



## Meet the 2024 Tulsa County Summer Interns

### Reagan Conrad

Hi everyone! My name is Reagan Conrad and I am serving as an intern at the Tulsa County Extension office for the summer. I'm a senior at Oklahoma State University studying Agricultural Communications with a minor in Animal Science and American Sign Language. I grew up in Sand Springs, Oklahoma, where I enjoyed the outdoors, hunting, and fishing with my dad. I was a member of the shooting sports club through 4H for a few years, and I also showed pigs and goats in high school through FFA, where I served as my chapter's vice president. I love all aspects of agriculture and am deeply grateful for the industry's impact on my life. During my free time, I enjoy reading, hanging out with my friends and family, spending time outdoors, and playing with my dog Honey. I look forward to meeting everyone



### Urooj Sohail

I am a graduate student at Oklahoma State University with a Nutritional Sciences and Dietetics major. This summer, I am working as an intern at OSU Extension (Tulsa County). I am excited to work with extension and to learn different aspects of their programs and services. I was born and raised in the South Asian country of Pakistan. We moved to Tulsa in the summer of 2011 with my husband and kids. I love to cook and try different recipes if I find time with my studies. I am astonished to see the dietary diversity available in Oklahoma and its surrounding areas. Becoming a Registered Dietitian allows me to put my dreams into action. Also, it's a great privilege to give back to the community and volunteer for community-based education at schools and community programs. I am interested in infusing the taste of my culture with simple and healthy recipes and bringing life to the diet.





# OSU EXTENSION FAMILY AND CONSUMER SCIENCES

## Herb Preservation

By: Stacey Jones, FCS Extension Educator

**Washing:** Rinse your herbs gently in a large bowl of cool water to avoid damaging leaves and delicate stems.

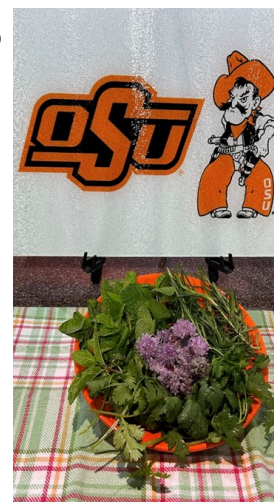
**Drying:** Lay out paper towels on your counter. Lift the wet herbs from the water, allow excess water to drip off, and then place them on the towels.

**Soft Herbs (e.g., parsley, cilantro, mint):**

**Storage Method:** Place them in a glass of water, cover the top with a plastic bag, and cinch it at the bottom.

**Hard Herbs (e.g., rosemary, thyme, sage):**

**Storage Method:** Loosely wrap them in a damp paper towel and keep them in a tightly sealed container or reusable bag in the fridge.



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

## CEASAR SALAD PIZZA

<https://youtu.be/eVSuTIEePRM?si=3gRm3fNKpab3KOLz>

### INGREDIENTS

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1 egg                         | 2 – 12.5 oz cans of canned chicken |
| ½ cup of parmesan cheese      | 1 tsp of powdered garlic           |
| 1 tsp of ground pepper        | 4 cups of romaine lettuce          |
| 2 TBSP creamy Caesar dressing |                                    |



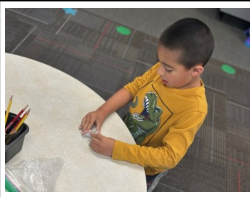
### INSTRUCTIONS

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.
5. Cut pizza into 4 slices and serve. Enjoy!

**Serves: 4**

### Nutritional analysis per serving:

Calories: 337	Carbohydrates: 37.9 g	Total Fat: 11.6 gm	Sugars: 3 g
Saturated Fat: 4.2 g	Protein: 27.2 g	Sodium: 274 mg	



I brought a special surprise for the first graders at Darnaby! We had been discussing some of the projects that you could



have when you are in 4-H and rabbits, being one of them, so the students got to pet bunnies and then for our activity, we made pet treats and talked about volunteering/citizenship and how they are not too



young to start volunteering in their community. The students made homemade pet treats that were then donated to the Paws and Claws.

I am also throwing in some pictures of the kiddos making seed bombs to celebrate earth day back in April! They keep me busy and, on my toes, but wouldn't have it any other way! This had been a great partnership and look forward to working with them again in the 2024-2025 school year!"



