



## Meet Debbie and Soraya



Hello! My name is Debbie Owens. I just started my position here on June 13<sup>th</sup>.

For the last nine years, I worked at the Boston Avenue Weekday School. While working there, I worked several different positions. I was everything from lead teacher to curriculum director.

I have two grown children and better than that I have two adorable grandbabies. Spending time with my grandbabies is my favorite thing to do! I like to do scrapbooking and enjoy teaching the Wednesday night children's group at my church. Reading historical fiction, hiking, and watching

Netflix are some of the things that I do in my spare time.

My favorite colors are aqua and navy blue. Chocolate and cheesecake are my favorite foods! I love decorating for the holidays and can't wait to see the OHCE Holiday Luncheon.

Please join Tulsa County Community Nutrition Education Programs in welcoming Soraya Payne to our team! Soraya started July 11 as a Nutrition Education Assistant.

For the last 10 years, I have worked for Tulsa Public Schools and Hunger Free Oklahoma. While at Tulsa Public schools I was a Teacher's Assistant, Paraprofessional and Parent Facilitator/Community Coordinator. At Hunger Free Oklahoma I was a Hunger Outreach Program Specialist.

I am a daughter, sister, aunt, mom, granny and friend. My three favorite people are my handsome son, Corban and my new identical twin 1 year old grandsons, Kyrie and Kyrin. I love my partner, Mitch, of 15 years and my best friend, miniature Schnauzer, Diva.

In my spare time I enjoy resale shopping for fabulous, good deals and making scented candles as well as traveling anywhere domestic or foreign.

My favorite colors are black or bright. My favorite foods are seafood and Mexican.

It was my destiny to be apart of the CNEP team. I love my community and never meet a stranger. I'm super excited and it's an honor and a privilege to wake up everyday and come to work and do what I was born to do.





# OSU EXTENSION TULSA COUNTY MASTER GARDENERS

## Seed to Supper Farm

Two truckloads of fruits and vegetables going to food pantries today from our Seed to Supper Farm. located at the OSU Bixby Research Center. All being donated to local food pantries.



**Brian Jervis**

**Horticulture  
Educator**

## Monarch Population Joins List of Endangered Species

Planting milkweed and nectar plants has slowed the decline of monarch butterflies in recent years.

There are over two dozen species of milkweed, *Asclepias* species, that grow in Oklahoma. The common milkweed, *Asclepias syriaca*, is an aggressive spreader, so special consideration needs to be taken when choosing a site to plant it. Check out these helpful tips for growing milkweed:

- ◆ Plant in pots, flower beds or a separate bed.
- ◆ Sow seeds directly into the garden soil and cover with 1/4 inch of soil in the fall in full sun with ample space.
- ◆ Plant transplants in blocks 18 to 24 inches apart
- ◆ Water regularly but avoid overwatering. Also avoid insecticides and herbicides around milkweed.





