



TULSA COUNTY EXTENSION

December 2024 Highlights

Hoping this year brings success and
happiness in all that you do!



Happy New Year from
Tulsa County OSU Extension



AGRICULTURE



Hannah Hough

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

In December, our county Ag Educator got to help promote OSU Extension at the Tulsa Farm Show where specialist brought along the University's calving simulator. Not only did educators get the opportunity to share upcoming programming and teach others about Extension, they also utilized the calving simulator to help participants pull a calf. For some, it was extra



practice of something they've done countless times but for others it was their first time. During Hannah's shift, she helped ~50 people pull calves from a 3-year-old little girl to adults and high school FFA students. One of the many cool features of the calving simulator is that you can simulate any type of dystocia (a difficult or abnormal birth) such as a calf being presented breech (hind-end first), only one front leg forward and head stuck above

pelvis, etc. Not only is this a great teaching tool, it allows cattlemen of any age to practice pulling calves in a stress-free, risk-free, still environment while learning best practices to help them prepared when this happens to their herd in real-life. Thankfully, the calving simulator doesn't kick or move at all so they could really focus. Now, if we could just turn a bucking mechanical bull into a calving simulator... Would be that much more realistic!





OSU EXTENSION TULSA COUNTY MASTER GARDENERS

Urban Gardener Training

Growing Vegetables



Seed to Supper

This class will provide you with a better understanding of vegetable gardening basics so you can become a more successful gardener.

It is intended for those whose interest is in starting a home vegetable garden or perhaps learning how to become a more successful vegetable gardener.



Brian Jarvis
Horticulture
Educator

Seed to Supper Curriculum

The Dirt on Soil

- What is soil?; Nutrient management; All about fertilizers; Soil Testing; and Understanding your soil test

Vegetable Gardens—Planning Your Garden

- Choosing a Location; Types of Gardens; Making a Planting Plan; Plant Spacing; Crop Rotation; and Selecting What to Plant

Vegetable Gardens—Plant, Grow, Harvest

- Preparing the Soil; Seed Packets; Understanding Varieties; What Grows in Oklahoma; Direct Seed or Transplant; Fertilization; Mulching; Weeding; Integrated Pest Management; Treating Disease/Pest Problems Organically

The OSU Tulsa Master Gardeners have offered programs and activities for senior citizens and people with disabilities for the past 15 years. The Senior Living Outreach Program has as its goal to enrich people's lives by bringing horticulture into their world.

Master Gardener volunteers visit extended care and rehabilitation facilities, assisted living communities, day programs and independent living sites where they assist program participants with Indoor Horticultural Therapy projects.

This was a recent visit to Trinity Woods Tulsa.





OSU EXTENSION 4-H YOUTH DEVELOPMENT

The **Tulsa County 4-H Communication Rally** was held Monday, December 9 at OSU-Tulsa. We had 48 contestants this year!

All 4-H youth ages 5-19 are eligible to participate in this opportunity to gain the important life skill of public speaking, and showcase their abilities.

For our younger youth, the Cloverbuds, we have a show and tell contest. Contestants bring an item of their choice to be presented. The judge and audience are free to ask the contestant questions about their presentation.

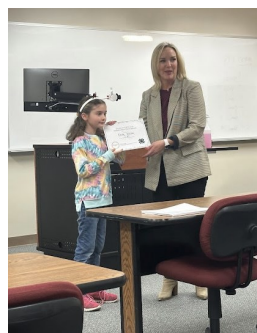
For our junior, intermediate, and senior youth, there are a wide variety of contests they may choose from. They have an opportunity to gain clover cash, by reciting the 4-H pledge and legacy, and also by participating in Job Readiness.

Job Readiness gives contestants an opportunity to apply for a position, create a resume, complete an application, and interview for the position of their choice.

We also offer Oral Reading, where contestants read an excerpt from a book. They are judged on their abilities to annunciate words and add eloquence and character to their reading to captivate the judge and audience, and on their ability to make eye contact while reading.

We also offer a variety of Speech categories, including Extemporaneous. In Extemporaneous, contestants choose a topic and have 5 minutes to prepare a speech over the topic.

Contestants can also give Power Point Presentations, as well as create educational, promotional, and technological exhibits to be displayed.



