

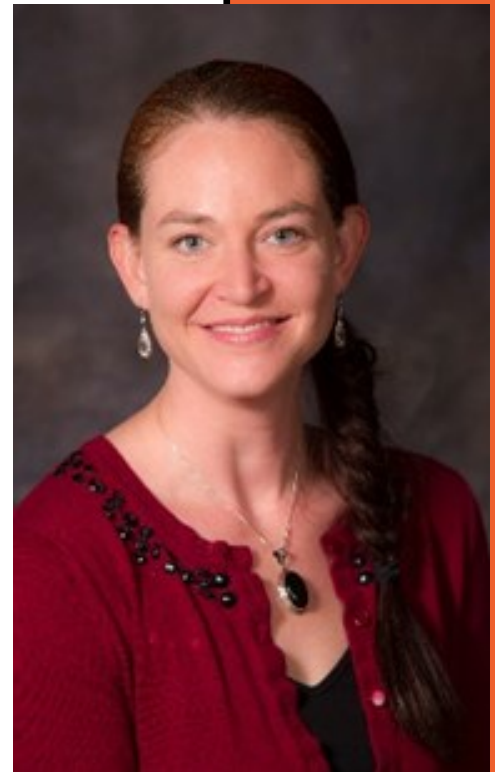


Stacey Jones,
Family and Consumer Sciences Educator

Stacey is a graduate of Oklahoma State University with her M.S. in Human Development and Family Science and her graduate certification in Infant Mental Health. She received her B.S. from Northeastern State University. Stacey's primary focus is in the areas of Health/Hunger and Finances, and Job Readiness for Tulsa County.

A program that is close to her heart, is the Co-Parenting for Resilience program. Teaching this class, gives Stacey the opportunity to empower the parents that she teaches with the skills to make their children's lives better. She knows that divorce is hard on everyone involved and that is why she tries to help the whole family through this tough time.

Stacey chose to be in Family and Consumer Sciences because it came naturally to her. She enjoys not only the cooking and baking, but food preservation as well. Because of the enjoyment she finds in doing these things, the classes and subject matter have been easy for her to absorb. She chose to go into OCES because she would have the opportunity to teach her love of cooking and the importance of a healthy diet to others in the Tulsa community. Stacey feels truly blessed to be in Tulsa County with the opportunity of enriching the lives of those around her.





Stacey Jones

Family and
Consumer
Sciences

In honor of Memorial Day, OHCE Tulsa County Knit'n Stitch group members Mary May and Deborah McIntyre delivered 8 large grocery bags (nearly 150 pounds) of non-perishable foods to the Coffee Bunker on Friday, June 3, 2022.

Mary Ligon, Coffee Bunker founder, accepted the donation that included 200+ cans/pouches of meat, chili, stew, ravioli; 28 cans of soup and a large variety of other non-perishables (peanut butter, spaghetti sauce, noodles, canned fruit, mac & cheese, etc....)

Many, many thanks to all who donated to the Coffee Bunker Food Pantry drive that Knit 'n Stitch held at the Tulsa OSU Extension Office during May, 2022



Please visit the Coffee Bunker website: <https://www.coffeebunker.org> to learn more about the Coffee Bunker and its many military veteran support services and programs.

<https://www.facebook.com/groups/216344776342420/permalink/720075572636002/>



OSU EXTENSION

COMMUNITY NUTRITION EDUCATION PROGRAMS

Kimberly Cripps

Community Nutrition Education Programs (CNEP)

Area Coordinator



June kicked off Farmer's Markets across the area and CNEP was invited to do tours at both the Sapulpa Main Street Route 66 Farmers Market and the Tulsa Farmers' Market. CNEP also presented Facebook videos on those Farmers Market pages of a food demonstration. 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 video. Here is the recipe if you would like to try it at home:

Southern Black-Eyed Peas & Collard Greens

Servings: 6

Ingredients:

