



FAPC predicts food trends on the menu for 2023



Tastes change – often quickly and sometimes drastically. It’s exciting to learn about the next big thing in the food industry. Last year, interactive foods and celebrity food collaborations were all the hype as numerous brands hopped on the bandwagon.

Whether it's an innovative cooking method or a convenient way to enjoy bread and butter, upcoming trends can be hard to predict, but creativity is always on the rise.

Avocado oil and butter boards are on the menu for 2023, as the Oklahoma State University [Robert M. Kerr Food and Agricultural Products Center](#) highlights popular food trends for the upcoming year.

Andrea Graves, business planning and marketing specialist, said there is a lot of potential for new markets in the food industry.

“Food manufacturers should pay attention to food trends for it can open up new markets for their products and gain new customers,” Graves said. “Staying informed has the potential to make them a lot of money.”

Check out the top 10 trends for 2023, according to FAPC:

Steam Ovens: Steam ovens, also known as combination or smart ovens, are used to preserve moisture and nutrients of food without the need for oil or butter. Cooking with steam is a healthy alternative to a microwave and a great way to prepare just about anything.

Butter Boards: It’s no surprise charcuterie boards are a crowd-pleasing and top-ranked appetizer, but meats and cheeses aren’t the only popular ingredients. Butter boards are the latest trend where a layer of softened butter is spread on a wooden tray. The layer of butter is then garnished with garlic, spices and herbs. Bread is served alongside the butter.

Pasta Alternatives: Chickpeas, lentils and pulses are becoming more popular in plant-based pasta recipes. Low-carb dishes such as spaghetti squash, zucchini pasta and sweet potato pasta are health-conscious pasta alternatives.

Food Delivery Robots: Food technology has dramatically changed the food industry. Before the pandemic, food delivery robots were less popular, but with an increase in contactless food delivery demands, robots are becoming more common for delivering food across college campuses and cities. In 2023, delivery services will be challenged to adapt and provide sustainable solutions that reduce waste and pollution.

Dates: As a rich source of protective plant compounds, dates are showing up more and more in commercial products and as a staple ingredient. Enjoy dates as a snack, on their own, or find them used as a natural sweetener in the form of syrups and sauces. Food influencers are quick to share recipes of chocolate-covered or stuffed dates, and the creativity will continue in the new year.

Adventurous Dining: After cooking at home throughout the pandemic, everyone is relishing the fact that indoor restaurant dining is back. A massive rise in dining that offers an experience is expected in the coming year. Dinner theater restaurants are one experience that can spice up a meal.

Pickle-Flavored Foods: When exploring a grocery store, it is common to find a variety of pickle-flavored snacks, ranging from potato chips to candy. Some of the most dill-icious pickle-flavored foods include pickle pistachios, salsa and popcorn seasoning. In 2023, more products are predicted to hit the shelves for pickle lovers everywhere.

Meal Subscriptions: While the food delivery trends are constantly changing, food delivery subscription services are one trend that will keep growing for years to come. Delivery subscriptions are popular because they offer convenience for busy families and provide a variety of choices with hundreds of meal options. In a competitive market, prices are becoming more affordable.

Avocado Oil: The nutty flavor and buttery texture of avocado oil has made it a staple in pantries for years. As an alternative to olive oil, avocado oil is finally going mainstream in packaged products across the board. In 2023, this household staple is making its way into salad dressings, mayo, chips and more.

Dirty Soda: Carbonated drinks have become a craze on social media and are predicted to fizz into the new year. The trend originates in Utah and consists of soda, cream and flavored syrup or some type of sweetener. There are endless ways to customize this sweet drink to your liking, and shops specializing in dirty soda are popping up in states like Texas, Oklahoma and Arizona.



OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS



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



December saw the Community Nutrition Education Programs (CNEP) team members and Liz Lazar, Manager of Health Equity Programs, Uma Tulsa, come together and have fun learning to make fruit charcuterie boards. We enjoyed delicious fresh fruits, cheeses, and nuts. Everyone received a small snack-sized board to help encourage eating healthily in the coming year.



