act by Congress established the Cooperative Extension Service System. 4-H is the youth program of the Oklahoma Cooperative Extension Service.
- The Cooperative Extension Service represents a partnership between federal, state and local levels of government.
- By 1924, 4-H became recognized universally as the name of youth club work in the United States.
- National 4-H Conference began in 1927 to recognize 4-H'ers from each state who had shown outstanding ability and fitness for Leadership.
- Gallaher-Iba Arena on the campus of Oklahoma State University was once know as the 4-H and Student Activities Building. The dedication, on June 1, 1939, was carried live on KVOO station in Tulsa.
- In 1952, a U.S. postage stamp was issued to commemorate the 50th Anniversary of the 4-H club movement.
- President Dwight D. Eisenhower assisted with the dedication ceremonies for the National 4-H Center in Chevy Chase, Maryland in 1959.
- During the 1970's the words "Our World" were added to the 4-H Pledge.
- President Richard Nixon helped 4-H celebrate its 50th National 4-H Congress in Chicago in 1971.
- The Oklahoma 4-H Key Club recognizes the accomplishments of top 4-H members across the state who are at least 15 years old and possess leadership, loyalty and a sense of responsibility to the total 4-H program.
- In 2002, the 4-H movement celebrated its centennial as America's premier youth development organization.





OSU EXTENSION TULSA COUNTY MASTER GARDENERS

Seed to Supper Farm



Read about the Seed to Supper Farm that helps teach Tulsa Master Gardeners to grow vegetables on a larger scale than they might experience as a home vegetable grower.

[Seed to Supper Farm teaches large-scale vegetable gardening \(tulsaworld.com\)](https://tulsaworld.com)



Brian Jarvis
Horticulture
Educator

Busy month for Habitat for Humanity volunteers. Five homes completed!

Habitat for Humanity Committee



200 potatoes planted, 150 onions as well as 600 Merlin beets!



Seed to Supper Farm





AGRICULTURE



Last month, on February 20 Ag Educator Hannah and Nutrition Education Assistant Liz attended Food on the Move's Resource festival in Chamberlain Park where they shared recipes, newsletters, upcoming programs, and plant sale information while sharing chocolate avocado dip and graham crackers with an estimated 500 people. Food on the Move's resource festival offers

low cost and free, fresh produce such as eggs and microgreens grown at the Food on the Move farm while encouraging community outreach, partnerships, and education for



Hannah Hough

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



OSU EXTENSION 4-H YOUTH DEVELOPMENT

Tulsa County 4-H Horse Clinic

4-H'ers from all over Oklahoma participated in the 13th Annual 4-H Horsemanship Clinic, hosted by the Tulsa County 4-H Horse Club, last month!

The clinicians taught riders to ride through obstacles, the basics of reining and cutting using a mechanical cow, and vaulting which is like gymnastics on horseback! A chili cheese coney lunch was served, then games were played on and off horseback, and the silent auction winners were announced.

This is always a fun event for the entire family!



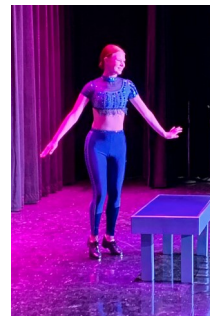
Kim Arnold

Urban 4-H

Share the Fun

We had some amazing acts at Share the Fun! Congratulations to all of the performers and thank you to the judges and audience for being there.

By Alice Geary, Tulsa County 4-H Reporter



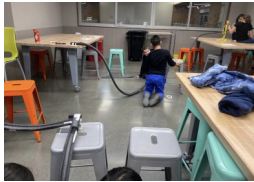


OSU EXTENSION 4-H YOUTH DEVELOPMENT

Students got to drive and code some spheros at Ellen Ochoa after school program last month.



I finished my last STEM 6 week series at Ellen Ochoa where the students partnered up and had to build a roller coaster using pool noodles and tape! Their designs and ideas behind their designs were pretty cool! I loved watching them work together to create a functional rollercoaster for a marble to “ride on”!



**Kylie
Nicholson**

**Ag Literacy/
STEM**

Then on to Friday and Saturday I was a part of the Oklahoma 4-H Innovators weekend where 4-h members were trained on stem and natural resources activities. We had several members attend and get trained to teach the activities to youth in their communities!





OSU EXTENSION 4-H YOUTH DEVELOPMENT

Hello everyone! My name is Ivan Thomas and I am the new Tulsa County 4-H Youth Development Educator. A little bit about me, I am from Southwest Oklahoma where I enjoyed the outdoors and everything



agriculture related. I obtained by Bachelor's degree at Oklahoma State University in Animal Science. I graduated with my Master's degree from the University of Arkansas in Animal Science/Ruminant Nutrition in December. In my free time I enjoy working out, hunting, fishing and video games. I look forward to meeting and working with everyone. This is a picture of my family spending time together.

