



Tulsa County 4-H Volunteers

4-H Volunteers offer their time and expertise of their own free will, without expecting or receiving pay. Both young people and adults serve as volunteers. Their role in 4-H might include: Teen Leader, Organizational Leader, Project Leader, or Activity Leader.

Their job is as diverse as needs require. However, the two most common roles are the Organizational Leader and the Project Leader. The Organizational Leader provides support, guidance, leadership and direction to 4-H members and leaders of various groups that are located in a common area, town or county. The Project Leader is the primary educator responsible for teaching skills and knowledge that are associated with specific groups, such as animal-related or life-skills, etc.

As a 4-H Youth Development volunteers are highly valued by the Oklahoma Cooperative Extension Service and 4-H Youth Development program specialists and educators. They support our mission to help and teach others and to enhance personal growth. They bring us these vitally important qualities:

- Belief that, as a human being, each young person has basic worth;
- Commitment to the personal development of all youth;
- Understanding that leadership can be rewarding to people of all ages;
- Ability to relate to, and communicate with, young people, parents, and other volunteers.

Thank you 4-H Volunteers for all the hard work and dedication you put into helping the youth in Tulsa County. We appreciate each of you very much!





OHCE Northeast District Rookie of the Year From Tulsa County

Congratulations to Ashlee Eller, our
New NE District Rookie of the Year!!!
Tulsa County is so proud of you!!



Tarragon Chicken Salad

Marleta Giles, CNEP Nutrition Education Assistant
Cooking Corner Recipe

Ingredients

- 4 to 4 1/2 cups Cooked Chicken, shredded
- 1/4 cup Plain Yogurt
- 1/4 cup Mayonnaise
- 1 tsp. Dijon Mustard
- 1 tsp. White Vinegar or Fresh Lemon juice
- 1 Crisp Apple, diced
- 1 Celery rib, diced
- 1 Tbsp. Fresh Tarragon or 1 tsp. Dried Tarragon

Instructions

Put the cooked chicken into a large mixing bowl.

Put yogurt and mayonnaise into a small mixing bowl and mix well with spoon or fork.

Add the mustard and vinegar to the small bowl and mix well.

Pour the ingredients from the small bowl into the large bowl and stir, stir, stir!

Add the apple, Celery and tarragon and stir until well combined.

Serve right away or cover and refrigerate overnight.

NOTE: You can dress it up by adding raisins, dried cranberries, dried apricots, toasted walnuts, pecans, or almonds.

Serving: 6

Nutritional analysis per serving:

Calories: **215**

Calories from Fat: 10, Sodium: 234 mg, Potassium: 77 mg, Carbohydrates: 6 g, Fiber: 1 g, Sugars: 5 g, Protein: 30 g





OSU EXTENSION

COMMUNITY NUTRITION EDUCATION PROGRAMS

Kimberly Cripps

Community Nutrition Education Programs (CNEP)

Area Coordinator



April provided a wonderful opportunity for Tulsa County Community Nutrition Education Programs (CNEP) to provide education on how to limit food waste. During some of our food demonstrations we showed how to use the whole carrot for a delicious and healthy snack by preparing baked carrot fritter with carrot top pesto sauce.

Baked Carrot Fritters

Makes 2 servings (5 fritters a serving)

Ingredients

- Non-fat cooking spray
- 1/2 pound grated carrots, remove excess moisture
- 1 egg
- 4 Tablespoons flour, plus more if needed
- 1/4 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt

Directions

Preheat oven to 400°F. Lightly spray baking pan with nonstick cooking spray. Set aside. In a bowl, mix all ingredients until combined. Add more flour if needed, mixture should not be wet. Take a large spoonful (approximately one Tablespoon) of the mixture, place in on the baking pan, flatten slightly with your hand. Bake for 12 minutes or until golden and crispy. Serve warm or cold. Store for up to 2 days in an airtight container in the fridge. Serve with Carrot Top Pesto

Nutrition Information

Calories 27; Fat 1 g; Sodium 138 mg; Carbohydrates 5 g; Dietary Fiber 1 g; Total Sugars 1 g; Protein 1 g



Carrot Top Pesto

Servings: 10

Ingredients

- 2 cups carrot top leaves, thick center stem removed (or 2 cups fresh basil; Kale or Spinach)
- 1/2 teaspoon garlic powder or 2 garlic cloves
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup light tasting olive oil

Directions

Pulse all dry ingredients in a food processor until well combined. Slowly drizzle olive oil into dry ingredients until desired consistency.

