



# TULSA COUNTY EXTENSION

March 2022  
Issue 101

## Tulsa County Master Gardeners

There are Master Gardener programs in 45 states. These programs serve the important function of providing trained volunteers to assist in providing information and support to home gardeners and the community.

The Tulsa Master Gardener Program is sponsored, trained and supervised by the OSU Cooperative Extension Service which has offices in all 77 Oklahoma Counties.

### In a typical year...

Active Master Gardeners: 416

Total Volunteer Hours Donated: 35,017

Master Gardener Diagnostic Center: 3009 Phone Calls, 888 walk-ins, 445 emails  
4342 Total Clients

Demonstration Garden: Thousands of Visitors Each Year

School Program: 87 Schools, 754 classes, 17,980 students

Exploring Insects: 1200 Students Participated

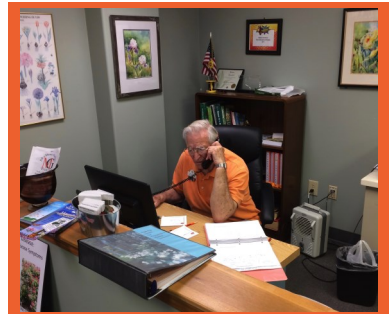
Senior Living Outreach: 30 facilities / 388 Seniors

Habitat for Humanity: 30 New Homes Landscaped

Gardening eNewsletter: 10,000 recipients

Master Gardener Garden Tour: over 830 Visitors

Tulsa Blooms: Flower Pots in Brookside Businesses





## Tarragon Chicken Salad

Marleta Giles-Nutrition Education Assistant  
Community Nutrition Education Program  
OSU Extension Center Tulsa County  
Demonstrated on Channel 6 Cooking Corner

### Ingredients

- 4 to 4 ½ 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.

### Enjoy!

### 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



## Family and Consumer Sciences



Tulsa County OHCE members recently held “Wearin’ of the Green’s” game day and canned food drive. Everyone was encouraged to bring canned goods that were donated to a local organization to help with Food Hunger, which is an OHCE State Project.





# OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS

**Kimberly Cripps**  
**Community Nutrition**  
**Education Programs**  
**(CNEP)**  
**Area Coordinator**

March allowed Tulsa CNEP a variety of opportunities to present during National Nutrition Month including doing a demonstration for Cooking Corner on Channel 6 News, teaching adolescents how to read Nutrition Facts Labels, and fun food experience.



March was National Nutrition Month which focused on celebrating a world of flavors. Tulsa CNEP helped to share a variety of delicious flavors through the sharing of Curry Turkey Lettuce Wrap, Salsa, and Soulful Seasoned Kale Chip recipes. The Soulful Seasoning is a great salt-free alternative and can be used in place of seasoning salts in other recipes.

Did you know that Kale is one of the healthiest vegetables you can eat, currently in season, and easy on the food budget. Kale is packed with vitamins and minerals and retains these nutrients even when you make them into chips. Here is the tasty recipe we shared across Tulsa:

### **Kale Chips with Soulful Seasoning**

Makes 4 servings (serving size 1 cup)

#### **Ingredients**

- Nonstick Cooking Spray
- 1 bunch Kale washed and dried
- 2 tablespoons Vegetable Oil
- ¼ teaspoon **Soulful Seasoning\***



#### **Directions**

Preheat oven to 350°F. Line 2 baking sheets with aluminum foil and lightly spray with nonstick cooking spray. Set aside. Separate leaves from the center ribs of each kale leaf. Discard ribs. Tear leaves into small pieces. Lay leaves on prepared sheets, sprinkle with vegetable oil, and toss. Sprinkle with Soulful Seasoning. Bake in the oven for about 3 to 5 minutes. Remove tray from oven and turn over each leaf. Cook another 3 to 5 minutes or until crisp but not charred. Transfer leaves to plate and serve. Store any leftover kale chips tightly sealed and eat soon!

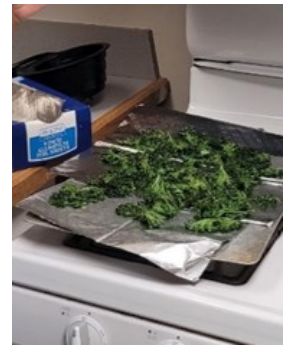
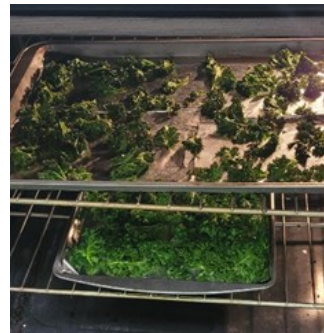
#### **Nutrition Information**

Calories 110; Fat 4 g; Sodium 70 mg; Carbohydrates 70 g; Dietary Fiber 4 g; Total Sugars 3 g; Protein 5 g

#### **\*Soulful Seasoning**-makes 12 tablespoons

- 3 tablespoons Onion Powder
- 4 tablespoons Garlic Powder
- 1 tablespoon Ground Red Pepper
- 1 tablespoon Chili Powder
- 1 tablespoon Paprika
- 1 teaspoon Black Pepper
- 2 teaspoons Ground Thyme

Mix all ingredients together to make ¼ cup seasoning. Store in an airtight container and use in place of seasoning salts.