# AGRICULTURE

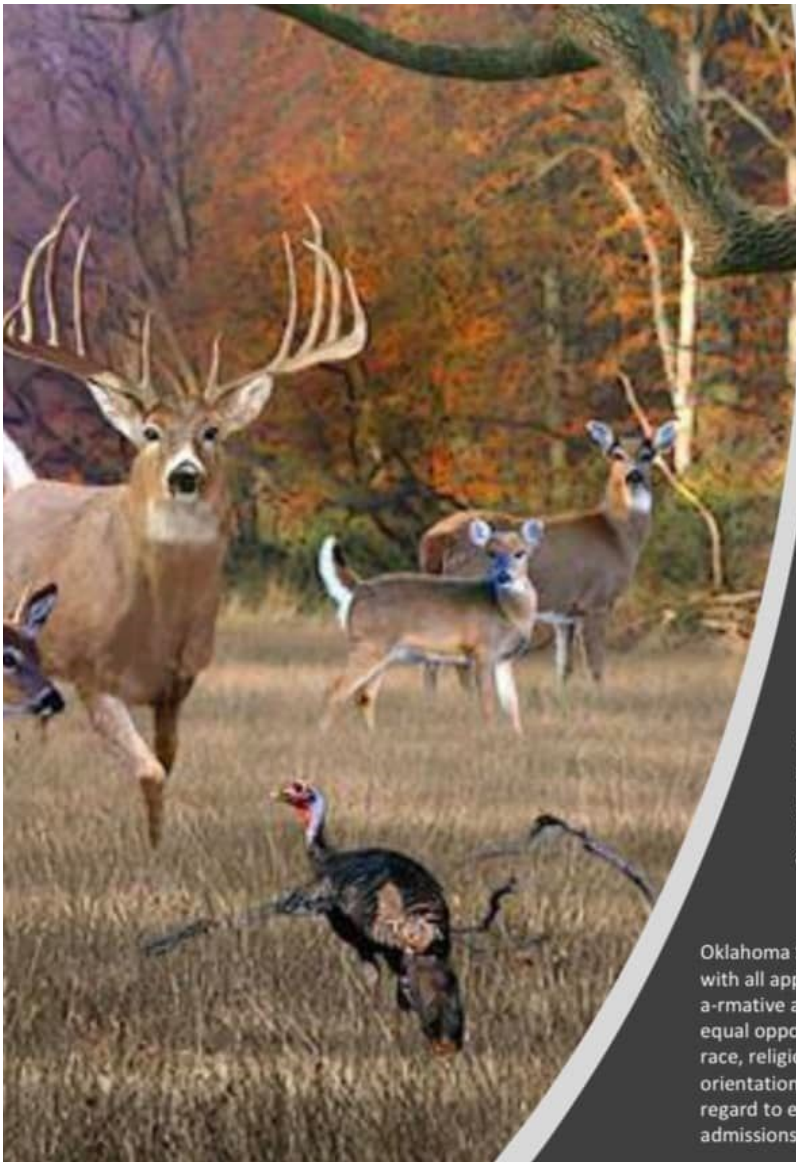
## Wildlife Food Plot Meeting

We have a great Wildlife Food Plot Meeting coming up that will be held in person and virtually. Register by August 5th for in person meeting by calling 918 746 3725 or email [gus.holland@okstate.edu](mailto:gus.holland@okstate.edu). Register by August 5th for the virtual option by using this link.

<https://dasnr.zoom.us/meeting/register/tJArdOiopjgsGtTqTyelRrvdxUOMS7cSQFUT>

**Gus Holland**

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



## Wildlife Food Plot Meeting

Tulsa County OSU Extension Office

August 18, 2022 @ 2 p.m. – 3:30 p.m. by  
Dwayne Elmore

Topic will revolve around deer and turkey (site prep., seed rate, time of planting, weed control, and more).

Meeting will be held in-person and virtually

Register by August 5<sup>th</sup> for in-person meeting by calling 918-746-3725 or email [gus.holland@okstate.edu](mailto:gus.holland@okstate.edu).

Register by August 5<sup>th</sup> for the virtual option by using this link.

<https://dasnr.zoom.us/meeting/register/tJArdOiopjgsGtTqTyelRrvdxUOMS7cSQFUT>

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Gus Holland at 918-746-3725 or [gus.holland@okstate.edu](mailto:gus.holland@okstate.edu) at least two weeks prior to the event.

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# OSU EXTENSION 4-H YOUTH DEVELOPMENT



Urban 4-H participated in Fridays on the Farm this summer at Tulsa Public Schools. Nigerian Dwarf goat Nigel, 4-H member Kaitlyn Johnson, and Urban 4-H Educator Kim Arnold spent the day visiting classrooms and providing education on caring for Nigerian Dwarf goats. Students got to



interact with Nigel, participated in the Summer Reading Program by reading stories about goats, took individual photos with Nigel, kept scrapbooks with photos and information learned about Nigel, and created drawings of Nigel. What a fun, hands-on agriculture experience!



**Kim  
Arnold**

**Urban 4-H**



What a full summer of STEM education!! From pendulum swing painting to elephant toothpaste, you could say this summer has been one Stem-tastic ride!



**Kylie  
Nicholson**

**Ag Literacy/  
STEM**

We would like to thank our summer intern, Kaylee Pittenger, for all of her hard work this summer. We hope you had a great learning experience and we wish you the best of luck as you go back to school to complete your degree in Ag Leadership.



Tulsa County was well represented at State 4-H Roundup Honors Night!  
We had 3 State 4-H Project Winners, and 1 scholarship winner!  
Congratulations to Jack Geary, Braden Robbins, Matt Martin, and  
Adeline Harn.

**Lisa Nicholson**

**4-H Educator**

Congratulations  
to Christian Martin  
on winning a  
Communication Award  
at State 4-H Roundup



That's a wrap for the 2022 State 4-H Roundup! 🍀 We had a great time  
learning new things, making new friends, and celebrating our fantastic  
Tulsa County 4-H members accomplishments!





