



Tulsa County Recognized for Partnership

Tulsa County received the 2023 Education Partner of the Year award from Food on the Move at the Movers and Shakers Gala. The award was for OSU Extension's partnership with Food on the Move at community events. Tulsa County OSU Extension provides samples and recipes using food items that participants take home from the event. They have been in partnership since 2015.



Pictured left to right are: Kimberly Cripps, Area Coordinator Green Country CNEP Unit; Taylor Hanson, Founder and Chairperson for Food on the Move; Jan Dawson, Tulsa County Extension Director; Kevin Harper, CEO and President Food on the Move; and Ben Neal, COO for Food on the Move.

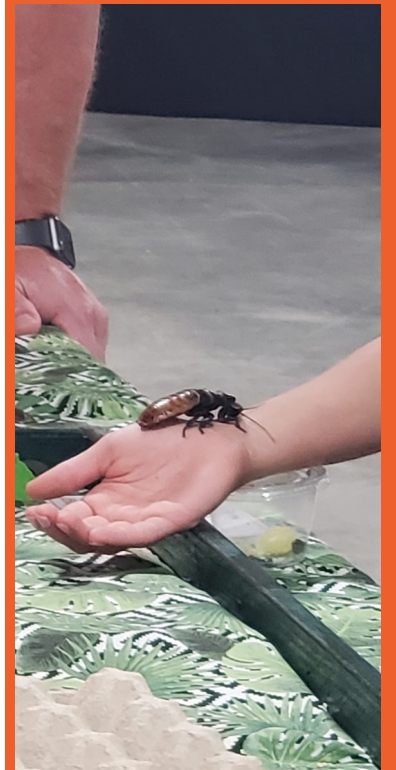


OSU EXTENSION TULSA COUNTY MASTER GARDENERS

Tulsa Master Gardeners presented their annual Exploring Insects Expo to 900 - Tulsa County 3rd graders. What a great group of kids! A very fun & educational time enjoyed by all!



Brian Jervis
Horticulture
Educator





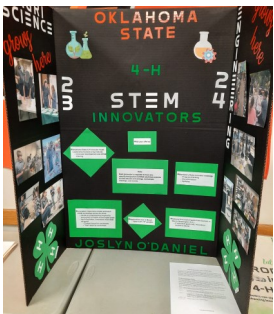
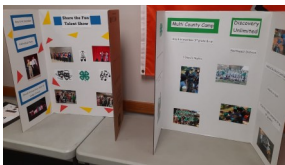
OSU EXTENSION 4-H YOUTH DEVELOPMENT

Tulsa County Volunteers had fun with the Turkey Trap STEM challenge at the November VOICE volunteer meeting. They had to work as a team to design a trap to hold their turkeys. Each club leader received supplies to do the activity with their club.



Lisa Nicholson
4-H Educator

25 4-H members recently competed in the Tulsa County 4-H Communication Rally speech contest. Participants delivered a variety of speeches, showcasing their skills in illustrated, PowerPoint, extemporaneous, and oral reading formats. These young leaders have not only embraced the art of public speaking but have also demonstrated their ability to convey powerful messages. Congratulations to everyone who participated!



Members of Tulsa County 4-H Impact Club recently entered their scarecrow, "Lady Liberty in the Garden," in the Tulsa Botanic Garden's annual contest.





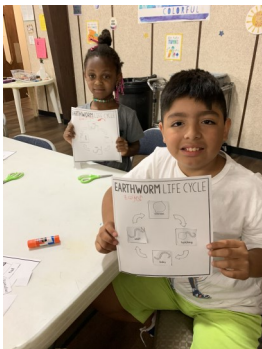
OSU EXTENSION 4-H YOUTH DEVELOPMENT

Students had fun with this hands-on activity learning about the life cycle and functions of earthworms and the importance of caring for our environment for the well being of all living creatures. Students made dirt cake with gummy worms to illustrate the layers of the earth, and for an after lunch dessert!



Kim Arnold

Urban 4-H





OSU EXTENSION
4-H YOUTH DEVELOPMENT

These are just some of the pictures that were taken at the 4-H Robotics Challenge on campus. Lots of cool, new technology and great resources. Can't wait to help start planning the next one!



