



# TULSA COUNTY EXTENSION

February 2022  
Issue 10

## Tulsa County Staff Members Nutrition Education Assistants

The Community Nutrition Education Program (CNEP) is a nutrition education program from OSU Extension and receives support from the United States Department of Agriculture and Oklahoma Department of Human Services. CNEP's mission is to improve the health of limited resource youth and families through practical lessons on basic nutrition and healthy lifestyles, food resource management, food safety and physical activity.

Both youth and adults are served by the program. Nutrition Education Assistants (NEAs) work through the schools and community groups to reach youth. Adults participate in the program in groups or in home visits as individuals.



Terryce Boxley



Marleta Giles



Mia Jones



Nicole Moore





OSU EXTENSION  
**FAMILY AND  
CONSUMER SCIENCES**

We at the Tulsa County Extension Office would like to thank you for all your hard work and dedication as the Family and Consumer Sciences Educator. We wish you the best and hope you enjoy your retirement to the fullest! Her last day with OSU Extension was February 10, 2022. She will be missed!

**Michelle  
Bonicelli**

**Family and  
Consumer  
Sciences  
Educator  
(Retired)**



*Thank you for everything you did.  
Wishing you a life full of  
success and happiness...*

*Happy  
Retirement!*





# OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS

**Kimberly Cripps**

**Community Nutrition  
Education Programs  
(CNEP)**

**Area Coordinator**



Throughout February, OSU Extension Tulsa Community Nutrition Education Programs provide participants with ideas on heart healthy foods. At a variety of food demonstrations in the community we shared the different nutrients and ways produce can help improve health:

- ◆ Tomatoes are rich lycopene which has been studied as a means to lower heart disease risk.
- ◆ Jalapenos are rich in vitamins A and C and potassium. They also have carotene, an antioxidant that may help fight damage to your cells, as well as folate, vitamin K, and B vitamins.
- ◆ Onions are a source of dietary fiber, vitamins BC, B6, potassium, Folate, and Calcium.

Then we put them together and added a little garlic and lime juice and enjoyed a delicious, heart healthy salsa fresca sampling.

### **Salsa Fresca**

Makes 7 servings (serving size is ½ cup)

### **Ingredients**

- 5 tomatoes (medium)
- 2 jalapeños
- 2 cloves garlic
- 1/4 red onion (medium)
- 3 tablespoons lime juice (fresh)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon cilantro (fresh, leaves)

### **Directions**

Wash all vegetables. Cut tomatoes into 1/2-inch pieces and place into medium bowl. Carefully core, seed and mince jalapenos then add to tomatoes. Peel and mince garlic. Peel and dice onion into 1/4-inch pieces. Add onion and garlic to the tomato and jalapeno mixture. Stir in lime juice, salt and pepper. Chop the cilantro and stir only until combined.

### **Nutrition Information**

Calories 22; Fat 0 g; Saturated Fat 0 g; Cholesterol 0 mg; Sodium 171 mg; Carbohydrates 5 g; Dietary Fiber 1 g; Total Sugars 3 g; Added Sugars included 0 g; Protein 1 g; Vitamin D 0 mcg; Calcium 13 mg; Iron 0 mg; Potassium 240 mg





**Lisa Nicholson**

**4-H Educator**

**Tulsa County 4-H Share the Fun**

Congratulations to all our 4-H members who competed in the Tulsa County 4-H Share the Fun performing arts event!

1st Place Large Group- YFR 4-H Club

1<sup>st</sup> Place Small Group- Jeanine Gschwandtner & Katelyn Hart

2<sup>nd</sup> Place Small Group- Jack Geary & Alice Geary

1<sup>st</sup> Place Sr. Individual- Kyle Anderson

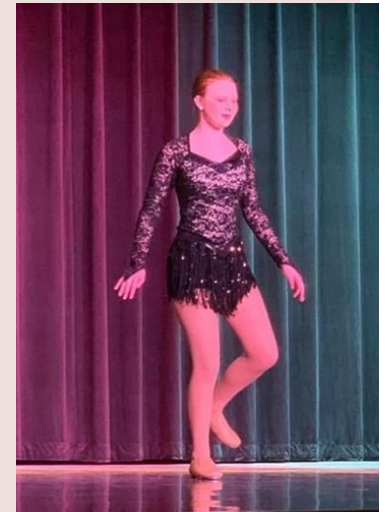
2<sup>nd</sup> Place Sr. Individual- Natalie Reyes

3<sup>rd</sup> Place Sr. Individual- Nathan Anderson

1<sup>st</sup> Place Intermediate Individual- Ainsley Trzebiatowski

1<sup>st</sup> Place Junior Individual- Madelyn Hobbs

Cloverbuds- Victoria Anderson & Molly & Brooklyn Foutch





## Chickens Visit Jarman and Ellen Ohcoa for a Visit

At Jarman and Ellen Ochoa, we had a few new friends to our clubs. We learned about chickens and what a better way to learn about them, than by holding one in your hands! This was a first-time experience for a majority of the students, and it made my heart so happy that I got to be a part of the excitement. Not only did they get to hold chicks, but they even got to make a clucking chicken to take home!