OSU EXTENSION

# COMMUNITY NUTRITION EDUCATION PROGRAMS

Kimberly Cripps

Community  
Nutrition  
Education Programs  
(CNEP)  
Area Coordinator

Please join Tulsa County Community Nutrition Education Programs in welcoming Soraya Payne to our team! Soraya started July 11 as a Nutrition Education Assistant.



Soraya was at the Tulsa County Free Fair to help youth learn about sugar in their drinks and to take a little time for a quick physical activity break with our fitness dice.



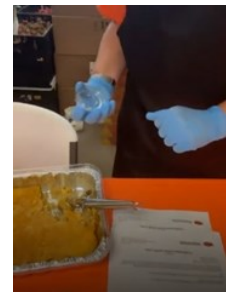
We decided to focus on food resource management with our community resource events this past month and show how you could have quick dessert to serve 12 that costs just under \$2.50.

### 3-Ingredient Apple Dump Cake

Servings: 12

#### Ingredients:

- 4 cups chopped apples
- 1 box of yellow cake mix
- 12-oz lemon-lime flavored soda



Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. Spread apples evenly on the bottom of the pan. Top with dry cake mix; gently shake the pan to distribute evenly. Pour lemon-lime flavored soda over top, tilting the pan to cover as much of the top as possible. Bake 45 to 50 minutes or until light golden brown, mostly dry on top and bubbly around edges.

#### TIP:

Make sure to spread out the cake mix so there are no large mounds on top of the cake.

#### Nutritional analysis per serving:

Calories 355; Fat 13 g; Sodium 459 mg; Carbohydrates 60 g; Protein 2 g; Sugar 32 g

Once again in July, CNEP was invited to do Facebook Live tours at both the Sapulpa Main Street Route 66 Farmers Market and the Tulsa Farmers' Market. CNEP also presented Facebook videos on those Farmers Market pages of a food demonstration. You can go to the Tulsa County Extension Office Facebook Page, Tulsa Farmers' Market, or Sapulpa Main Street Route 66 Farmers Market page to see the videos and tours.



6 1 comment • 5 shares • 66 Views



We shared a Three Sisters Salad recipe and demonstration on Channel 6 Cooking Corner

<https://www.newson6.com/story/62e18341a7a05f071e1bea7do/cooking-corner:-three-sisters-salad>



## “CONGRATULATIONS!”



Stacey Jones

Family and  
Consumer  
Sciences

### OHCE 87<sup>th</sup> Annual Meeting Recognition

#### Outstanding Member Awards:

State Member Award Nominees by District:

“Rookie Member of the Year Candidate”  
**Ashlee Eller**, Jenks Night Owls, Tulsa

#### Outstanding Member Awards:

District-County

Leadership Development, 2<sup>nd</sup> Place  
**Sharilyn Munroe**, Owasso Jewels, Tulsa  
Including, “Overall Outstanding Project”

#### Membership Recruitment Awards:

District-County

Photography 1<sup>st</sup> Place:  
**Sharilyn Munroe**, NE-Tulsa

#### Healthy Living Awards:

Local Group-County

“Emotional Well Being”, 1<sup>st</sup> Place  
**Deborah McIntyre**, Knit N Stitch, Tulsa

#### State Project: Reducing Child Hunger Awards:

District-County

“The Mission”, 3<sup>rd</sup> Place  
**Sharilyn Munroe**, NE-Tulsa

Local Group/County

“Reducing Child Hunger-In Our Community  
-One Child at a Time”, 3<sup>rd</sup> Place  
**Deborah McIntyre**, Knit N Stitch, Tulsa



Tulsa County  
OHCE members  
along with  
educator, Stacey  
Jones at the State  
Meeting in OKC



## Extension Staff

Jan Dawson

Extension Director

Stacey Jones

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

### August

- 8 11:00 am, Chat and Create
- 10 Master Gardener Orientation, 10:00 am at the Extension Office
- 11 VOICE meeting
- 17 Master Gardener Orientation, 1:00 pm at the Extension Office
- 22 11:00 am, Chat and Create
- 24 10:00 am, OHCE Leader Lesson training, NE Tech Center, Claremore
- 25 6-8 pm, BUNCO for Scholarships
- 25-26 Fall Livestock Show



### September

- 5 Labor Day, Extension Office closed
- 7 Master Gardener Classes begin and will be conducted each Wednesday until mid December
- 12 11:00 am, Chat and Create
- 15 Tulsa County 4-H Banquet, Asbury United Methodist Church, 6:30 pm
- 19 OHCE Board Meeting
- 20 OHCE Business Meeting and Fun Day
- 26 11:00 am, Chat and Create
- 29—October 9 Tulsa State Fair

### 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>