**Kylie  
Nicholson**

**Ag Literacy/  
STEM**

### Tulsa County Food Showdown



Food Showdown was May 2nd with several clubs participating. Everyone did a fantastic job! The winning teams will represent Tulsa County at Northeast District Contest Days in June. Special thanks to our judges for this event.



We had one Cloverbud team from 4-Heritage—Laiken and Edith.



The winning Junior teams were: 1st place—Bixby - Gordon and Andrew; 2nd place—Patriot-Brynn, Barron and Reed; 3rd place—4-Heritage-Axton and Tanden.

The winning Senior teams were: 1st place—YFR- Alice, Katelyn and Natalie; 2nd place—Impact-Jonas and Gabriel and 3rd place—4-Heritage-Cathan and Luca. Congratulations to all the teams for a job well





# OSU EXTENSION 4-H YOUTH DEVELOPMENT

Tulsa County Vice President, John Hart, gave a hands-on Poultry presentation to the Special Education Department at Union High School.



**Kim Arnold**

**Urban 4-H**

**Congratulations**  
*State*  
 4-H Recordbook  
 Interview Finalists

**Alice Geary**  
**John Hart**  
**Katelyn Hart**  
**Luke Martin**  
**Matthew Martin**  
**Natalie Reyes**  
**Ainsley Trzebiatowski**  
**Cheyenne Vassmer**

Congratulations to these 4-H members from Tulsa County. We wish them the best of luck as they head to Stillwater for State Record Book interviews in June.





# AGRICULTURE

## Agriculture Tip for June: Importance of Hay Testing

Written by: Hannah Hough

Recently, I received an email from an equine producer suggesting the topic of importance of hay testing

and how it can be helpful for so many beef and equine producers alike. She shared with me, “I have a 23-

year-old Quarter horse on primarily grass and Tallgrass bluestem prairie hay. He has Cushing’s Pituitary

Pars Intermedia Dysfunction (PPID) disease and I manage him on the drug Prascend. It is important to get

his hay tested and manage him with appropriate actions”, as it affects hormone productions and signals.

She routinely gets her hay tested to ensure it has the proper nutrients for him to stay as healthy as possible

with Cushing’s.

Other reasons to get hay tested include increasing marketability of your hay products, knowing whether hay

you purchased is of good quality, and to calculate whether that hay source is providing all of the nutrients,

protein, and energy needed by all production stages of cattle and horses.

OSU Extension offers forage testing to help with this! We can test for protein, moisture content, energy,

nitrites, minerals, and more! Hay testing prices range from \$8 and up, depending on what criteria you need

tested. For a hay sample, county extension offices have hay probes that can be borrowed to obtain a

sufficient, mixed sample. OSU recommends to select a minimum of 10 representative bales and collect two

cores from the circumference of each. Combine the cores in a bucket and mix well. Large round bales

should be sampled to the center using a long probe or one with a extension adapter. Angle the probe in an

upward direction to reduce the potential for water entering the core holes. To hand sample, reach inside

each bale and remove two or three handfuls from different locations. Take care not to lose leaves. Combine

the grab samples in a bucket after cutting them into 2- to 3-inch pieces, and mix well. Because round bales

are normally stored outside and subjected to weathering, collect samples two to four weeks before the hay

is sold or feeding begins rather than sampling immediately after harvest.

For more information: <https://extension.okstate.edu/fact-sheets/collecting-forage-samples-foranalysis.html>

html



**Hannah Hough**

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



# AGRICULTURE

## Blister Beetles

By: Hannah Hough and OSU Fact Sheet EPP-2072

On May 6, I got the first call of reported blister beetles in Tulsa County- keep an eye out!

Blister beetles contain cantharidin, a defense mechanism that protects them from predators. This chemical is toxic to horses and livestock- horses being extremely sensitive. Cantharidin can impede breathing and elevate heart rate plus cause oral blisters and sores. These conditions can be fatal. This toxin is present and considered a risk in both live and dead blister



beetles. "Consistent periods of hot, dry weather with intermittent rainfall can lead to increased blister beetle populations, and that is just what Oklahoma experienced in June of 2022. The source of these blister beetles can be from hay but most likely are native blister beetles attracted to broadleaf weeds that could be blooming near the horse barn or other facilities." – Justin Talley, Oklahoma State University Extension entomologist. Blister beetles are also attracted to Alfalfa.

Altering management practices when cutting hay can help prevent blister beetles from being presented in your baled hay.

