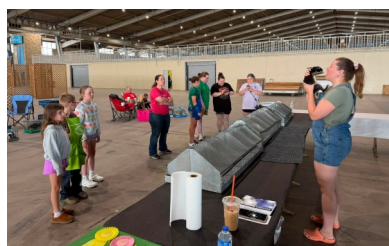




TULSA COUNTY EXTENSION

July 2026
Highlights

Tulsa County Fair offered a KidZone, 4-H and Open class exhibits, rabbit show, silent auction, OHCE yard sale, OHCE Tea and Scholarship Cupcake Wars and 4-H Has Talent along with an ice cream social.





OSU EXTENSION 4-H YOUTH DEVELOPMENT

2026 State 4-H Round Up is officially in the books! We spent the week attending workshops, electing upcoming officers, meeting new people from all over the state, and much more. Katelyn & Alice competed in the state Food Showdown contest and placed 3rd.

We are also proud to announce that we had three county members who were recognized on stage during the State 4-H Honor Night. Ainsley received the R.D. Farmer Endowment Scholarship, while Alice and Katelyn were two of the three State Record Book Finalists in the Food Science project with Katelyn being the first place winner! Ben Martin also received the Rule of Law Alumni scholarship.



Baylee White

**4-H Youth
Development
Educator**



OSU EXTENSION 4-H YOUTH DEVELOPMENT

Dear Kylie,

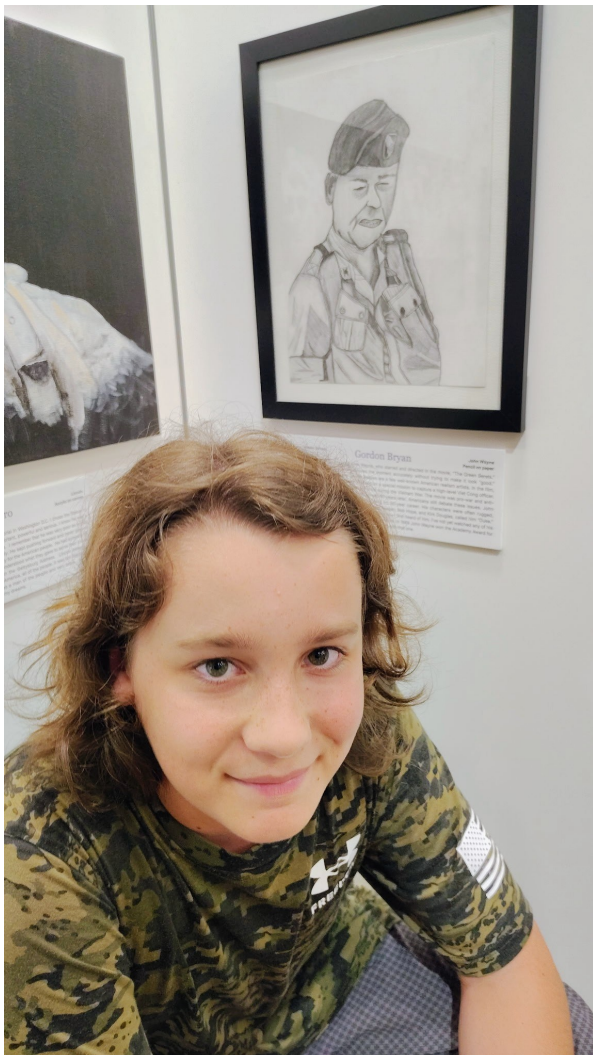
I wanted to thank you for posting about the Freedom 250 youth art contest a few months ago. I submitted a drawing and essay on John Wayne and was chosen as the middle school winner for Oklahoma!

My mom and I flew to Washington DC last week for the awards ceremony. I

met Second Lady Usha Vance, learned to navigate the Metro, and walked miles around the city to see countless monuments, buildings and museums. Our artwork was exhibited at the Great American State Fair. (pictures attached)

Thank you again. We had so much fun!

GB



**Kylie
Nicholson**

**Ag Literacy/
STEM**



OSU EXTENSION

4-H YOUTH DEVELOPMENT

“Urban 4-H Campers in Broken Arrow continued their weekly summer water conservation series by planting their own succulents. Did you know that succulents are a cactus and only need water every 3-4 weeks? Campers added soil to their pots, picked out their favorite succulent, then decorated their pots using an assortment of gems, rocks, and figurines of their choice. One of their favorite succulents was the bearpaw succulent, which is velvety and puffy and resembles a bearpaw. The counselors and administration even asked if they could plant one. It has been a fun summer learning about water conservation through exciting, hands-on activities!”



Kim Arnold

Urban 4-H



AGRICULTURE

Tulsa Boys' Home Agricultural Literacy Program: Dish Gardens Cultivate Knowledge and Wellness

As part of the monthly Agricultural Literacy program at the Tulsa Boys' Home, Tulsa County Agriculture Educator Hannah Hough led an engaging, hands-on lesson focused on creating and caring for dish gardens. This educational workshop introduced youth to the fundamentals of succulent and perennial plant care while highlighting the important role ornamental horticulture plays within Oklahoma's agricultural industry.

Participants learned the unique growing requirements of succulents, the characteristics of perennial plants, proper watering techniques, soil and drainage needs, sunlight requirements, and general plant maintenance. The lesson also explored how greenhouse and nursery production contributes to agriculture by providing plants that enhance homes, businesses, and landscapes while supporting local economies.



