



# TULSA COUNTY EXTENSION

May 2022  
Issue 13



## Oklahoma Home and Community Education

Oklahoma Home and Community Education, Inc. (OHCE) is a statewide, county-based organization that has a unique partnership with Oklahoma State University and OSU Extension. Local members seek to develop leadership skills and strengthen families in their respective communities. Working together, OHCE members and county Extension Educators identify issues facing their local communities and use research-based information from specialists at OSU to help solve those problems. We have six active groups in Tulsa County. The groups are : Chat and Create, Jenks, Jenks Night Owls, Knit 'N Stitch, Owasso Jewels and Valley View.



OHCE County Wide Committee Projects All Groups support and participate in: Cultural Enrichment - Promote cultural and historical events; Family Issues - Promote literacy programs and help families unite and improve community life; Healthy Living - Increase awareness of healthy living for all; Holiday Luncheon - A time for recognition, fun & fellowship; Membership - Organize activities and workshops to promote and maintain OHCE; Promotional Sales - Increase revenue to supplement OHCE-TC and scholarships; Resource Management - to increase awareness of practices to improve family life and protect resources; Scholarship—Award scholarships to members or family members annually; Tulsa County Fair - Organize and manage the Open Class entries and promote the fair to the community.





Stacey Jones

Family and  
Consumer  
Sciences



We would like to welcome Stacey Jones to the Tulsa County Extension staff as our Family and Consumer Sciences Educator. Stacey started May 16th. We are excited to have her in Tulsa County. Learn more about Stacey next month on the employee/group highlight page.

CNEP shared a Spring Vegetable Saute recipe and demonstration on Channel 6 Cooking Corner <https://www.newson6.com/story/628e75332fd3c807119fe987/spring-vegetable-saut>

### **Spring Vegetable Saute**

#### **Ingredients**

- 1 Tbsp. olive oil
- 6 scallions, root ends trimmed off, green and whites chopped
- 2 handfuls of green beans, stem ends trimmed or snapped off, cut in half
- 1 bunch asparagus, ends snapped off, cut in half
- 2 zucchinis, cut in half lengthwise, then cut across into half-moon slices
- ½ tsp. kosher salt

#### **Directions**

Put a skillet on the stove and heat to medium-high. Add the oil. When the oil is hot add the scallions and cook, stirring, until they are bright green. 1 to 2 minutes. Add green beans, asparagus, and zucchini and cook, stirring frequently, until just tender, about 5 minutes. Add the salt and serve right away.

OR

- ◆ Use a single vegetable or any combination of your favorites (about 6 cups total).
- ◆ Add a few grinds of black pepper.
- ◆ Drizzle with 1 tablespoon soy sauce.
- ◆ Add a splash of hot sauce (if you like spicy).
- ◆ Swirl in 2 tablespoons tahini (sesame paste).
- ◆ Stir in ¼ cup chopped fresh herbs, like basil or parsley, at the end.







OSU EXTENSION

# COMMUNITY NUTRITION EDUCATION PROGRAMS

**Kimberly Cripps**

**Community Nutrition Education Programs (CNEP)**

**Area Coordinator**

Tulsa County Community Nutrition Education Programs (CNEP) creative time in the kitchen during May.



We were invited to the Tulsa County Oklahoma Home and Community Educators (OHCE) Cinco de Mayo celebration to provide a demonstration on how to make a tortilla. After making corn tortilla's, we feasted on Chalupas Poblanas made with our fresh corn tortilla's, Salsa Verde, Salsa Rojo, Mexican Rice and Mexican Beans. It was an experience that increased our knowledge on Mexican heritage while enjoying a festive celebration.

We celebrated the beauty of spring by providing food demonstrations on with Potato Roses at community resource events. A fun and creative way to enjoy potatoes.



### Potato Roses

Servings: 7

#### Ingredients

- 4 medium potatoes
- 1 Tablespoon garlic powder
- 4-5 Tablespoons olive oil
- 1 Tablespoon Italian Seasoning
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 cup + 2 Tablespoons grated Parmesan Cheese

#### Directions

Preheat the oven to 375°. Thinly slice potatoes. Grease a muffin tin and set it aside. Place potato slices in a bowl. Add Italian seasoning, garlic powder, oil, 1/4 cup parmesan cheese, salt and black pepper. Toss with your hands until all the potatoes are coated well, about 1-2 minutes. On a board; arrange 10-11 potato slices partially overlapped in a row. Starting with the first slice, carefully roll them up until you have a rose shape. If needed, you can add a few more slices to make a bigger rose. Hold the rose tightly between your fingers and place it in a greased muffin cup. Sprinkle with some more parmesan cheese on top. Bake for around 55-60 minutes until the edges are cooked, golden and crispy. Loosen the edges of potato roses with a fork to lift out. Arrange in a serving dish and enjoy.