1. Let freshly cut hay lay out to dry a few days longer- this allows the insects time to relocate and not get trapped in hay bales
2. Pesticides can be used in pastures that are labeled for blister beetles - consult with your ag. Educator for more details.
3. Maintain weed control within and outside fields.
4. Spraying fence rows and field borders can help prevent migration into fields.
5. Inspect fields shortly before cutting and spray only infested areas if beetles are found.
6. Harvest before bloom, if possible.

## Blister Beetle Poisoning in Horses

Symptoms in horses are dependent on the amount of cantharidin eaten. If a large amount of cantharidin is consumed, a horse may die within 6 hours. If a small amount

is consumed, only depression or mild colic (pawing, looking to the side, stretching) may occur.

A frequent symptom of cantharidin illness is placing the muzzle in water and playing in the water with the lips and tongue. Severe poisoning may result in low blood calcium and magnesium. These low electrolyte levels may cause stiffness or an exaggerated "goose-stepping" gait. An exaggerated contraction of the diaphragm may also occur. Horses that survive at least 24 hours have better survival rates but may strain frequently and void small amounts of darkened urine (blood in urine). Any horse showing these symptoms should be promptly examined by a veterinarian and the forage inspected for presence of blister beetles. As there is no way to completely eliminate the threat of blister beetles in alfalfa, the prudent approach for management is to take all possible precautions to reduce the likelihood that they are present.

Read more at: <https://extension.okstate.edu/fact-sheets/blister-beetles-and-alfalfa.html>



**Hannah Hough**

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



# OSU EXTENSION TULSA COUNTY MASTER GARDENERS

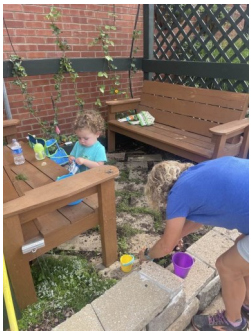
If it's Monday, Master Gardeners are down and dirty creating flower beds in front of brand new Habitat for Humanity homes. The planting is part of the last phase of this well planned, ongoing program. After this comes the educational phase in which an Information Packet is presented to each homeowner, listing specific plants in their garden and how to care for them. A gift from Tulsa Master Gardeners to welcome and congratulate the new homeowners.



**Brian Jervis**  
**Horticulture**  
**Educator**

## DEMO GARDEN

What a great group of hardworking gardeners we had in the Demo Garden today! No wonder the gardens look so good. We have a "little" extra help in the summer!



## Seed to Supper Farm

200 pounds of fresh onions, turnips, beets, Swiss chard and collards harvested today from our Seed to Supper Farm and delivered to area food pantries.





# TULSA COUNTY EXTENSION



**Maritza  
Martinez**

**Strong Dads  
Field Program  
Coordinator  
Bilingual**

On Thursday, May 30<sup>th</sup>, nine fathers at David L. Moss graduated from the Strong Dads/Papás Fuertes program. Also, in attendance were Program Coordinators, McGowen, Kimball and Masters, Stacey Jones (Educator at OSU-Extension), Ms. Halloway (the Jail Administrator) and myself. One father delivered an inspiring speech of everything he had learned and how it has already started to change his life for the better. This father also gave inspiring advice to his fellow Papás Fuertes and the best part was that his girlfriend and children were there to witness it. They were so proud and impressed with him as were all of us present. I interpreted his speech to Ms. Halloway as it was delivered in Spanish. His speech moved many to tears including the other fathers and myself. Another father, whom was incarcerated when his wife was pregnant, met his daughter for the first time. His daughter is walking now. Other fathers were able to see their children as well. Most of these fathers have not seen their children in over a year. It was beautiful to witness. David L. Moss allowed us to bring soda and cupcakes so we celebrated. Afterwards, on the way out, all the children received presents donated by Early Learning Works. These presents were bins for each child filled with books, games and toys. Thank you to Early Learning Works for this generous donation and thank you to David L. Moss for allowing us to come in and provide the Strong Dads/Papás Fuertes Cohorts.



By Maritza Martinez



**Lacey McCause**  
**Strong Dads  
Field Program  
Coordinator**





## 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

Vacant

4-H Youth Development  
Educator



## Upcoming Events and Activities

### June 2024

- 4-6 NED Contest Days
- 8-9 Master Gardener Garden Tour
- 10 4-H Interviews
- 10 OHCE Tulsa County Free Fair Planning Meeting
- 16 Father's Day
- 19 Extension Office closed
- 27 County Fair Workshop Day
- 20-21 4-H Survivor Camp



### 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>

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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."