Kim Arnold

Urban 4-H





OSU EXTENSION 4-H YOUTH DEVELOPMENT

2024 4-H Christmas Party

Tulsa County 4-H members had a wonderful time at their party with a terrific turnout. They ate, played games, won some prizes and made some crafts to take home. The officer team participated in an ugly sweater contest to help raise money for change for change. The party was also the wrap up for their service project and the food drive.



Baylee White
4-H Youth Development Educator





Oh Christmas tree, oh Christmas tree! The last day at Darnaby of 2024 was spent making ornaments, learning how a Christmas tree farmer plants, tends, and sells trees for the beloved holiday. From blue spruce to a balsam fir, there are all kinds of Christmas trees!



**Kylie
Nicholson**

**Ag Literacy/
STEM**



FALL BRINE

Cuisine: American Recipe Category: Preparation Prep Time: 20 minutes Cook Time: 10 minutes

INGREDIENTS

- | | |
|------------------------------------|-------------------------------------|
| 3 Cups Kosher Salt | 1 Cup Packed Light Brown Sugar |
| 1 Large (5 ounce) Lemon, Sliced | 1/2 Cup Apple Cider Vinegar |
| 2 Tablespoons Black Peppercorns | 5 (5-inch) Sage Sprigs |
| 4 (5-inch) Rosemary Sprigs | 5 (5-inch) Thyme Sprigs |
| 1 Large Onion chopped in quarters | 2 Garlic Heads, halved horizontally |
| 2 Large Apples chopped in quarters | 8 Cups Apple Cider |
| 2 Gallons very cold water | |

DIRECTIONS

1. Place salt, sugar, lemon slices, vinegar, peppercorns, sage, thyme, rosemary, garlic, onion, apples and 4 cups of the apple cider in a large saucepan. Bring to a boil over high, whisking occasionally to dissolve salt and sugar. Boil over high, whisking occasionally, until very fragrant, about 1 minute.
2. Pour hot cider mixture into a very large stockpot or other large heatproof container; stir in very cold water and remaining 4 cups apple cider.
3. Use immediately to brine your turkey or chicken, or store, covered, in refrigerator up to 3 days.

Watch the video:

<https://youtu.be/d5XKP-MhIq8>



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



TULSA COUNTY EXTENSION



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



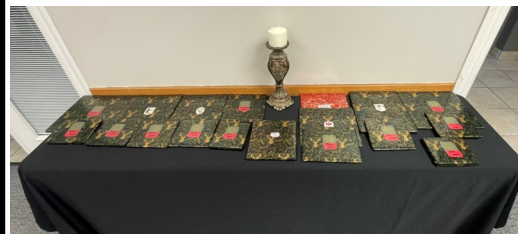
Lacey McCause
**Strong Dads
Field Program
Coordinator**

On Saturday, December 14th, 11 Hispanic men graduated from the Strong Dads/Papás Fuertes program. Unfortunately, due to the holidays only six men with their families were able to attend. These 11 men worked hard during the past 12 weeks and were committed to their personal growth and evolution.



One father who struggled with his oldest daughter particularly worked hard the past 12 weeks in trying to understand what had happened between them and to reconnect with her. This hard work paid off when this daughter and her boyfriend attended the graduation to show their support for her father. Everyone could see how proud this daughter was of her father and it was a beautiful moment.

Another father, gave a nice speech that highlighted the work he and the other men had done in the past 12 weeks. He congratulated his fellow classmates and encouraged them to continue on this path of growth and evolution. Afterwards, this same father performed several songs including a couple of songs in English which everyone enjoyed. In fact, everyone continued to ask this father to sing more songs and he did until he could not sing anymore. This father is a very talented singer and his wife informed us he loves to sing and does it every opportunity he gets.



Everyone in attendance received gifts. All the children of all ages received books donated by Educare/Learning Works. A special thanks to Vivian Castillo from Educare/Learning works

for the donation. The wives and girlfriends received OSU-Extension re-usable totes and coasters along with Christmas candles. A special thanks to Jan Dawson, Kitty Gies and Stacey Jones for these donations. The graduates received a nice tool engraved with Papás Fuertes provided by the Strong Dads program.



There was an elaborate taco bar, cupcakes entertainment and speeches. Everyone had a lovely time while celebrating the graduates.

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

January 2025

- | | |
|----|---|
| 1 | New Year's Day, Extension Office closed |
| 17 | Backyard Chickens, John 3:16 Mission Refuge |
| 20 | Martin Luther King Day, Extension Office closed |
| 21 | OHCE Leader Lesson Training, OSU Tulsa |



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."