#### Nutritional analysis per serving

Calories 218; Fat 20g; Sodium 749 mg; Carbohydrates 20 g; Dietary Fiber 1.5 g; Protein 5.5 g

We have dedicated a large portion of our efforts on building partnerships for providing nutrition education and are excited to share that we are expanding our team. If you or someone you know is interested in helping individuals and groups develop healthy eating habits, Tulsa County CNEP is hiring for Nutrition Education Assistants. Applications must be submitted online for consideration. To apply go to the career website, <https://okstate.csod.com/ats/careersite/search> type "Nutrition Education Assistant" in the Keyword box, select the position listed with Tulsa County Ext Center and apply today.

#### Search Jobs

Posting Campus  Employment Type  Job Category  Nutrition Education Assista

Create Job Alert | Share Search

- > Nutrition Education Assistant - (Cooperative Extension | Staff Full-Time | Oklahoma County Ext Center | req10240)
- > Nutrition Education Assistant - (Cooperative Extension | Staff Full-Time | Muskogee County Ext Center | req10760)
- > Nutrition Education Assistant - (Cooperative Extension | Staff Full-Time | Coal County Ext Center | req11481)
- > Nutrition Education Assistant - (Cooperative Extension | Staff Full-Time | Pontotoc County Ext Center | req11483)
- > Nutrition Education Assistant - (Cooperative Extension | Staff Full-Time | Garfield County Ext Center | req11485)
- > Nutrition Education Assistant - (Cooperative Extension | Staff Full-Time | TULSA COUNTY EXT CENTER | req11579)
- > Nutrition Education Assistant - (Cooperative Extension | Staff Full-Time | Tulsa County Ext Center | req11597)
- > Nutrition Education Assistant - (Cooperative Extension | Staff Full-Time | Tulsa County Ext Center | req11601)

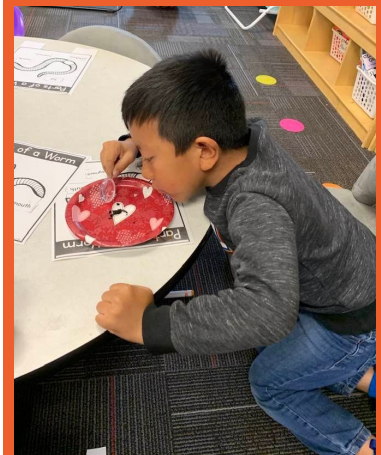


I had a great time at Darnaby Elementary this year! For the past few weeks I taught the bright first graders all about insects and honey bees. I ended my time teaching them about the mighty earth mover, AKA the earth worm! We had to put our pretend scientist hats on and observe our earthworms and identify different parts of their body. Thanks Ms. Moore for inviting me, and I can't wait to come back next year!



**Kylie  
Nicholson**

**Ag Literacy/  
STEM**







Jr. Division Food Showdown winners



1st—Sweet  
Watermelons—  
YFR

2nd—Gourmet  
Friends—YFR



Kim  
Arnold

Urban 4-H





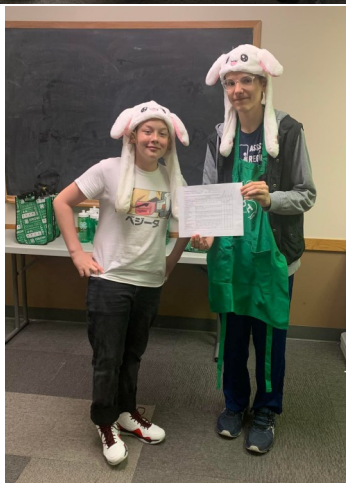
**Lisa Nicholson**

**4-H Educator**



**Results of the Senior Division Food Showdown**

- 1st—The Aztecs—YFR
- 2nd—Forged in Fryer—Impact
- 3rd—The Three G’s—YFR
- 4th—Hot Tamales—Horse Club
- 5th—Bart Simpson—Heartland
- 6th—Osha—Heartland/Wild Bunch



Hi, my name is Kaylee Pittenger! This fall I will be starting my senior year at Oklahoma State University studying Agricultural Leadership. I am originally from Robinson, Texas where I was involved in many organizations, including FFA. Through past FFA experiences and the classes I have been able to take at OSU I have developed an ever growing love and interest for agriculture and the people working in the industry. While at OSU I have made unforgettable memories and have learned so much in and outside of the classroom. I love spending time outside, with my friends, getting involved in the community and at church, and visiting my family whenever I can. After finishing school at OSU I hope to work for a non-profit organization based around food insecurity or youth development.