**Kylie
Nicholson**

**Ag Literacy/
STEM**





OSU EXTENSION

COMMUNITY NUTRITION EDUCATION PROGRAMS



Kimberly Cripps

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



Our Tulsa County Community Nutrition Education Programs (CNEP) focused on providing Fresh Start lessons for adults. Throughout November we had some many wonderful experiences including a food demonstration and family style sampling. When someone completes the full series of lessons we provide them with skill builders which include things like a cutting board, measuring cups, reusable grocery bag, cookbook and a certificate of completion. We appreciate all who completed the full series of Fresh Start classes in November!

Cranberry Salsa

Servings: 10

Ingredients:

- 1 (12 oz.) bag fresh cranberries
- 1/2 cup chopped fresh cilantro
- 1/2 cup green onions, roughly chopped
- 1 jalapeño pepper, seeded and chopped
- Zest and juice of 1 lime
- 1/2 cup granulated sugar
- Salt and pepper, to taste



Instructions:

Combine cranberries, sugar, cilantro, green onions, jalapeño, lime juice, and salt in the bowl of a food processor fitted with a medium blade; process to medium consistency.

Nutritional analysis per serving:

Calories 144; Fat 0 g; Carbohydrates 37 g; Sodium 38 mg; Protein 1 g; Fiber 5 g



LOADED APPLE NACHOS

Stacey Jones—Family and Consumer Sciences Educator
OSU Extension Center Tulsa County

SERVINGS: 4

PREP TIME: 20 MIN. COOK TIME: 5 MIN

<https://youtu.be/YRjtidhiUTQ?si=UH9niLAXQPST46y>

INGREDIENTS

- 2 medium apples of your choice
- 1 TBSP of lemon juice
- 1/3 cup of sunflower butter
- 1/4 cup of zero sugar caramel
- 1/3 cup of zero sugar chocolate chips
- 1/4 cup of unsweetened dried cranberries

INSTRUCTIONS

1. Wash, core and cut your apples into 1/4-inch slices. Toss the apple slices in lemon juice. Arrange the apple slices on a plate.
2. Heat your sunflower butter just until warmed about 20-30 seconds in the microwave. Drizzle the caramel and sunflower butter over the apple slices.
3. Sprinkle the chocolate chips and dried cranberries over the apple slices.
4. Serve and enjoy!

CRANBERRY SALSA

Stacey Jones—Family and Consumer Sciences Educator
OSU Extension Center Tulsa County

SERVINGS: 8

PREP TIME: 20 MIN. COOK TIME: 60 MIN.

Source:

CNEP Area Coordinator: Kimberly Cripps
OSU Extension Center Tulsa County

<https://youtu.be/QJgwoAoqvWA?si=IA-eO1Ore8dsg4TM>

Stacey Jones

**Family and
Consumer
Sciences/4-H**





TULSA COUNTY EXTENSION



Maritza Freese
Strong Dads
Field Program
Coordinator
Bilingual



Lacey McCause
Strong Dads
Field Program
Coordinator

I am always challenging the men in the Strong Dads program to get outside of their comfort zones, take on new responsibilities, set goals and take action to achieve them, and to become a role model for not only their children and families but also the other men whom they are currently incarcerated with. I am always appreciative of their hard work and effort put forth by all of the men. I want to acknowledge and recognize the incredible talent that exists within the group. May it be the ability to compose music, sing, incredible artist within the group, or the ability to be leaders, the men of the Strong Dads never fail to show their appreciation to me as their educator for the OSU Strong Dads program and I wanted to take the opportunity to highlight one card that was given to me as a token of their appreciation. These men are truly an inspiration and I am privileged to get to work with them.



By Lacey McCause



Extension Staff

Jan Dawson
County Extension Director

Kim Arnold
Urban 4-H Educator

Kimberly Cripps
CNEP Area Coordinator

Martiza Freese
Fatherhood Field Coordinator

Brian Jervis
Horticulture Educator

Stacey Jones
Family & Consumer Sciences
Educator

Lacey McCause
Fatherhood Field Coordinator

Kylie Nicholson
Ag Literacy/STEM Educator

Lisa Nicholson
4-H Youth Development
Educator

Vacant
Urban Agriculture Educator



Upcoming Events and Activities

December 2023

- 1 4-H Christmas Party
- 6 Master Gardener Class
- 9 4-H County Officer Retreat
- 13 Master Gardener Class—Final for the year
- 13 OHCE Holiday Luncheon and Installation of Officers
- 15 OHCE Family Holiday Workshop, 6-8 p.m. at Tulsa County Transitional Shelter
- 25-26 Office Closed for Christmas Holiday



Contact Information

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"Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact (name, event host/ coordinator) at (phone number/email) at least two weeks prior to the event."