



## Education Everywhere for Everyone

### ***Extension is current and reliable***

With educators stationed across the state, we can tailor programs and offerings to solve problems Oklahomans are facing right now, with information backed by the latest scientific research.



### ***Extension is useful***



Our work is geared toward solving practical, everyday problems for residents. OSU Extension programs are brought to you by our statewide network of experts, offering educational information and experiences related to human and animal health, 4-H Youth Development, community and rural development, and other topics.

### ***Extension is local and personal***

Whether it's an expert set of eyes to identify what's eating your vegetables or a speaker program customized for your community group, we're here to help with what's important to you.



### ***Get to know us!***

Meet the Tulsa County Extension Staff—Jan Dawson, County Extension Director; Kim Arnold, Urban 4-H Educator; Martiza Freese, Fatherhood Field Coordinator; Hannah Hough, Urban Agriculture/ 4-H Educator; Brian Jervis, Horticulture Educator; Stacey Jones, Family & Consumer Sciences Educator; Lacey McCause, Fatherhood Field Coordinator; Kylie Nicholson, Ag Literacy/STEM Educator; and 4-H Youth Development Educator that is currently vacant and learn more about what they can assist with. We look forward to meeting you and assisting with your needs. OSU Extension is dedicated to improving lives and communities by offering educational programs, services and resources to all Oklahomans.



Jan Dawson, CED



# OSU EXTENSION TULSA COUNTY MASTER GARDENERS

## Tulsa Master Gardeners in 2023

Over 300 volunteers in 2023 logged  
39,436 volunteer hours in the following areas:

Diagnostic Center	1,975 phone calls, 1025 walk-ins, and 1,512 emails
Demo Garden:	Many, many visitors – open daily at viewers’ discretion
Garden Tour	1,200 guests visiting all 5 MG homes
Tulsa Blooms	Signature flowering pots along Peoria Ave in Brookside
Plant Sale	1,300 plant orders, resulting in record sales to the community
Community Outreach	400 attendees at lunch and learn noon-time events
Community Events	15 community activities with 9500 estimated visitors
School Program	8,746 students, 401 classes, 41 Elementary Schools
Exploring Insects	895 students at the Spring and Fall events from 14 schools
Tulsa World	104 published articles
Newsletter	11,300 gardening newsletter recipients
Community Publications	3 monthly issues with an estimated readership of 50,000
Urban Gardener Class	168 adults trained in 3 classes
Compost Training	41 adults trained in 1 class
Speakers Bureau	725 attendees at 19 events
Habitat for Humanity	51 new homes planted, with training provided for homeowners
Farm to Table	15,000 lbs. of fresh produce donated to food pantries



**Brian Jervis**  
**Horticulture**





# AGRICULTURE

## Tulsa County OSU Extension Welcomes Hannah Hough

We are excited to welcome Hannah Hough as our new Urban Ag/4-H Educator. Hannah started in Tulsa County on January 29th, please stop by or give Hannah a call if you have agriculture questions. Watch for upcoming events on our Facebook page and in our newsletters.

Hannah has worked for OSU Extension for nearly 4 years as Administrative support in the Washington County Office and while there offered program support, content creation, and clientele services in addition to her administrative responsibilities. In the summer of 2021, she began pursuing her master's degree at Oklahoma State University in Agriculture Leadership and Education, focusing on Extension education and programming. She just recently graduated with her Master's in December of 2023 and received her bachelor's degree in 2019 from Oklahoma State University majoring in Animal Science focusing on livestock production. While in college, she was very active in OSU Swine club, Shooting Sports club, and vet med club where she had the opportunity to volunteer at Tulsa State Fair and Oklahoma State Fair for four years. At both fairs with vet med club, she got to work with veterinarians across the state to deliver/care for piglets, lambs, kids, & calves while getting to discuss and explain industry standards with the general public. Hannah was a 4-H and FFA member growing up, showing swine and raising/breeding show pigs. She has a background in livestock handling, production, and helps her husband's family with their cow/calf operation. Hannah is very excited to join the team here at Tulsa County and be able to continue her passion: helping better peoples' lives through Agriculture education and advocating for the industry.