Occasionally we get an opportunity to help our partners expand their efforts, and through the writing of a grant, Tulsa County Extension CNEP was awarded \$500 to spend on seeds for Food On The Move Tulsa. We were able to secure carrot, tomato, broccoli, onion, melon, and so many more seeds. It is a great honor to be able to increase the food resources that Food On The Move Tulsa will have in the coming year, however, the best part was watching Milton, Jeremiah, and William going through the packets of seeds. It was very much like watching 3-year-olds on Christmas morning...pure excitement on what the next seed packet would be...priceless!



One definition of the word partnership includes: "A partnership is an arrangement where parties, known as partners, agree to cooperate to advance their mutual interests." If you have thought about partnering with Tulsa County Extension CNEP but maybe not quite sure how that partnership would look, reach out to Kimberly, kimberly.cripps@okstate.edu 918-746-3715. Let's sit down together and brainstorm how we can build a partnership.

Throughout December, at a variety of events, we shared resources about upcoming nutrition education classes and encouraged everyone to eat the rainbow. To help everyone get started, we shared samples of Bullet Bars (orange bars). Making the bars was a great way to enjoy freshly squeezed oranges and a fun way to display our OSU orange! We did add a couple of drops of red food coloring to the recipe below to get that great color.



Bullet Bars

Servings: 24 bars

Ingredients:

Crust:

- 1 cup butter
- 1/2 cup sugar
- 2 cups flour
- 1/4 teaspoon salt

Filling:

- 4 eggs-large
- 1/4 cup flour
- 3/4 cup sugar
- 4 oranges-juiced (about 1 cup)

For the crust: Preheat oven to 350 degrees. Use cooking spray on a 9 x 13 pan. Stir together dry ingredients. Add butter, and use a pastry cutter or fork to cut it all together until the mixture resembles fine crumbs. Press into the prepared pan. Bake for about 20 minutes or until golden around the edges.

For the filling: Stir together sugar and flour. Add eggs and whisk to combine. Add juice from oranges. Mix until combined. Pour over the cooked crust and bake until the filling is set, about 20 minutes.

Allow cooling in the fridge for about 2 hours. Sift powder sugar over the top, and cut into bars.

Nutritional analysis per serving: Calories 301; Fat 15 g; Sodium 159 mg; Carbohydrates 39 g; Protein 4 g



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

OHCE had their 88th Annual Holiday Luncheon on December 7th. Holiday spirit filled the air from our OHCE members and guests. One of the organizations that is near and dear to OHCE's heart is **the Tulsa County Transitional Shelter**. Thanks to the generous donations from our members throughout the year the shelter received clothing, hygiene products, toys and much more to help the residents there at the shelter.

OHCE also made a trip over to **the Tulsa County Transition Shelter**. OHCE members dressed up like Mrs. Claus and her helper elf to provide an activity, songs, a book reading and cupcakes to the residents.



OHCE Valley View Group had a large yard sale. They raised over \$700 dollars to help them with their general fund. One of the organizations that they are supporting this year is Child Abuse Network.

Butternut Squash Dip

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

Ingredients

- 2 cups butternut squash cubed and steamed
- 2 cups spinach leaves frozen, thawed and drained
- 1 cup ricotta cheese low fat
- 1 TBSP Ranch Dip Mix
- 3 TBSP water
- 1 cup mozzarella cheese nonfat, shredded

Instructions

1. Wash your hands and clean your preparation area. Preheat oven to 375 degrees F.
2. Add cooled steamed squash, drained spinach leaves, ricotta cheese, ranch dip mix, and water into a blender. Combine until smooth.
3. Pour the mixture into an oven-safe baking dish. Stir in ½ cup of mozzarella cheese into the dip.
4. Sprinkle the remaining mozzarella cheese on top of the dip.
5. Bake for 20-30 minutes until heated, and the cheese is browning on top.

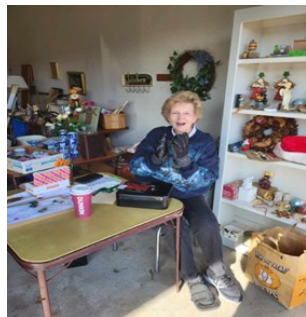
Enjoy!