The best way to reach me is via email at ivan.thomas@okstate.edu. I will see you at our upcoming events that are planned and I can't wait to meet you all!



Ivan Thomas

4-H Youth Development Educator

We had a great turnout for tonight's VOICE meeting! Thank you to everyone who brought food for our SOUPer Bowl meal. Traci Morgan talked about the new Impressive Dress contest that will be held with the Fashion Revue in April and some of the county officers modeled examples of the contest categories. Matt Martin and Kylie Nicholson talked about STEM opportunities for 4-Hers. 4-H members had the first Tulsa County 4-H Youth Council meeting. We hope to see you at the next meeting on May 16!

Submitted by Alice Geary,





Tulsa County Junior Livestock Show

Thank you to the sponsors of the Tulsa County Junior Livestock Show!

TTCU Federal Credit Union

P&K Equipment

Jonathon Holloway, Tulsa County Farm Bureau

Tulsa Farm Bureau

RCB Bank

Collinsville Feed Store and Livestock Sales

Congratulations to all the winners at the Tulsa County Junior Livestock Show. Great job everyone!!



Cattle Showmanship Winner: Champion Junior—Aspen Soules; Reserve Champion Junior—Bristol Soules; Champion Intermediate—Sheridan Soules; Reserve Champion Intermediate—Gentry Earsom; Champion Senior—Ayden Beach and Reserve Champion Senior—Alison Tillinghast

Goat Showmanship Winners: Champion Junior—Simon Brady; Reserve Champion Junior—Jo Ann Brady; Champion Intermediate—Kendall Bailey; Reserve Champion Intermediate—Sheridan Soules; Champion Senior—Rebecca Hudson and Reserve Champion Senior—Ty Branen



Sheep Showmanship Winners: Champion Junior—Brittany Sullivan; Reserve Champion Junior—Kaylin Hamil; Champion Intermediate—Avery Bingham; Reserve Champion Intermediate—Kenna Turner; Champion Senior—Phoebe Storm; and Reserve Champion Senior—Taylor Snyder

Swine Showmanship Winners: Champion Junior—Emry Lewis; Reserve Champion Junior—Luke Case; Champion Intermediate—Taylor Owens; Reserve Champion Intermediate—Reese Armstrong; Champion Senior—Kelsey Myers; Reserve Champion Senior—Rebecca Hudson



Rabbit Show Results: Best in Show— Ethan Vassmer; Reserve Best in Show— Brynlie Silva and 2nd Reserve—Avah Holeston



LEMON BLUEBERRY MUFFINS

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

INGREDIENTS

½ cup of unsalted butter (room temperature)
2 tsp of lemon zest
1 cup of sugar
1 tsp vanilla
2 cups of all-purpose flour
1½ tsp salt
½ cup of 2% milk
1 egg room temperature
1 tsp of baking soda
2 tsp of baking powder
2 cups of blueberry

Glaze (optional): 1 cup of confectioner's sugar and 3 TBSP of lemon juice

INSTRUCTIONS


1. Preheat oven to 375 degrees. Spray 12 count muffin pan with non-stick spray and set aside.
2. Using a hand or stand mixer, cream together the butter, lemon zest and sugar about 2 minutes on high speed.
3. Add egg and vanilla. Beat for 2 minutes of medium speed and scrape the side and bottom of the bowl. Toss the blueberries with ¼ cup of flour; then whisk together the remaining flour, baking powder, and salt.
4. In a large bowl whisk the flour mixture to the batter a little at a time, alternating with the milk. Fold in the blueberries. Note: Batter will be thick
5. Distribute batter equally among the muffin cups. Bake for 20-25 minutes. Check to see if the muffins are done by inserting a toothpick in the center and it comes out clean.

Serves: 12

Nutritional analysis per serving:

Calories: 243	Carbohydrates: 39 g
Total Fat: 8.5 gm	Sugars: 20 g
Saturated Fat: 5 g	Protein: 3 g
Sodium: 207.5 mg	

<https://www.youtube.com/watch?v=eGniNBY71U8>



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



TULSA COUNTY EXTENSION



Maritza Freese
Strong Dads
Field Program
Coordinator
Bilingual



Lacey McCause
Strong Dads
Field Program
Coordinator

We are entering our 6th week of the Strong Dads (“Papás Fuertes”) Cohort 2 at Martin Regional Library in Tulsa. The Dads (“Papás”) have been evolving very nicely. When we covered Lesson three which talks about showing and managing your feelings, all the Papás impressed me. They are all so dedicated to learning and self-improvement. One Papá even cried and led by example. By the end of the Lesson, when we were reviewing what we had discussed that evening, all the Papás understood the importance of allowing themselves to cry and what physically happens to them if they do not allow themselves to cry. I could not be prouder of all the Papás. Papás Fuertes is helping one Papá at a time become the best Papá they can be.



