



Welcome Malabika Bose

Tulsa County OSU Extension and Tulsa County Community Education Programs welcome Malabika Bose, as our new Nutrition Education Assistant. Malabika jumped right in and helped students at Union Public Schools and Sand Springs Schools learn about fruits and vegetables and sample a tasty Watermelon Salsa. We look forward to working with her and seeing all the great things she will accomplish.



Stacey Jones, Family and Consumer Sciences Educator; Malabika Bose, CNEP Nutrition Education Assistant and Jan Dawson, County Extension Director from OSU Extension taught about Fruits and Vegetables, MyPlate and Fruit and Vegetable Identification, as well as encouraging students to try Watermelon Salsa. The Tulsa County Master Gardeners Oklahoma State University Extension were also there teaching students about earthworms as "nature's plows." Basic worm anatomy was discussed, what they eat, how they live and the characteristics that make these underestimated creatures so valuable to farmers and gardeners. The students got up close and personal by observing LIVE worms and learning their body parts and functions. To see what the students learned about visit:

[Farm to School at Moore Elementary - YouTube](#)



OSU EXTENSION

COMMUNITY NUTRITION EDUCATION PROGRAMS



Kimberly Cripps

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

At the Tulsa County CNEP table at the Food On The Move Tulsa Food and Resource Festivals and the Uma Project Clínica de Vacunación at the Plaza Santa Cecilia Indoor Mall. We shared resources about Nutrition Education and how to use in-season produce to help stretch food dollars a little further. During October we shared a playful take on applesauce by adding a beet and making it a savory dish. Just about everyone who sampled was surprised that there were beets included in the recipe. The applesauce was not only delicious but also a wonderful autumn color. Here is the recipe if you would like to try it:

Savory Applesauce

Servings: 4

Ingredients:

4 large apples, cored and cut into chunks (peeled optional)

1 small beet

1 teaspoon ground cinnamon

1/2 cup water

Place a pot on the stovetop over high heat and add the apples, beet, cinnamon, and water. Bring to a boil and then simmer on low, covered, for 30 minutes or until the apples are tender. Put all ingredients into a blender

and pulse until desired consistency (be careful blending the hot liquid!). Place in a sealed container and chill in the fridge. Eat within 3 days.



Nutritional analysis per serving:

Calories 128; Fat 0.5 g; Sodium 22 mg; Carbohydrates 33.8 g; Protein 1 g; Sugar 25.5 g



Stacey Jones

Family and
Consumer
Sciences/4-H

Canning is Cool School was conducted three times in October. There was also one OHCE Christmas Canning class conducted. Participants learned how home canning preserves food, why you must follow instructions, what equipment you need and how to care for it and how to preserve safe, high quality home canned food using water bath and/or pressure canners.



6th Annual Fall Demo Days was held on Saturday, October 15 at OSU-Tulsa. Those in attendance learned how to make crafts for Halloween, Thanksgiving and Christmas. They also saw some food demonstrations and won some door prizes. There was a silent auction and brown bag drawings for added fun.





OSU EXTENSION 4-H YOUTH DEVELOPMENT

“You’re hungry? Right this very minute? Then you need a farmer!” Youth in the Boys & Girls Clubs and Tulsa Public Schools across Tulsa County participated in the Farm Bureau Foundation Right This Very Minute Curriculum. Youth celebrated food and farming and learned where their food comes from through reading, games and activities, and making a healthy trail mix. Interestingly, the curriculum talks about the first freeze, which we experienced while participating in this curriculum! Many youth do not know that if there are no farms, there is no food. This is a fun, hands-on and educational way to introduce youth to modern agricultural practices while providing a healthy snack. The 4-H motto is ‘Learn by Doing’ and that is exactly what we did in October!



Kim Arnold

Urban 4-H



Ellen Ochoa Elementary

We love strawberries, yes we do! We love strawberries, how about you??? The first grade crew at Ochoa learned about strawberries! They learned the life cycle of a strawberry plant, and even went “berry picking” with a little math thrown in there!!! They even got to try freeze dried strawberries!! Some enjoyed them and some were not a fan!



How did that get in my lunchbox??? Yesterday at Ellen Ochoa, we learned about the journey our food takes to get from the farm, orchard, or grove and into our lunch boxes!!! We even got to pack our own lunch and tried to fit each food group in there!!! Not only does our food taste yummy, it helps us grow and keeps us healthy!!!



**Kylie
Nicholson**

Ag Literacy/ STEM

October 4th at Ellen Ochoa, they learned what Farmers are doing “Right this very minute” they are hard at work growing and raising the yummy food we enjoy each and everyday. They even discussed and ate trail mix that had different ingredients from four different ag producers!!





Youth in Action Leadership Conference



Lisa Nicholson

4-H Educator



Youth in Action is a leadership conference for 4-H members that are 7th grade and above. It takes place in October when the majority of students are on Fall Break. Youth In Action Conference is a fun overnight event, full of super fun workshops! They heard from guest speaker, Bill Cordes, attended sessions on ATV Safety, Stamp Out Starvation and many classes taught by Northeast District Educators. The 4-H members also participated in a community service project, had lots of fun and made new friends!



AGRICULTURE

The County Officer Team had a great time at the officer retreat! They completed their officer trainings, worked on setting goals for this year, and used their team building skills to beat the clock at an escape room.



Gus Holland

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

Beginning Farmer Training Program For Veterans



On October 27, 2022, we hosted a Veteran Beginning Farmer Meeting. This event was held in collaboration with the Oklahoma Farmer Veteran Coalition, Oklahoma Department of Agriculture Food and Forestry, USDA (Farm Service Agency and Natural Resources Conservation Service) and Oklahoma Cooperative Extension Service. Our attendees gained knowledge on programs that were available to them from all of the entities that were mentioned. Some of the available programs that are available are veteran specific.



OSU EXTENSION TULSA COUNTY MASTER GARDENERS

Preparation is under way for Exploring Insects.
We are looking forward to another exciting day of activities!

Tulsa Master Gardeners in conjunction with
Oklahoma State University will be hosting -

EXPLORING INSECTS FALL 2022



November 10th
Tulsa Fairgrounds Exchange Center

Exclusively for 3rd Grade Students

Two Sessions: 8:45-11:00 OR 11:30-1:45
\$50/Class
\$5/Homeschool Family
Fee includes a souvenir backpack for each student.

Register at www.tulsamastergardeners.org
Questions? Email: insects@tulsamastergardeners.org



Brian Jervis

**Horticulture
Educator**



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

November

- 5 4-H Communication Rally
- 10 4-H VOICE Meeting
- 11 Extension Office closed for Veteran's Day
- 14 11:00 am, Chat and Create
- 17 10:00 am to 12:00 pm,
OHCE Bunco for Scholarships
- 19 4-H County Officer Retreat
- 24-25 Extension Office closed for Thanksgiving
- 28 11:00 am, Chat and Create



December

- 2 4-H Christmas Party
- 5 OHCE Family Holiday Workshop,
6:00 pm to 8:00 p m
- 7 OHCE Holiday Luncheon
- 12 11:00 am, Chat and Create
- 22 10:00 a.m. to 12:00 p.m.,
OHCE Bunco for Scholarships
- 26-27 Extension Office closed for Christmas

Contact Information

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