Serves: 12 (½ cup serving size) Nutritional analysis per serving:

Calories: 60
Fat: 1.5 g
Sodium: 260 mg
Carbohydrates: 6 g
Sugars: 1 g
Protein: 7 g

**The Family
and Consumer
Sciences
Department
wishes Tulsa
County a
wonderful
2023!**

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OSU EXTENSION 4-H YOUTH DEVELOPMENT

Tulsa County 4-H was well represented at the annual Sand Springs Christmas Parade with nearly 100 4-H Cloverbuds, youth and families participating! Tulsa County 4-H Horse Club members transformed their riders and horses into Christmas characters and rode two miles through town in the Sand Springs Christmas Parade on December 3! Tulsa County 4-H Horse Club Leader, Jan Nolen, was Mrs. Clause and her dog was Santa Clause. Riders and horses were donned in lights and costumes and horses' manes and tails were braided with bells and bows. Tulsa County 4-H Horse Club members put on quite a show for everyone in attendance at the parade and won Best Marching Unit! Sand Springs 4-H Club members, and Club Leader LeeAnn McClafin, decorated and drove a Christmas at the Movies float with a popcorn machine and giant movie screen featuring a Christmas movie! What a festive and fun night for all involved!



Kim Arnold
Urban 4-H





At Darnaby Elementary, These little hands were busy tying ribbons and scraps of fabric to create a beautiful Christmas tree. They learned that one of Oklahoma's crops is the beloved trees and they can be found right here in Tulsa County!



In creek county the Homeschool group did a little hot cocoa science experiment. They had to figure out which temperature of water is best for making hot cocoa. They all decided cold water was not the best and it was for sure the messiest!



**Kylie
Nicholson**

**Ag Literacy/
STEM**



OSU EXTENSION
4-H YOUTH DEVELOPMENT

We had the best time at the Tulsa County 4-H Christmas Party! We played Christmas Charades, wrapping paper relay, and made super cute ornaments! Shout out to the County Officer Team for planning the party and running all the stations!



Lisa Nicholson

4-H Educator



AGRICULTURE

Vacant

Agriculture/4-H Youth Development Educator

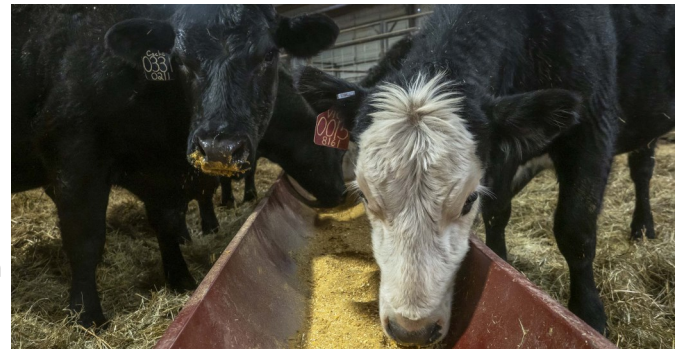


Have you received your Census of Agriculture letter in the mail yet? For producers who wish to respond by mail or don't have access to submit answers online, questionnaires will be mailed out in a couple of weeks. All responses are encouraged by Feb. 6, 2023!

Creative feed strategies for wintering cows are helpful but costly

With hay in short supply, producers are trying to avoid cattle herd liquidation this winter by [feeding their cattle alternative feedstuffs](#).

[Paul Beck, Oklahoma State University Extension](#) specialist in beef nutrition, said there are several ways concentrate feed can be used to meet a cow's nutrient requirements. Although these other feed resources are available, all feed costs are high and will require additional labor and management for a winter feeding program.



Producers can incorporate the following strategies with concentrate feed:

- Limit feeding hay by unrolling or distributing hay in measured amounts to meet daily needs, then providing concentrate feed to supplement for deficient nutrients.
- Provide a total mixed ration of hay and concentrate mixed at an amount that only supports the required nutrients.
- Provide free-choice hay and feed a lower-energy supplement in an amount that will reduce hay intake.