Submitted by: Maritza Freese



OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS



Kimberly Cripps

Area Coordinator—
Green Country Unit

Community
Nutrition
Education Programs
(CNEP)

Malabika Bose
Nutrition Education
Assistant

Liz Lazar
Nutrition Education
Assistant

Eduardo Rameriz
Nutrition Education
Assistant

**This article/
information was
taken from the CNEP
Green Country
newsletter provided
by Kimberly Cripps.**

Tulsa County

Malabika Bose, Nutrition Education Assistant
Liz Lazar, Nutrition Education Assistant
Eduardo Rameriz, Nutrition Education Assistant



Malabika is in the middle of a series of Teen Cuisine lessons. Teen Cuisine offers a hands-on cooking experience for 6th-12th graders. Lessons focus on nutrition, food safety, and physical activity. Topics taught include Choose nutrient dense foods and snacks; Read food labels to choose healthier foods and snacks in grocery stores and restaurants; Understand MyPlate and how to incorporate; MyPlate into meal planning; Read and follow a recipe, using correct cooking and measuring techniques; Use safe food handling practices.

Liz has scheduled some Spanish lessons for the Oklahoma Professional Development Registry (OPDR), allowing Spanish only speaking early care and education providers in Tulsa County to meet their professional development requirements at no charge. Liz is also finishing up some KIK It Up! Lessons with Taller Crecer in partnership with Fellowship Lutheran Church

Eduardo is finishing a variety of Fresco comienzo classes in partnership with St Thomas More Catholic Church. Some of the topics that Eduardo has taught include Planifique: Sepa Qué hay Para Cenar; Compre lo Mejor por Menos; Elegir Más Frutas y Verduras; Compre Barato, Mire las Etiquetas; Elegir MiPlato; Aprenda Sobre Sanidad de Alimentos.

Recipe of the Month

Throughout the month of March, we are sharing samples of Broccoli Pesto at a variety of community events across all our Green Country CNEP Unit. Did you know that broccoli has numerous health benefits and is very nutrient dense. Broccoli may aid in promoting heart health, supporting digestion and bone health. This cruciferous vegetable provides a versatile and tasty way to improve your overall well-being.

Broccoli Pesto

Servings: 8 (2 Tablespoons)

Ingredients:

2 cups broccoli florets	½ teaspoon salt
½ cup basil, fresh	½ teaspoon lemon juice
½ cup olive oil	1 garlic clove
1/3 cup sesame seeds	lemon zest



Instructions:

Steam broccoli florets for 3-4 minutes. Prepare a bowl of ice water. Once broccoli is steamed, dunk into ice water, drain and pat dry. In a food processor/blender place the cooled broccoli florets, basil, olive oil, sesame seeds, lemon juice and zest, salt, and garlic. Pulse to desired consistency. Spoon 2 tablespoons over one cup of Rotini pasta and enjoy.

Nutritional analysis per serving: Calories 104, Carbohydrates 7.1g, Protein 2.5g, Fat: 8.1g, Sodium: 160mg, Dietary Fiber 1.5g, Total Sugars 0.7g

Extension Staff



Jan Dawson, CED

Jan Dawson

County Extension Director

Kim Arnold

Urban 4-H Educator

Martiza Freese

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

Ivan Thomas

4-H Youth Development
Educator



Upcoming Events and Activities

March 2024

- 7-10 Tulsa Home and Garden Show
stop by and see the Master Gardeners
- 9 Urban Gardener Class
- 11-22 Oklahoma Youth Expo
- 15 OHCE Game Day from 1-3 at OSU Extension Office
- 18 Small Acreage Class
- 19 Composter Class
- 22-23 Discovery Unlimited at Sky Ranch
- 25 Small Acreage Class
- 25 Composter Class
- 26 Northeast District OHCE
Meeting at Glenpool Conference Center
- 28 OBI Blood Drive, 1:30 pm-3:30 pm
- 29 Good Friday, OSU Extension Office Closed



Contact Information

Tulsa County OSU Cooperative Extension Service

4116 East 15th Street

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>

"Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>."

"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."