



## Tulsa County Fair

I would like to thank all the Tulsa County Extension office staff, OHCE, 4-H volunteers and community volunteers for the hard work put into the Tulsa County Free Fair. The fair takes a lot of preparation and everyone stepped up and did a fantastic job! I want to say a very special thank you to the Tulsa County Sheriff's Department, EMSA, the Community Nutrition Education Programs, Tulsa City Fire Department -Station 7, the 4-H educators, our summer intern and the Ag Literacy/STEM educator for the excellent learning opportunities they offered in "The Kids Zone". Also a huge thanks to the Tulsa State Fair and the Tulsa County Commissioners for the passes they provided to the Tulsa State Fair for all the winners at the Tulsa County Free Fair. Last but not least thanks to Colton and Michelle and the EXPO Square employees for all the help the week of the fair.





# OSU EXTENSION TULSA COUNTY MASTER GARDENERS

Congratulations to the 46 participants that received these acceptance letters into the Master Gardener Class of 2022. Classes will begin September 7th and will meet each Wednesday until the middle of December. We are excited to see all the new faces at the OSU Extension Office and we look forward to working with each of them.



**Brian Jervis**

**Horticulture  
Educator**

## 2022

Presented at the Tulsa City-County Central Library  
400 Civic Center, Tulsa OK 74103

# LUNCH AND LEARN



## with the Tulsa Master Gardeners

Learn about gardening related issues taught by Tulsa Master Gardeners. Explore a topic, ask questions, get lots of ideas for your own homes. Free, no cost. Sessions end at 12:50 pm.

### Class Schedule:

- Sep 20 Composting - basics to advanced.  
Learn how to create the best mix.
- Sep 27 Tree and Shrub Planting - best time of year to plant.  
Best Trees for fall color and which do best in Tulsa's climate.
- Oct 04 Fall and Winter Garden preparation, transplanting, and dividing bedding plants to be ready for spring.
- Oct 11 Winter bird survival tips- create bird sanctuaries and best practices to help our feathered friends have a successful spring.

**TULSAMASTERGARDENERS.ORG**



**NOON  
every  
TUESDAY**



OSU EXTENSION  
TULSA COUNTY  
MASTER GARDENERS

More information 918 746-3701



# AGRICULTURE

## 2022 Tulsa County Livestock Show Winners

We would like to thank TTCU Federal Credit Union for sponsoring the Tulsa County Livestock show.



Grand Champion Heifer  
Lily Baker



Reserve Grand Champion Heifer  
Sheridan Soules



Grand Champion Steer  
Nathan Craft



Reserve Grand Champion  
Steer  
Landen Wood



Breeding Gilt Grand Champion  
Caitlyn Alvis



Breeding Gilt  
Reserve Grand Champion  
Blake Bowman



Market Swine  
Reserve Grand Champion  
Justin Collier

Gus Holland

Agriculture/4-H  
Youth Development  
Educator

Market Swine

Grand Champion

Every Grady

Market Swine

Reserve Grand Champion

Justin Collier



Lisa Nicholson

4-H Educator



Breeding Ewe  
Grand Champion  
Maddie Bowman



Breeding Ewe  
Reserve Grand Champion  
Brittany Sullivan



Market Goat

Grand Champion  
Alexis Holland

Reserve Grand Champion  
Alexis Holland



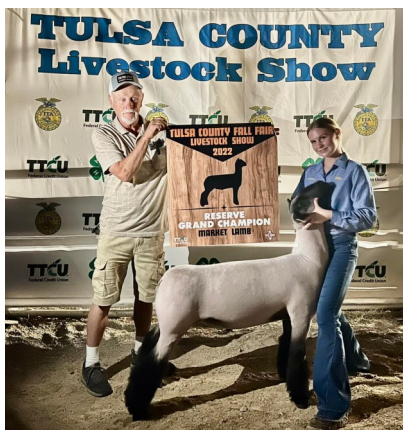
Breeding Doe Goat

Grand Champion  
Ty Branen

Reserve Grand  
Champion  
Ty Branen



Market Lamb Grand Champion  
Kaydence Navarro



Market Lamb  
Reserve Grand Champion  
Kara Wells



# OSU EXTENSION 4-H YOUTH DEVELOPMENT



The Tulsa County 4-H Horse Club held their monthly meeting and annual club officer elections at a local ranch. 4-H Horse Club families enjoyed food and fellowship, elected club officers for the 2022-2023 year, and learned all about mare and foal care. Did you know that mares in foal must be removed from fescue at least 90 days before foaling due to endophytes in the fescue that are toxic to the mare and foal? 4-H members interacted with a mare and foal and received hands-on learning about breeding, caring for a mare in foal, signs of impending foaling, caring for and training a foal, and integrating a mare and foal into an existing herd. What a fun and educational evening!