- 1 1/2 cups instant brown rice
- Non-stick cooking spray
- 1 (12 oz) package smoked turkey kielbasa sausage, diced
- 2 cloves garlic, minced
- 1 large yellow onion, diced
- 3 stalks celery, diced
- 1 jalapeño, sliced
- 1 Tbsp minced fresh thyme
- 1 Tbsp Cajun Seasoning*
- 1 (32 oz) carton unsalted chicken broth
- 2 (12 oz) bags frozen black-eyed peas
- 3 cups fresh collard greens, chopped



Directions:

Prepare rice according to package directions. Fluff with a fork & set aside. Lightly coat a large stock pot with cooking spray. Add sausage & sauté 2-3 minutes, or until browned. Add garlic, onion, celery, jalapeño, thyme & seasoning. Sauté 4-5 minutes, or until onion & celery softens. Add broth, peas & greens. Cover & cook 15 minutes, stirring occasionally. Serve over rice.

Nutritional analysis per serving:

Calories 390; Fat 8 g; Sodium 540 mg; Carbohydrates 60 g; Protein 24 g; Sugar 3 g

We shared a Spinach Salad with Raisins and Walnuts recipe and demonstration on Channel 6 Cooking Corner

<https://www.newson6.com/story/62bcc3196048d67e12ab629d/cooking-corner:-spinach-salad-with-raisins-walnuts>

Spinach Salad with Raisins and Walnuts

Ingredients

- 1 (6 oz.) bag baby spinach leaves (about 2 cups)
- 1 Tbsp. olive oil
- 1 garlic clove, peeled and minced
- 1/4 tsp. kosher salt and a pinch of black pepper
- 1 Tbsp. vinegar (any kind you like)
- 1/4 cup coarsely chopped toasted walnuts
- 1/4 cup raisins (any color) or diced cranberries
- 1/4 cup crumbled feta or blue cheese, or grated Parmesan cheese



Instructions

- Put the spinach in the salad bowl and set aside.
- Put a skillet on the stove and heat on medium-low. Add the oil and garlic and cook until the garlic is just sizzling and fragrant, about 1 minute. Add the salt and pepper, vinegar to the pan.
- Carefully pour the hot dressing over the spinach and toss. Add the remaining ingredients and toss again. Serve right away.

NOTES

No fresh garlic? No problem! Substitute teaspoon garlic powder, and add it with the salt and pepper. (Just heat the oil by itself for a minute or two first.)

* If you or anyone you're serving is allergic to walnuts, skip them or swap in sunflower seeds or something else crunchy you can eat. **Enjoy!**

Serving: 4

Nutritional analysis per serving: Calories: **92**, Calories from Fat: 8, Cholesterol: 8,

Sodium: 170 mg, Potassium: 167 mg, Carbohydrates: 10 g, Fiber: 1 g, Sugars: 7 g, Protein: 3 g



OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS

Kimberly Cripps

**Community Nutrition
Education Programs
(CNEP)**

Area Coordinator

Tulsa County Community Nutrition Education Programs stayed busy with a variety of adventures throughout June:

CNEP was invited to judge for the NE District 4-H Junior and Senior Food Show-down and Cupcake Wars. There were so many talented young chefs and bakers. We appreciated the opportunity to see and taste their creations.



With the warm temperatures in June, while at a variety of community resource events, we shared a very delicious and healthy option for ice cream. While at these events, one grandmother shared how excited she was that she would be able to make this for her grandbabies to enjoy because there was only fresh fruit in the ingredients. Another visitor shared that he did not realize that it was so easy to freeze strawberries and that they would taste so good when you used them. Others were excited for a dairy free refreshing option.

Strawberry Banana Ice Cream

Servings: 2

Ingredients:

1 frozen and sliced banana
4-5 frozen strawberries
Optional: ½ teaspoon vanilla extract

Directions:

Place frozen bananas and strawberries in a blender or food processor. Blend for 4-5 minutes, or until nice and creamy. It will take a few minutes to get to a creamy consistency, so be patient. Stir in pure vanilla extract, if desired.