Beyond the agricultural concepts, the activity emphasized the personal benefits of gardening. Students discovered that creating and maintaining a dish garden can be a relaxing and rewarding hobby that encourages responsibility, patience, and an appreciation for living things. Each participant had the opportunity to design and assemble their own dish garden, giving them a tangible reminder of the skills they learned and a project they could continue to care for over time.

The program also extended its educational impact to Tulsa Boys' Home teachers and staff, who participated alongside the students. This provided an opportunity for adult education as well, allowing staff members to gain practical knowledge they can use personally while also reinforcing the concepts being taught to the youth. By engaging both students and staff, the program fostered a shared learning experience that encouraged continued conversations about plants, agriculture, and the positive role gardening can play in overall well-being.

Through hands-on agricultural literacy programming such as this, Tulsa County OSU Extension continues to connect youth and adults with agriculture in meaningful, practical ways while promoting lifelong learning and healthy, productive hobbies.



Hannah Hough

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



OSU EXTENSION TULSA COUNTY MASTER GARDENERS

What is Scent Work?

AKC Scent Work is a sport that mimics the task of working detection dogs to locate a scent and communicate to the handler that the scent has been found.

Real-life detection dogs are trained to search for a variety of things—drugs, explosives, human remains, currency, other contraband, living humans (such as for Search and Rescue), and much more. AKC Scent Work takes this amazing working relationship and turns it into a fun game that any dog can play.



Brian Jarvis
Horticulture
Educator

Demo Garden Notes



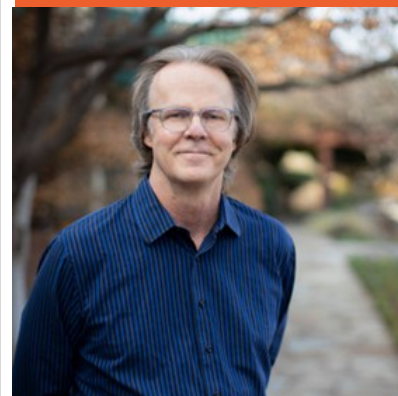
Sensory Garden

Our new Sensory Garden invites children of all ages to explore the wonders of a garden by engaging with a living environment designed to stimulate the senses. The featured plants and specific landscape design are intended to foster physical, emotional, and sensory wellbeing. Colorful garden stones, placed strategically as a path, welcome visitors to step inside and linger. Numerous plants, including the Lemon Beebalm (*Monarda citriodora*) and Apple Mint (*Mentha suaveolens*), encourage garden enthusiasts to engage with them in a calm and nurturing space. Come on by and stay awhile.

We harvested and delivered 1900 pounds of fresh produce (including 1200 pounds of corn, not pictured) to area food pantries!



Tom Ingram



Horticulture
Program
Assistant



OSU EXTENSION
TULSA COUNTY
MASTER GARDENERS



Stacey Jones
Family and
Consumer
Sciences/4-H

Cooking Corner - Cowboy Caviar

OKLAHOMA HARVEST COWBOY CAVIAR

CUISINE: AMERICAN **RECIPE CATEGORY:** SIDE DISH

PREP TIME: 20 MINUTES **COOK TIME:** 60-90 MINUTES

INGREDIENTS

1 (15 oz) can black beans, rinsed and drained
1 (15 oz) can black-eyed peas, rinsed and drained
1½ cups roasted sweet corn
2 orange bell pepper, diced
2 Roma tomatoes, diced
¼ cup fresh green onions, sliced
1 jalapeño, minced (optional)
1 avocado, diced (optional)

LIME VINAIGRETTE

1/3 cup olive oil
Juice of 2 limes
1 Tbsp red wine vinegar
1 tsp honey
1 tsp cumin
1/2 tsp chili powder
1/2 tsp garlic powder
1/2 tsp kosher salt
1/4 tsp black pepper

DIRECTIONS

Whisk together the vinaigrette ingredients.

Combine the beans, corn, peppers, tomatoes, green onions, and jalapeño in a large bowl.

Pour the vinaigrette over the mixture and toss gently.

Refrigerate for at least 30 minutes.

Fold in avocado just before serving, if using.

Serve with tortilla chips or over grilled chicken, tacos, salads, or baked potatoes.

12 Servings

Nutrition Per Serving (about ½ cup):

Calories: 135 kcal • Protein: 4 g • Total Fat: 6.5 g • Saturated Fat: 0.9 g

Carbohydrates: 16 g • Dietary Fiber: 4 g • Total Sugars: 3 g • Sodium: 250 mg

[Cooking Corner - July 26 - Cowboy Caviar](#)



Extension Staff



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Jan Dawson

County Extension Director

Kim Arnold

Urban 4-H Educator

Hannah Hough

Urban Agriculture Educator

Brian Jervis

Horticulture Educator

Stacey Jones

Family & Consumer Sciences

Educator

Kylie Nicholson

Ag Literacy/STEM Educator

Baylee White

4-H Youth Development

Educator



August 2026

- 1 4-H Enrollment Begins for 2027
- 3 Taking Deer Food Plots to the Next Level, 6:30 p.m., Virtual ZOOM
- 4 OHCE "After the Fair" Meeting
- 5 Master Gardener Monthly Meeting
- 5 Master Gardener Info Session for New Class, 1:00 p.m.,
Extension Office Auditorium
- 6 4-H VOICE Meeting
- 12 Master Gardener Infor Session for New Class, 10:00 a.m.,
Extension Office Auditorium
- 18 OHCE Leader Lesson Training, Bartlesville
- 28 Tulsa State Fair Livestock Entries Due



Contact Information

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