Additional activities throughout the month included teaching young adults about hidden sugars in ingredients of common snacks and they prepared a healthy snack of air popped popcorn. We had a wonderful time helping adults learn about food safety and how to move more throughout their day. Channel 6 News invited CNEP to share a cooking demonstration of a Mexican chicken salad (see the recipe in the Family and Consumer Sciences section of this newsletter.). Through a couple of wonderful partnerships, students in afterschool programs were provided nutrition education through CNEP and then the schools Chef's provided the food experience to compliment the lesson.

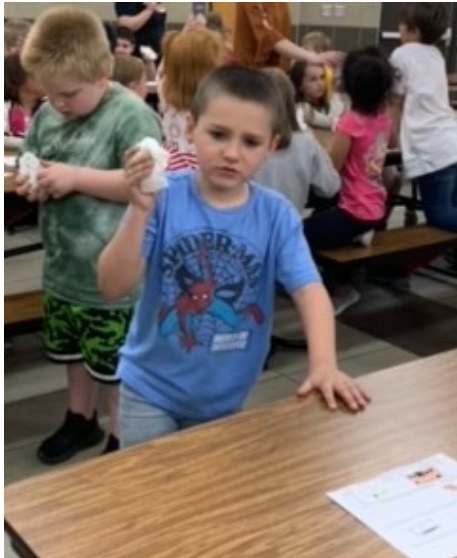


April was a month full of STEM and a whole lot more Ag literacy! I and along side Tulsa County's 4-H educator, visited both Sand Springs elementary afterschool programs and we learned just how much work goes into making ice cream. From start to finish, the students learned the process and even got to make their own butter to take home!

I also taught twenty students how to make paper circuit torches at Discovery Unlimited.

**Kylie
Nicholson**

**Ag Literacy/
STEM**



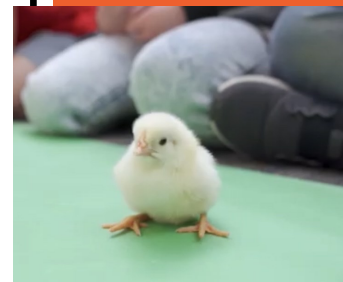


OSU EXTENSION 4-H YOUTH DEVELOPMENT

Nearly 100 public, private and homeschool classrooms throughout Tulsa County participated in the annual Chick Embryo Project! Students learn about the cycle of life by incubating and hatching chicks for 21 exciting days. Many hands-on STEM activities are conducted within this project, as well as Language Arts, through candling the eggs (which is like egg ultrasound) and calculating and logging the daily progress, as well as journaling, poetry, artwork and design, and reading to the chicks during story time. According to the students, teachers and parents, Hatch Day is always one of the most exciting days of the school year! Happy Hatching and Happy Spring!



**Kim
Arnold**
Urban 4-H





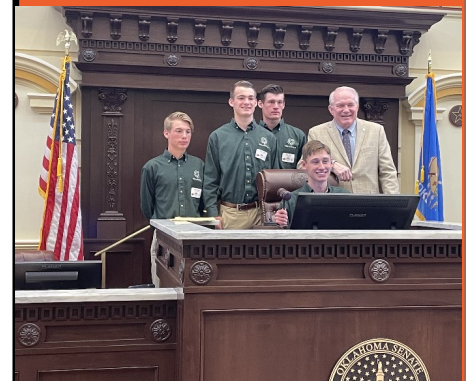
Lisa Nicholson

4-H Educator

For the first time since 2019, the halls of the Oklahoma State Capitol were filled green on April 12 as more than 100 4-H'ers from across the state, as well as Langston University, took part in the 23rd annual State 4-H Day at the Capitol. Tulsa County 4-H had 6 4-H youth represent the county at 4-H Day at the Capitol.



4-H Day at the Capitol





AGRICULTURE

Cattle Operation Emergency Preparedness

Roslyn Biggs, Beef Cattle Extension Specialist and Director of Continuing Education and Mark Z. Johnson, Oklahoma State University Extension Beef Cattle Breeding Specialist

Springtime usually brings concerns of tornadoes and severe weather. However, with continuing drought conditions, fears of wildfires may be high on producers' minds. Fortunately, having an emergency preparedness plan can assist a cattlemen's ability to respond to varying threats throughout the year. Developing a disaster plan is a good idea for both people and all the animals they care for on a farm or ranch.

