



TULSA COUNTY EXTENSION

September 2024 Highlights

It's that time of year Fall Farm to Student Event at Anderson Elementary on Thursday, September 26th. Groups rotate through stations during their grade level specials time. There were 317 students that participated in the event. OSU Extension educators discussed fruits and vegetables with the groups and served watermelon salsa. The Tulsa County Master Gardeners were there with their Worms to the Wise lesson.





OSU EXTENSION
4-H YOUTH DEVELOPMENT

Tulsa County Fall Livestock Show

Congratulations to all of the 4-H members who took part in the 2024 Fall county livestock show, keep up the hard work!



Baylee White

**4-H Youth
Development
Educator**



OSU EXTENSION 4-H YOUTH DEVELOPMENT

We honored the accomplishments of our Tulsa County 4-H members this month. This year 45 Tulsa County 4-H members and 9 Cloverbuds turned in record books. A member must turn in a record book to receive a medal and be eligible for the awards that were presented.

4-H members success is not determined by who you are, but by what you do. The size of your success is measured by the strength of your desire; the size of your dream; and how you handle disappointment along the way.

We celebrated all the hard work and accomplishments of members in their 4-H projects!

A special thank you to Commissioner Stan Salee for taking time to offer encouragement and for acknowledging the hard work of all the members.

Special Award Winners

We recognized 3 volunteers who went above and beyond. We definitely could not have done everything without them and their dedication that does not go unnoticed. Congratulation to Nikki Brice, Kyle Brice, and Susan O'Neal for all their hard work this year!

Q and Q County Fair Exhibitor Award—Cheyenne Vassmer and Ethan Vassmer

Farm Bureau Award—Club Award to Skiatook 4-H and Individual Award to Cheyenne Vassmer

Traveling Livestock Trophy—Tulsa County 4-H Horse Club

Jr. Agriculture and Natural Resources—Rylee Silva

Jr. Family & Consumer Sciences—Charity Hakanson

Jr. Achievement is—Alayna Campbell

Jr. Citizenship—Jonam Brice

Jr. Leadership—Riley Zickefoose

Youth Continuing Excellence Award—Katelyn Hart

Small Animal Award—Jonas Campbell

Recreation Award—Charles Fletcher

Agriculture and Natural Resources Award—Joslyn O'Daniel

Senior Engineering and Technology Award—Joslyn O'Daniel

The Lois Olzawski Volunteer Service Award—Natalie Reyes

Public Speaking Award—Timothy Martin and Lucas Martin

The Clover Awards—Cathan Brice and Jonas Campbell

The Maxine "Granny" Baker Leadership Award—Lucas Martin and Alice Geary

The Nancy J Parisot Performing Arts Award— Cheyenne Vassmer

The New Mexico Leadership Conference—Katelyn Hart

The Citizenship Washington Focus Trip—Matthew Martin

The Don McAfee Memorial Scholarship—Ainsley Trzebiatowski and John Hart

The "I Dare You" Award and Scholarship—Katelyn Hart and Alice Geary

The Robert & Patsy Rowland Memorial Scholarship—Timothy Martin

4-H Graduating Sr. Scholarship—Jonas Campbell

4-H HALL OF FAME

Ainsley Trzebiatowski and Timothy Martin



Kim Arnold

Urban 4-H





The Cycles of Agriculture

In September we learned about all the cycles of agriculture at Darnaby! Of course we had to make bracelets to share with others what the colors represent what cycle! From seasons, day to night, from water to soil, there are so many cycles that make up this blue and green ball we call earth! Each one plays a huge role in agriculture!



**Kylie
Nicholson**
**Ag Literacy/
STEM**



**The Cycle of
Agriculture**



AGRICULTURE

Please see the information on the flyer below to register for the
Master Cattleman Course.

If you have any questions contact Hannah Hough at 918-746-3725 or
by email at hannah.k.hendryx@okstate.edu.



Hannah Hough

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



2024-2025 OKLAHOMA MASTER CATTLEMAN COURSE SERIES, TULSA

The Master Cattleman Program is a comprehensive educational curriculum designed to enhance participants' proficiency in beef cattle production and business management, ultimately facilitating improved profitability and quality of life for beef cattle producers.

To be certified as a Master Cattleman, producers must complete a minimum of 28 hours of instruction from the Oklahoma Beef Cattle Manual plus a final evaluation. Participants receive the Beef Cattle Manual, instructional materials, and if all program requirements are completed, a producer certificate, a personalized Master Cattleman farm gate sign, and a notebook embossed with the Master Cattleman logo.

ATTENDANCE/PARTICIPATION IS REQUIRED TO GET CERTIFICATE.

You don't have to live in Tulsa County to attend! Any adult willing to travel to Tulsa is welcome to attend the course. Classes will be at the Tulsa Co. OSU Extension Office.

Class information and updates will be emailed to participants.