Serve right away as soft-serve ice cream, or freeze in an airtight container for a couple of hours to firm up. If frozen hard, let it sit at room temperature for a few minutes.

NOTES:

Ripe bananas with a few black spots produce a sweeter taste. Peel and slice your banana before freezing.

Adding more bananas will make the ice cream creamier.

Adding more strawberries will make the ice cream more like sorbet.

Nutritional analysis per serving:

Calories 68; Fat 0.3 g; Sodium 1.1 mg; Carbohydrates 16.5 g; Protein 0.9 g; Sugar 9.2 g





OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS

Kimberly Cripps

**Community Nutrition
Education Programs
(CNEP)**

Area Coordinator

CNEP Team members from across the state came together in Stillwater for two days for team-building activities and professional development opportunities.



While at the CNEP 2022 Annual Conference in Stillwater, the Tulsa CNEP Unit was able to officially recognize Food on The Move Tulsa as a Friend of CNEP. Rianne Huber, Program Director, Food on the Move Tulsa, invited CNEP to join her in Mr. Hampton's CTE (Agriculture) classroom at Monroe Demonstration Academy throughout the past year to provide nutrition education. After participating in a series of lessons 150 youth in 6th-8th grade had the following improvements:

- 57% ate whole grains more frequently
- 57% drank sweetened drinks less frequently
- 56% spent fewer hours watching TV or movies, playing electronic games, or using a computer for something that is not schoolwork.
- 48% ate vegetables more frequently
- 47% increased the frequency of being physically active during the week (their heart beat fast and they breathed hard most of the time).

Through surveys, the youth also indicated that they were becoming more confident following directions in a recipe, using measuring cups and spoons, and following food safety guidelines. Rianne coordinated classes; shopped for resources; delivered all of the food resources; and helped CNEP with the teaching and food experiences. We are so honored to be partnering with such a great organization and working together to create positive changes in the youth in Tulsa!

Not only was CNEP able to recognize one of our partners, CNEP Tulsa Unit received the following recognitions:

- Marie Gibbs, was recognized for her participation on the CNEP Youth Advisory Committee.
- Marleta Giles, was recognized for her participation on the CNEP Adult Advisory Committee.
- CNEP Tulsa Unit Teams was recognized for having the highest dietary quality improvement in participants across the entire state.

We are very proud of the dedication of the CNEP Tulsa Unit to improve nutrition health of their participants and honored to work alongside them!





OSU EXTENSION 4-H YOUTH DEVELOPMENT



The First NED stem day is in the books! We had a great day full of stem exploration and healthy competition!! From building jitter bots, to working as a team to see who could make the tallest tower it was a fun filled day! Thank you Adair County for hosting!!



**Kylie
Nicholson**

**Ag Literacy/
STEM**



4-H Family Horse Camp



The State Wide 4-H Family Horse Camp was held at Lake Carl Blackwell. This is an annual event for the entire family intended to educate youth and adults in camping with horses, while conserving our land and water quality. This year, horse campers

toured the OSU Equine facility and met the OSU Spirit Rider Team. This hands-on, educational program covers personal and equine safety, environmental concerns, grounds keeping, trail riding, overnight camping, biodiversity, Dutch oven cooking over a campfire, and comradery.