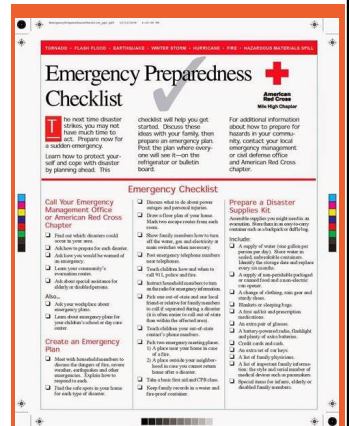
The preparedness and response plan should be customized to the type of operation and possible threats. For instance, an element of a fire response plan would be the mechanics of relocating stock to a safer location. If not possible, a defensible area, that both people and animals could be moved to, would be designated. In advance, this area should be cleared of excess material with fire fueling potential, have perimeters established, and have ready access to water.

As part of the plan a livestock disaster preparedness kit should be developed. Elements of the kit should be accessible and in good working order. Below are suggested items:

- Truck and trailer
- Halters, leads, and rope
- Pet crates
- Hay, feed, and water that can be transported
- Non-perishable food items and water for personnel
- Containers to feed and water
- Trashcan with lid and trash bags
- Livestock marking crayon and bright colored spray paint
- Pocket knives, wire cutters/fencing pliers, hammer, shovel, and bolt cutters
- Gloves and bandanas
- Baling wire and duct tape
- Flashlights with batteries
- Radio with batteries
- Backup phone chargers
- Generator
- Portable panels
- First aid kit with medications and bandage material for humans and animals
- Verifiable animal records, identification, and registration documents
- Emergency contact numbers including veterinarian

Part of the disaster plan should outline communication of all personnel before, during, and after the threat. More than one travel route should be established when evacuation is required. This approach also allows safety of personnel to stay top-of-mind during a response. Regular review of the plan and training exercises are encouraged so all members of the family or team are on the same page and know when and where to report.

Farmers and ranchers are resilient people and understand the importance of preparing for all kinds of circumstances. Emergency preparedness well in advance of a threat allows producers to respond in a manner that minimizes losses and hopefully allows recovery to occur in a more timely and efficient manner. More emergency response and preparedness guidance can be found at www.extensiondisaster.net.



Gus Holland

Agriculture/
4-H Youth
Development
Educator





OSU EXTENSION TULSA COUNTY MASTER GARDENERS

Seed to Supper Farm Project

Some of you may have heard hints of this, but we now have a farm!

After searching for a good location around town, Brian was able to get approval from OSU to locate our farm at the OSU Research Station in Bixby. We have about 2 acres!

Once we got approval, we formed a launch committee comprised of Laura Koval, Dave Davis, Bob Vaught, Maureen Wright, and of course Brian and I.

So far we have planted potatoes and onions but are getting ready to plant the vegetables we ordered from our plant sale. Later will come corn, watermelons, and pumpkins.

The plan is to use this space to not only to train Master Gardeners, but integrate it into our Urban Gardener classes. Eventually we hope to offer school field trips as well. We're still figuring it out.

We plan on donating the fruits of the Master Gardener's labor to local organizations that feed and distribute

food to Tulsans in need. This will be fun!



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



**TULSA COUNTY
EXTENSION**

Upcoming Events and Activities

May

- 1-7 OHCE Week
- 5 Master Gardeners Exploring Insects
- 7 4-H Food Showdown
- 8 Happy Mother's Day
- 9 11:00 am Chat and Create
- 11 Beginning Farmer and Rancher Program
- 12 VOICE meeting
- 17 10:00 am Leader Lesson training for June, July and August, Mutual Girls Club of Bartlesville
- 23 11:00 am Chat and Create
- 26 10:00 am to 12:00 pm BUNCO for Scholarships, bring your own dice
- 30 Memorial Day – Extension Office Closed

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
- 10 4-H County Fair Workshop Day
- 13 11:00 am Chat and Create
- 15 NED STEM Day in Adair County
- 16-18 NED 4-H Horse Show
- 20-22 4-H Multi County Camp
- 27 1 1:00 am Chat and Create
- 30 6-8 pm BUNCO for Scholarships

Contact Information

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