CLASS DATES

- Thursday November 14, 2024 6:00PM
- Monday November 18, 2024 6:00PM
- Tuesday December 3, 2024 6:00 PM
- Monday December 9, 2024 6:00PM
- Saturday December 14, 2024 9:00AM
- Monday January 6, 2025 6:00PM
- Saturday January 18, 2025 9:00AM
- Monday January 27, 2025 6:00PM
- Monday February 10, 2025 6:00PM
- Tuesday February 11, 2025 6:00PM
- Thursday February 20, 2025 6:00PM*

*at Collinsville Livestock Sale Barn

- Thursday February 27, 2024 6:00PM
- Tuesday March 4, 2025 5:30PM*

*meal provided and gate signs presented

LOCATION:

Tulsa County OSU Extension Office
4116 E 15th St- Tulsa, OK 74112

COST:

\$225 per individual OR \$275 per couple*

(this includes manual, curriculum, sign, notebook, and meal at last class) **Cash or Check only**

*If you already have a manual 2024 or newer, class is \$50 cheaper for you

2 INDIVIDUAL COURSE SCHOLARSHIPS

AVAILABLE- call to apply

Signup AND pay course fee By:

10/24/2024 (Complete registration form and send in with payment, or bring to office).

QUESTIONS:

Hannah Hough, Tulsa Co. Ag Educator
918-746-3725

COURSE RUNS FROM:

November 14, 2024 to March 4, 2025

OSU is an Affirmative Action, Equal Opportunity, E-Verify Employer.

Persons with disabilities who require alternative means for communication, program information, or reasonable accommodation need to contact Hannah Hough at 918-746-3725 or Hannah.K.Hendryx@okstate.edu at least two weeks prior to the event.



OSU EXTENSION TULSA COUNTY MASTER GARDENERS

County Commissioner Kelly Dunkerley honored the Tulsa Master Gardeners at the dedication of the Donor and Volunteer Walkway (formerly known as the Demo Garden west side). We had a great day sharing about our programs during Land Grant Week. It was great to see everyone and to have Commissioner Kelly Dunkerley join us for the dedication. We even had a few Monarchs join us for the event.



Brian Jervis
Horticulture
Educator





OSU EXTENSION FAMILY AND CONSUMER SCIENCES

CHOCOLATE CHIP ZUCCHINI BROWNIES

INGREDIENTS

- 1 ½ CUPS OF GRANULATED SUGAR
- 2 CUPS OF ALL-PURPOSE FLOUR
- 2 cups of shredded zucchini
- 1 tsp salt
- 1 ¼ cups of semi-sweet chocolate chips divided
- ½ CUP OF VEGETABLE OIL
- ¼ CUP OF UNSWEETENED COCOA
- 2 tsp of vanilla extract
- 1 1/2tsp baking soda

INSTRUCTIONS

1. Preheat oven to 350°. Grease a 13x9-in. baking pan with cooking spray. Set aside.
2. In a large bowl, combine sugar, oil and flour until the mixture resembles wet sand. It will be dry looking and that's ok. While mixing, add cocoa, shredded zucchini, vanilla extract, salt, and baking soda. Mix until well combined. The mixture will moisten one the zucchini is added. Stir in one cup of the chocolate chips. beat cream cheese, sugar and extract until smooth. Spread over crust. Spoon pie filling over cream cheese layer.
3. Pour brownie batter into prepared pan and sprinkle the remaining chocolate chips on top. Bake 35-40 minutes or until toothpick comes out clean.
4. Cool in pan on a wire rack. Cut into bars.
5. Enjoy!

Serves: 18

Nutritional analysis per serving:

Calories: 248	Carbohydrates: 34 g	Total Fat: 11 g
Sugars: 21 g	Saturated Fat: 1.8 g	Protein: 2 g
Sodium: 223 mg		



<https://youtu.be/pZKzs2CZ6H0?si=K6Wk0ajqZMrYYcii>

Stacey Jones
Family and
Consumer
Sciences/4-H

The OSU Extension was invited to the Tulsa Health Department's Wellness Day Event. Part of this year's workshops that were given were Jarcuterie, History of Tea and Coffee, and Organizational Tips for the Home.





TULSA COUNTY EXTENSION



**Maritza
Martinez**
Bilingual
Strong Dads
Field Program
Coordinator



Lacey McCause
Strong Dads
Field Program
Coordinator

Strong Dads/
Papás Fuertes,
Cohort 5 will be
entering its 6th
week on October
1, 2024 and the
progress can
already be seen.

Thirteen

Hispanic fathers

from different ages, professions and backgrounds (Mexico, Peru, Columbia, Gautemala and Venezuela) are attending regularly and bonding very nicely. Three of the participants are minors sent over by the court. Another adult dad was also sent from the court. The other dads are relatively new to the United States. During our Emotions and Feelings class, one father started off by saying that he views crying as a sign of weakness. By the end of the class he realized how allowing yourself to cry when you need to is a physiological need. Given his cultural background this was a huge

step forward for him. Another father is struggling with his daughter and is now realizing exactly how he can start making changes in order to improve his relationship with his daughter. All the fathers are saying how much they are learning and enjoying the class. Progress and change are not always easy but the fact that these dads are enjoying the classes while they are making progress speaks volumes for the Strong Dads/ Papás Fuertes curriculum.



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

October 2024

- | | |
|-------------|--|
| 15 | Lunch and Learn at Tulsa Downtown Central Library at 12:00 PM |
| 17, 24 & 31 | Master Gardener Classes |
| 17 | Lunch and Learn at Hardesty Regional Library at 1:00 PM |
| 12 | OHCE Demo Days |
| 14 | Canning Apple Butter at 6:00 PM |
| 16-18 | Youth in Action at Fin and Feather |
| 19 | Strong Dads at Tulsa Farmers Market |
| 21 | Sourdough Workshop at 6:00 PM |
| 25 | OHCE Cultural Enrichment Trip to Shepherds Cross
Fall Festival in Claremore |
| 28 | Medicinal Herbs at 6:00 PM |



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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