**Hannah Hough**

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

It's a great time to start thinking about soil testing for your pastures! Soil tests give producers accurate results of nutrient deficiencies while also providing recommendations to amend those based off of requested yield goals. For instance, if you would like to see your Bermudagrass hay pastures perform higher yields, the routine soil test would show exactly how much fertilizer you'd need to apply in a pound per acre basis. The routine soil test also looks at the pH of the soil sample to make sure your pH is adequate for the crop and buffer index. If pH is too low or too high, our soil analyses report will tell you how much elemental Sulphur or lime may be needed to amend pH.



All of the soil samples our office receives go to the OSU-Stillwater Soil, Water, & Forage Analysis Lab for testing. Once they test and record results, those are sent to the educators. Then our educators calculate how much product and which product is needed to amend for better yields and soil fertility. Typically, this process takes 2-3 weeks as that lab services the entire state, so they could

see hundreds of samples each day. Call our office today or come see us to start sampling for your pastures!

For more soil sampling information, see fact sheet PSS-2207 at:

<https://extension.okstate.edu/.../how-to-get-a-good-soil...>



# OSU EXTENSION 4-H YOUTH DEVELOPMENT

John Hart, YFR 4-H, attended the National 4-H New Mexico Senior Leadership Conference in Las Cruces, New Mexico for 5 days. John was involved in leadership workshops, career exploration field trips, and cultural tours. They also explored Carlsbad Caverns and White Sands National Park. Thank you for representing Tulsa County 4-H!



**Kim Arnold**

**Urban 4-H**

Tulsa County 4-H President and STEM Innovator, Natalie Reyes, visited STEAM Post 26 4-H Club last night. She talked about upcoming events in the county, the Sew-A-Thon project, and promoted the Oklahoma 4-H Youth Leadership Summit.

Pictured is Charlie Fletcher, STEAM Post 26 4-H Club member, with his Robotics project.



4-Heritage BA learned how to do CPR, stay safe, and have fun with the Broken Arrow Police and Fire Departments. We found out that the training officer from the fire department grew up doing 4-H with public speaking as their project area!

Submitted by Nikki Brice





# OSU EXTENSION 4-H YOUTH DEVELOPMENT

We were busy building marshmallow catapults at Ellen Ochoa after school! I had one kid make a confetti launcher instead of a catapult! Whether launching marshmallows or confetti, we still had a lot of fun!



**Kylie  
Nicholson**

**Ag Literacy/  
STEM**



I taught Bread in a bag for Darnaby First grade and they absolutely loved it! They learned how to work with a partner, they learned that yeast is a living thing that needs food and water, and it's the secret ingredient that makes bread rise, and baking can bring so much joy to these young hearts!

One of my most crazy, but funniest days with my favorite first graders!





# OSU EXTENSION 4-H YOUTH DEVELOPMENT

## Vacant 4-H Educator

Tulsa County 4-H families had a great time at the Science Museum Sleepover in Oklahoma City. There were hands-on activities, planetarium shows, and lots of fun things to do.



The information on this page was submitted by Alice Geary, Tulsa County 4-H Reporter



Alice Geary spoke to the Metro Patriot 4-H Club about the Food, Fun 4-H program and they made fruit salad together. Katelyn Hart, Tulsa County Song & Recreation Leader, was able to stop in and help out, too! The county officers out visiting clubs and talking about their project area!





[https://youtu.be/NuvvTIpwmi8?si=RwxgdNcuanbXc\\_jr](https://youtu.be/NuvvTIpwmi8?si=RwxgdNcuanbXc_jr)

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

**2024 Programming**

Drying – 04/10  
\$10 and limit of 10

Spices and Herbs – 04/27  
\$10 and limit of 20

Pickles Canning – 05/22  
\$25 and limit of 8

Show and Tell w/ Pressure Can-  
ners 06/12 \$20 and limit of 15

Salsa Canning – 07/31  
\$25 and limit of 8

Show and Tell w/ Pressure Can-  
ners 08/09 \$20 and limit of 15

Jelly Workshop – 11/16  
\$20 and limit of 8

Pre-registration is required

For more information go to  
[www.oces.tulsacounty.org](http://www.oces.tulsacounty.org)  
or call 918-746-3706

Other classes maybe added  
during the year  
or if a class gets filled up.