# AGRICULTURE

Tulsa County was well represented at the OAE4-HYPD conference

**Excellence in Healthy Living Award—Gus Holland and Lisa Nicholson**

**Educational Technology Award—Gus Holland, Lisa Nicholson, Jennifer Patterson, April Hauenstein & Nancy Johnson.**

**Achievement in Service Award – Lisa Nicholson**

**Distinguished in Service Award - Gus Holland**

**Excellence in Ag Literacy — Kylie Nicholson,**

**STEM award — Kylie Nicholson and Stacey Dawson**



**Gus Holland**

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





# OSU EXTENSION TULSA COUNTY MASTER GARDENERS

## Plant Cherry Sunflowers Now to Brighten Your Garden

Sunflowers are a great addition to any garden. Birds will love them, and they can serve as a food source for both animals and people.

The flower head on sunflowers is actually a concentration of hundreds of tiny flowers we call florets. Sunflower seeds are individual fruits that form on the head of the sunflower, and the large yellow petals that surround the flower head are colorful protective leaves.

While it's logical to assume the sunflower gets its name from the bright yellow leaves on the stereotypical sunflower, it more likely called a sunflower for the way the flower head tracks the sun during the day. This tracking allows the plant to absorb as much sunlight as possible through a process called heliotropism.

We've had a cool spring, but now would be a good time to plant sunflower seeds because they prefer soil temperatures of at least 60 degrees for germination. For best results, you'll want a location with full sun.

Plant your sunflower seeds about 6 inches apart at a depth of 1 to 2 inches. Depending on which ones germinate, thin them to about one plant every 12 to 15 inches. If you are planting a lot of sunflowers in rows, allow 2 to 3 feet between rows. Sunflowers are not high-maintenance, but you will need to keep them irrigated.

here are a few insects that might find your sunflowers tasty, such as leaf-footed bugs, stink bugs or aphids. Because of this, sunflowers are often grown as a "trap crop" to lure unwanted insects away from the vegetables in your garden. Sunflowers will also serve as an attractor of beneficial insects.

Sunflowers can occasionally exhibit symptoms of powdery mildew or rust, but if your plants are healthy, they will likely do fine. If not, you can apply copper fungicide or neem oil. Be sure to test the neem oil on a small area first, because heat in combination with horticultural oils can damage plants.

If you are growing your sunflowers with the intention of eating the seeds, you can expect maturity in the early fall. You will begin to see signs of maturity when the back of the flower head begins to turn from green to more of a yellowish brown. The flower head will also begin to point toward the ground. When this happens, you will notice that the tiny flowers have dried and fallen out, leaving the mature seeds exposed.

To harvest these seeds, cut off the seed heads, leaving about a foot of attached stalk, then hang them in a well-ventilated, warm, dry place for several weeks. When appropriately dried, you can rub the seeds with your hands or brush flower seed heads together to release the seeds.

Most of us think of sunflowers as yellow, but there are a lot of varieties, ranging from yellow to orange to brownish-orange and most everything in between.

**Brian Jervis**

**Horticulture  
Educator**





## Extension Staff

Kim Arnold

Urban 4-H Educator

Kimberly Cripps

CNEP Area Coordinator

Jan Dawson

Extension Director

Gus Holland

Agriculture/4-H Educator

Brian Jervis

Horticulture Educator

Stacey Jones

Family & Consumer Sciences  
Educator

Lisa Nicholson

4-H Youth Development  
Educator

Kylie Nicholson

Ag Literacy/STEM Educator



## Upcoming Events and Activities

### June

- 1 OHCE-Tulsa County Scholarship Applications due
- 1-3 NED 4-H Contest Days
- 7 & 8 4-H Survivor Camp
- 9 4-H Day at the Gathering Place
- 13 11:00 am Chat and Create
- 16-18 NED 4-H Horse Show
- 19 Happy Father's Day
- 20 Office Closed for Juneteenth
- 20-22 4-H Multi County Camp
- 27 11:00 am Chat and Create
- 28 4-H County Fair Workshop Day
- 30 6-8 pm BUNCO for Scholarships

### July

- 4 Independence Holiday, Extension Office Closed
- 10-12 OHCE State Meeting in Oklahoma City
- 11 11:00 am Chat and Create
- 14 STEM Day in Osage County
- 15 STEM Day in Adair County
- 14-16 State 4-H Horse Show
- 19-22 Tulsa County Fair
- 22 OHCE Membership Tea
- 26-29 4-H Roundup at OSU-Stillwater
- 28 10:00 am to 12:00 pm - BUNCO

### 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>