**Kim  
Arnold**

**Urban 4-H**



What a great day learning about the science behind cheese making and comparing the different ingredients and how they affect the final product. Some batches came out better than others, but it was a good example of the trial and error and still a whole lot of learning!



**Kylie  
Nicholson**

**Ag Literacy/  
STEM**



# OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS

**Kimberly Cripps**

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



Marleta Giles offers community nutrition education classes as part of the Educare Family Health Program. To learn more about these classes, please reach out to Marleta at 918-746-3718.

As summer is coming to a close Tulsa County Community Nutrition Education Programs focused our community food demonstration events around healthy snacks to help give ideas on using up those large harvests of cucumbers that sometimes we are looking for something different to enjoy. This is a tasty hydrating salad that not only tastes great but also smells wonderful!



### **A Simple Mexican Salad**

Servings: 4

#### **Ingredients:**

- 2 cucumbers
- 2 oranges
- 1 lemon or lime (the juice-approximately 4 tablespoons)
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt

Wash hands with soap and water. Wash the cucumbers, oranges and lemon or lime under cold running water. Slice the cucumbers. Peel and cut the oranges into small pieces. Place cucumber slices and orange pieces in a medium size bowl. Add chili powder, lemon or lime juice and salt. Serve and enjoy.

#### **Nutritional analysis per serving:**

Calories 46; Fat 0 g; Sodium 306 mg;  
Carbohydrates 11 g; Protein 1 g; Sugar 8 g

August saw CNEP do our final Facebook Live tours at both the Sapulpa Main Street Route 66 Farmers Market and the Tulsa Farmers' Market. On those Facebook pages we also provided a harvest highlight food demonstration of a delicious summer Greek salad. You can go to the Tulsa County Extension Office Facebook Page, Tulsa Farmers' Market, or Sapulpa Main Street Route 66 Farmers Market page to see the videos and tours.





Stacey Jones

Family and  
Consumer  
Sciences

Channel 6 Cooking  
Corner  
Peanut Butter  
Pumpkin Dip

New Channel 6 cooking demonstration for the month of August was the Peanut butter Pumpkin dip. This is a healthy dip and perfect timing for the addition of the fall fruits and vegetables.

[https://  
www.newson6.com/  
sto-](https://www.newson6.com/sto-)

### Lunch and Learn at OSU Center for Health Sciences

#### Active Parenting Workshop

OSU Extension partnered with OSU Center for Health Sciences Employee Wellness Coordinator to bring together the Active Parenting Workshop. There were 17 staff members from OSU Center for Health Sciences who participated in the workshop. Several topics were discussed such as the different developmental stages in each age group, tips for adjusting to each stage and a general discussion on how to gentle or positive parent.

#### Tulsa County Health Department – Jarcuterie

Tulsa County Health Department partnered with OSU Cooperative Extension Service to present a Jarcuterie food for the staff members of the Tulsa Health Department. 16 Health Department staff attended the workshop, listened to how to make the Jarcuterie experience healthy with fruits and vegetables, watched while one was demonstrated for them and made own healthy Jarcuterie experience.



#### Cultural Enrichment Wolaroc Trip!

Thank you to all of the OHCE Members who gathered at Wolaroc! There were several interesting exhibits about different Native American tribes, old west settlers, and Frank Phillips. We had a fun filled day going through the museum, café, lodge and other buildings on the property. We were so happy to see the donated big game animals on display from Karen Pierce’s brother!



Did you know that OHCE members donated **322.5** volunteer hours for the Tulsa County 2022 Fair!?!

Tulsa County OSU Extension and Oklahoma Home and Community Education would like to thank Tulsa County Commissioner **Karen Keith** for coming to the After Fair Meeting. We truly appreciate you taking the time to meet with us and hearing our concerns!



## 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

### September

- 5 Labor Day, Extension Office closed
- 7 Master Gardener Classes begin and will be conducted each Wednesday until mid December
- 12 11:00 am, Chat and Create
- 15 Tulsa County 4-H Banquet, Asbury United Methodist Church, 6:30 pm
- 19 OHCE Board Meeting
- 20 OHCE Business Meeting and Fun Day
- 26 11:00 am, Chat and Create
- 29—October 9 Tulsa State Fair



### October

- 1-9 Tulsa State Fair
- 10 11:00 am, Chat and Create
- 12-14 4-H Youth in Action Leadership Conference
- 24 11:00 am, Chat and Create
- 27 10:00 am to 12:00 pm,  
OHCE Bunco for Scholarships

### Contact Information

Tulsa County OSU Cooperative Extension Service

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