Beck said in all scenarios, it is best to feed cows their supplement and hay at the same time each day. Reducing hay amounts and limiting the time cattle have access to hay will result in very low hay waste, as well as daily feeding processed hay in a total mixed ration. Feeding free-choice hay with high supplement levels will result in high levels of hay waste and sorting.

"Concentrate feeding levels required to reduce hay intake will need to be over 0.7 to 1% of body weight of dry matter or more, so a 1,200-pound cow will need to be fed up to 13 to 14 pounds of feed a day," Beck said. "This can be fairly low in energy to meet the cow's requirements."

The OSU Extension [Rancher's Thursday Lunchtime Series](#) this month on feeding cows through the winter addresses [supplementation with concentrate feed](#) and other challenges related to hay shortages. Learn more about limiting hay access with supplements in this recent session from [Harold Stephens](#), county Extension director and agriculture educator in [Atoka County](#).

Producers can also request assistance from OSU Extension educators in evaluating their current feeding practices through a [feeder calibration clinic](#), featured on OSU Extension's agriculture television show, [SUNUP](#). For more information, contact [Dana Zook](#), OSU Extension west district area livestock specialist, at 580-237-7677 or dana.zook@okstate.edu.



OSU EXTENSION TULSA COUNTY MASTER GARDENERS

The Tulsa Master Gardener Program

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.

The Ways We Serve the Residents of Tulsa County

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: 12 New Homes Landscaped for 12 Families

Home Builders and Gardening Shows: Thousands of Visitors

Gardening eNewsletter: 10,000 recipients

Master Gardener Garden Tour: over 830 Visitors

Tulsa Blooms: Flower Pots in Brookside

Seed to Supper Garden: Garden at the Bixby Research Center with food raised being donated to local food distribution sites



Brian Jervis

**Horticulture
Educator**



Extension Staff

Jan Dawson
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Stacey Jones
Family & Consumer Sciences
Educator

Kimberly Cripps
CNEP Area Coordinator

Vacant
Agriculture 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

January 2023



- 2 Extension Office Closed in observance of New Year's Day
- 2 OHCE President's Quarterly Meeting at 7:00 p.m.
- 5 Horse Club – Ride Night – Bronco Barn at 6 p.m.
- 9 Horse Club – Ride Night – Super Duty Barn at 6 p.m.
- 16 Extension Office Closed in observance of Martin Luther King Jr. Day
- 16 OHCE Board Meeting at 7:00 p.m. by ZOOM
- 17 Owasso Livestock Show – Cattle – Owasso Show Barn. Entries are due by 5:00 p.m. Show at 6:00 p.m.
- 18 Business Meeting at 10:00 a.m. Potluck @ Noon. All Welcome! Perfect Attendance Presentation
- 19 Owasso Livestock Show – Sheep – Owasso Show Barn. Entries are due by 5:00 p.m. Show at 6:00 p.m.
- 20 State Report Award Workshop at 10:00 a.m. (RSVP by Jan.18)
- 20 Owasso Livestock Show–Hogs–Owasso Show Barn. Entries due by 9:00 a.m. Show at 10:00 a.m.
- 20 4-H Night at Science Museum Registrations due to 4-H Office
- 20 Boone Pickens Scholarship due to 4-H Office
- 20 Oklahoma 4-H Horse Communication Contest Registrations due to 4-H Office
- 20 2022 Owasso FFA "THE DRIVE" Livestock Show - Open to FFA and 4-H Members from Tulsa County who claim Tulsa County as their county show
- 26 Bunco for Scholarship at the OSU Extension Office, 10:00 a.m. to Noon
- 30 Leader Lesson Training, 10:00 a.m. at Owasso First Assembly of God 9341 N 129 E Ave Owasso, OK. (Snow Date: 2-6-23).
- 30 Skiatook Livestock Show – Cattle – Skiatook Show Barn.
- 31 Skiatook Livestock Show – Sheep & Goats – Skiatook Show Barn.

Contact Information

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