March was a busy month! At after school we made earth worm habitats and dirt babies. Over spring break, I visited Creek county's homeschool group and We made Tetrahedral Kites! Fun filled month!



**Kylie  
Nicholson**

**Ag Literacy/  
STEM**



### Tulsa County Horse Clinic 🐾

The Tulsa County Horse Clinic was held Ford Truck Arena March 6 with a large number of youth learning more about how to handle their horses and ?????



Kim  
Arnold

Urban 4-H





Tulsa County Spring Livestock Show

Tulsa County Spring Breeding Gilt Show Results!



Grand Champion-Evey Grady  
Reserve Grand Champion-Sheridan Soules



Tulsa County Spring Livestock Market Swine Show Results!



Grand Champion-Trent Simmons  
Reserve Grand Champion-Sara Marlow



Tulsa County Spring Livestock Market Goat Show Results!



Grand Champion-Alexis Holland  
Reserve Grand Champion-Bristol Soules



Tulsa County Spring Livestock Market Lamb Show Results!



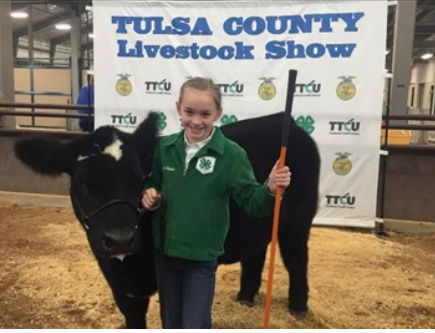
Grand Champion- Mckinna Turner  
Reserve Grand Champion-Maddy Bowman





# AGRICULTURE

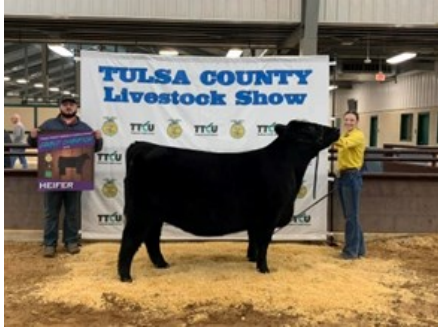
## Tulsa County Spring Livestock Steer Show Results!



Grand Champion-  
Bristol Soules  
Reserve Grand  
Champions-Aspen  
Soules



## Tulsa County Spring Heifer Show Results!



Grand Champion-  
Brooke Costello  
Reserve Grand  
Champion-Trevor  
Paul



## Tulsa County Spring Livestock Show Breeding Doe Results!



Grand Champion-  
Addison  
Cowdrey  
Reserve Grand Champion  
-Ty Branen



## Tulsa County Spring Livestock Show Breeding Ewe winners!



Grand Champion-Olivia  
Poplin  
Reserve Grand Champion-  
Abeni Michels



**Gus Holland**

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



# OSU EXTENSION TULSA COUNTY MASTER GARDENERS

## One of Our Favorite Things To Do!

Thank you to the Tulsa County Master Gardeners from OSU for presenting "Worms to the Wise" to Rosewood kindergarten classes! Students learned about worms and their impact on the environment. These smiles more than prove they loved every minute! 😊



**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

- |             |  |
|-------------|--|
| April 5th   | OHCE New Member Tea, OSU Extension Office, 1:00 PM                               |
| April 6th   | Certified pesticide Applicator CEU Program, 1pm-4pm at the OSU Extension Office  |
| April 6th   | Estate Planning Meeting at the OSU Extension Office or virtually, 6:00—7:30 p.m. |
| April 7th   | AgSense 2022, OSU Extension Office, 6:00 PM                                      |
| April 12th  | 4-H Day at the Capital   |
| April 14th  | Pick up plants ordered from the plant sale                                       |
| April 15th  | Good Friday—Extension Office will be closed                                      |
| April 28th  | OHCE BUNCO for Scholarships, 6:00 to 8:00 pm                                     |
| May 1st-7th | OHCE Week  |



### Contact Information

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Facebook: <https://facebook.com/TulsaCountyOSUExtension>