**ROASTED CORN**

**INGREDIENTS**

- |   |                   |
|---|-------------------|
| 2 TBSP of olive oil   | 4 cups of fresh   |
| or thawed frozen corn   |                   |
| 1 shallot sliced in half  | 1 jalapeno sliced |
| in half (deseeded, destemmed)                                     |                   |
| 2 cloves of garlic  | 8 oz of low-fat   |
| cream cheese  |                   |
| 2 cups of shredded Monterey Cheese, divided                       | 1 cup of low-fat  |
| Mayonnaise  |                   |
| ½ ground black pepper   | ½ tsp ground      |
| cayenne pepper  |                   |
| 1 tsp of smoked paprika   |                   |
| Optional topping: ½ a bunch of cilantro or ½ bunch of green onion |                   |

**INSTRUCTIONS**

1. Preheat oven to 425 degrees. Put parchment paper on two baking sheets. Mix together the corn, jalapeno, shallot, and garlic. Make sure that the veggies are in a single layer across the baking sheets for even roasting. Roast in oven for 25-30 min until all veggies are lightly browned.
2. While veggies are roasting, soften cream cheese in a medium mixing bowl. Mix cream cheese, mayo, 1 ½ cups of shredded cheese and spices together. Sit mixture to the side.
3. Let roasted veggies cool and finely dice into bite sized pieces. Put the diced veggies into the mixing bowl with cheese mixture. Mix well.
4. Put the mixture in an 8 X 8 pan. Top mixture with ½ cup of shredded cheese. Bake at 400 degrees for 10 minutes. Top with cilantro or green onion before serving. Serve with corn chips or by itself. Double the recipe for a 9 X 13 pan.

Serves: 12

Nutritional analysis per serving:

- |                      |                       |
|----------------------|-----------------------|
| Calories: 376        | Carbohydrates: 22.9 g |
| Total Fat: 30.2 gm   | Sugars: 4.6 g         |
| Saturated Fat: 9.5 g | Protein: 10.7 g       |
| Sodium: 269 mg       |                       |



# TULSA COUNTY EXTENSION



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



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

In December 2023 we celebrated fatherhood and honored 41 new graduates of the OSU's Strong Dad English Program. Strong Dads uses the National Fatherhood Initiatives', 24:7 Dad, an evidence-based curriculum with classes being held for two hours each week for twelve weeks and all 41 Dads committed to the program and completed with 100% attendance. The purpose of the program is to encourage and celebrate fatherhood and learn the importance of that role in the lives of children today. While the men who completed the course are currently incarcerated within the Oklahoma Department of Corrections that does not mean they cannot contribute to their children's lives. Studies have shown that helping parents in prison maintain and build connections with their children may be a way to address the disproportionate

toll that mass incarceration has on communities as well as reduce the negative impact incarceration of a parent has on children today. I have

had the privilege of working with these men as they work to improve not only their life but the lives of their loved-ones in their goal of preservation and strengthening of their family.



**Submitted by: Lacey McCause**





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.**

## Extension Staff

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

Vacant

4-H Youth Development  
Educator



## Upcoming Events and Activities

### February 2024

- 2-3 4-H Night at the Museum in OKC
- 8 Horse Club – Ride Night – Bronco Barn @ 6 p.m.
- 8 County Officer Meeting @ 5 p.m.
- 8 VOICE Meeting @ 6 p.m.
- 14 OYE Entries due to 4-H office
- 15 Horse Club – Ride Night – Bronco Barn @ 6 p.m.
- 19 President’s Day—Extension Office will be closed
- 20 OHCE Cultural Enrichment Trip to Jewish Museum of Art
- 20 Share the Fun Rehearsal Night – Call to schedule your time
- 22 Bunco for Scholarships, 10:00 am to noon,  
OSU Extension Center
- 23 Share the Fun – Jenks High School Auditorium @ 6:30 p.m.
- 17 Tulsa County Horse Showmanship Clinic-Bronco Barn
- 26 Tulsa County Spring Live-  
stock Show-Bronco Barn  
(cattle, rabbits, poultry)
- 27 Tulsa County Spring Live-  
stock Show- Bronco Barn  
(goats, sheep)



### Contact Information

Tulsa County OSU Cooperative Extension Service

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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.”