**Kylie  
Nicholson**

**Ag Literacy/  
STEM**



OSU EXTENSION  
**4-H YOUTH DEVELOPMENT**

The Tulsa County 4-H Horse Club hosts a series of annual Ride Nights at the Tulsa State Fairgrounds in January and February when the weather is not typically conducive to riding outdoors. Ride Nights offer youth in Tulsa County a place to ride in an indoor arena to brush up on their riding skills, exercise their horse, receive horse related instruction on a variety of topics from knowledgeable professionals, and just enjoy a night of riding with other youth and volunteers.



**Kim  
Arnold**

**Urban 4-H**





# AGRICULTURE



**OSU**  
TULSA COUNTY  
EXTENSION

**Erosion & Pond  
Management Meeting**

March 28, 2022  
Zoom  
6 p.m.

USDA United States  
Department of  
Agriculture  
Natural Resources Conservation Service

Topics will include:  
Fishing & Fish Health  
Weed management  
Blue-green algae  
Pond Cleanout tips and ideal pond depth  
Muddiness and other water appearance issues  
What can you do to maintain and protect your dams and ponds

Problems with ponds are common and more easily corrected if caught early. Learn more about caring for your pond by registering for this online seminar. Ag producers and residential homeowners will find this meeting to be beneficial.

To register and obtain a zoom link for this meeting, use the following link or QR code. <https://dasnr.zoom.us/j/8611111111>



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## Upcoming Meetings

Come join us for a meeting about Erosion and Pond Management in March and in April come learn about Estate Planning. See flyers for more details.

**Gus Holland**

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



## Is your estate prepared for the future?

Date: April 6, 2022

Time: 6:00 – 7:30 p.m.

Speakers: J.C. Hobbs & Shannon Ferrell

Location: Virtual (Zoom) or in-person

Pre-Registration: Register by March 30, 2022

Click on the link below to register and obtain a zoom link for the virtual meeting.  
<https://dasnr.zoom.us/j/8611111111>

### Topics

- Estate transfer planning and opportunities
  - Couples
  - Surviving spouses
- Tools that improve the likelihood of a smooth transfer of assets
  - To the surviving spouse
  - To the heirs
- Documents necessary to ensure that your desires and wishes are followed
- Current estate tax rules that are in effect now

**Who benefits:** Anyone with an estate, couples, surviving spouses (women or men) and surviving family members.

To register for the in-person meeting at the Tulsa County OSU Extension Office, call 918-746-3725  
Or email [gus.holland@okstate.edu](mailto:gus.holland@okstate.edu).  
Space is currently limited.

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# OSU EXTENSION TULSA COUNTY MASTER GARDENERS

Presented at the Tulsa City-County Central Library  
400 Civic Center, Tulsa OK 74103\*

## 2022

### LUNCH

### AND

### LEARN



## with the Tulsa Master Gardeners

## NOON every TUESDAY

Learn about gardening related issues taught by Tulsa Master Gardeners. Explore a topic, ask questions, get lots of ideas for your own homes. Free, no cost. Sessions end at 12:50 pm.

### Class Schedule:

- Mar 15 - Container Gardening for flowers and vegetables
- Mar 22 - Vegetable Gardening Challenges
- Mar 29 - All about Pollinator Plants and Natural Control of Pests
- Apr 05 - Native Plants in Oklahoma's Tough Climates
- Apr 12 - Saving Heirloom Seeds

## TULSAMASTERGARDENERS.ORG



OSU EXTENSION  
TULSA COUNTY  
MASTER GARDENERS

More information  
918 746-3701

\*Classes may be moved to virtual format due to COVID risk levels.

Brian Jervis

Horticulture  
Educator



## Extension Staff

Jan Dawson

Extension Director

Family & Consumer Sciences  
Educator

Kimberly Cripps

CNEP Area Coordinator

Gus Holland

Agriculture/4-H Educator

Brian Jervis

Horticulture Educator

Lisa Nicholson

4-H Youth Development  
Educator

Kim Arnold

Urban 4-H Educator

Kylie Nicholson

Ag Literacy/STEM Educator



## Upcoming Events and Activities

- |                   |  |
|-------------------|--|
| March 3rd and 4th | Tulsa County Spring Livestock Show   |
| March 5th         | Tulsa County Horse Clinic—Bronco Barn  |
| March 7th - 18th  | Oklahoma Youth Expo  |
| March 15th        | 4-H Coding Unplugged at the OSU Extension Center, 9:30 to Noon                   |
| March 17th        | OHCE Game Day and Canned Food Drive at the OSU Extension Office, 1-3 p.m.        |
| March 28th        | Erosion and Pond Management Virtual Meeting at 6:00 p.m.                         |
| March 29th        | 2022 NE District OHCE Meeting at Broken Arrow Armed Forces Center                |
| March 31st        | OHCE Noon BUNCO for Scholarships   |
| April 6th         | Estate Planning Meeting at the OSU Extension Office or virtually, 6:00—7:30 p.m. |

The Tulsa County  
OSU Extension Staff  
would like to  
wish everyone  
a very  
Happy New Year!



### Contact Information

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