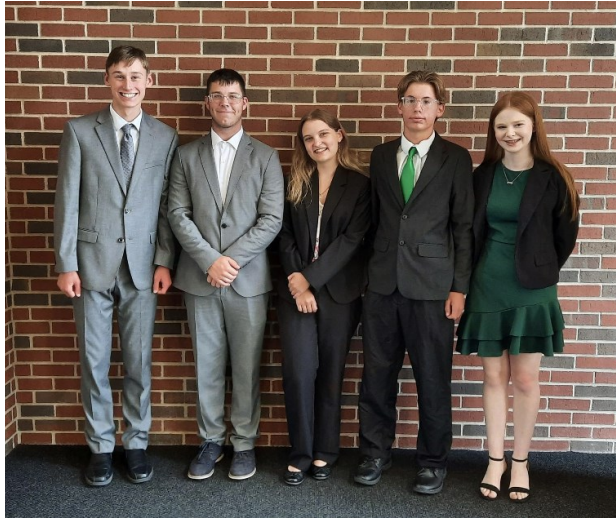
**Kim
Arnold**

Urban 4-H





Fourteen Tulsa County 4-H members submitted State Record books this year, which is a new record for us! Tulsa County had 6 members make the top 3 in their project area and receive an interview to possibly obtain a \$1200 college scholarship. Seven 4-H members were also selected as alternates to receive an interview. 4-H members who were selected for an interview will be recognized during Honor Night at the Oklahoma State 4-H Roundup on July 27-29 in Stillwater.



Lisa Nicholson

4-H Educator



AGRICULTURE

Tulsa County 4-H was well represented at the NED Horse Show on June 16-18! Sixteen 4-H youth competed in showmanship, trail classes, and speed events.



Gus Holland

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



OSU EXTENSION TULSA COUNTY MASTER GARDENERS

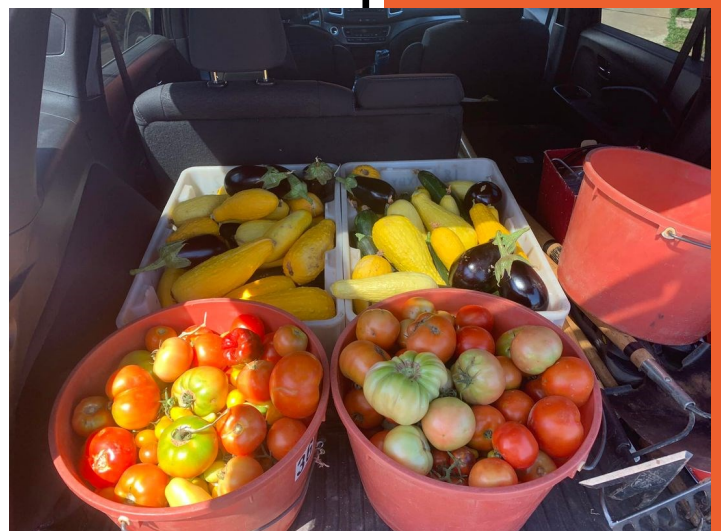
Seed to Supper Farm

Some of what we harvested from our Seed to Supper Farm located at the OSU Bixby Research Center. 250 pounds of onions, some potatoes, squash, cabbage, and beets. All being donated to local food pantries.



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

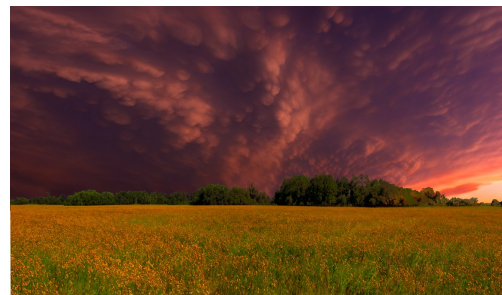
July

- 4 Independence Holiday, Extension Office Closed
- 10-12 OHCE State Meeting in Oklahoma City
- 11 11:00 am Chat and Create
- 14 STEM Day in Osage County
- 15 STEM Day in Adair County
- 14-16 State 4-H Horse Show
- 19-22 Tulsa County Fair
- 22 OHCE Membership Tea
- 26-29 4-H Roundup at OSU-Stillwater
- 28 10:00 am to 12:00 pm - BUNCO



August

- 8 11:00 am, Chat and Create
- 11 VOICE meeting
- 22 11:00 am, Chat and Create
- 24 10:00 am, OHCE Leader Lesson training, NE Tech Center, Claremore
- 25 6-8 pm, BUNCO for Scholarships
- 25-26 Fall Livestock Show



Contact Information

Tulsa County OSU Cooperative Extension Service

4116 East 15th Street

Tulsa, OK 74112

Phone: 918-746-3700

Fax: 918-746-3704

Website: <https://extension.okstate.edu/county/tulsa/index.html>

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