



Tulsa County Community Nutrition Education Programs' new team members spent a little time in Stillwater in November at a New CNEP Employee Orientation and enjoyed a quick picture opportunity while some of the homecoming decorations were still around. Pictured are our two newest CNEP team members, Debbie Owens, Assistant, and Malabika Bose, Nutrition Education Assistant, along with their Area Coordinator Kimberly Cripps.



Harvest Soup

Servings: 4

Ingredients:

| | |
|--|---|
| 1 tablespoon Olive Oil | 1/4 teaspoon Ground Ginger |
| 1 Onion small, chopped | 1/4 teaspoon Black Pepper |
| 1 clove Garlic minced | 1/8 teaspoon Cayenne Pepper to taste |
| 1 Granny Smith Apple peeled/cored/chopped | 1 1/4 cups Water |
| 1 Sweet Potato peeled & cut into 1/2-in. pieces | 1 1/2 cups Vegetable Broth |
| Salt to taste | |

Melt butter in a large stockpot over medium heat. Add onion and garlic and cook until golden. Add chopped apple and sweet potato, ginger powder, cayenne pepper (if using), black pepper, stock, and water. Bring to a boil. Reduce heat to low and simmer until the sweet potatoes are soft, about 1 hour. Add salt to taste and adjust the seasonings. Ladle into bowls as is, or pour soup into a blender and purée until smooth. If you don't have a blender, just peel the apples and sweet potatoes before cooking. Then mash everything up with a masher or large spoon after it is done.

Nutritional analysis per serving:

**Calories 153; Fat 4 g; Sodium 128 mg;
Carbohydrates 26 g; Protein 4 g**





OSU EXTENSION COMMUNITY NUTRITION EDUCATION PROGRAMS



Kimberly Cripps
Community
Nutrition
Education Programs
(CNEP)
Area Coordinator

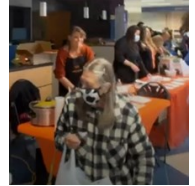
Throughout November, Malabika and Kimberly provided part of a series of nutrition education classes with Tulsa Housing Authority and Teen Cuisine classes at Bixby Alternative School. Marleta Giles provided nutrition education classes at Tandy Y and a couple of Educare Centers as well as a variety of individual classes. We do have room to add a couple more team members, if you know someone who would be interested in providing nutrition education across Tulsa County have them go here: <https://okstate.csod.com/ats/careersite/search.aspx?site=8&c=okstate> put "Nutrition Education Assistant" in the Keyword or Req ID box, then click on either of the Tulsa County Extension Center positions to apply.



Tulsa County CNEP was invited to join UMA Tulsa at the Clinica de vacunacion y chequeso de salud events at the Plaza Santa Cecilia Indoor Mall and Saint Francis Xavier Catholic Church. We shared about the importance of physical activity and ways to exercise with just common household items like chairs; ideas for healthy recipes; and some food safety activity books for the youth. Both events were well attended and many wonderful conversations took place with amazing people!



At the Food and Resource Festivals with Food On The Move Tulsa during November, we shared resources about upcoming nutrition education classes and ways to add more fruits and vegetables to your meals. One way was through our version of a Harvest Soup that includes a sweet potato and an apple.



Calendar events:

If you are curious about what future events are occurring with the Tulsa County Extension office, check out the online Extension Calendar <https://calendar.okstate.edu/oces/> in the "Search" box you can put in "Tulsa" to narrow the list down to just our area.

To highlight some:

December 7

5:00-7:00 pm

Clinica de vacunacion y chequeso de salud---UMA Project

Saint Francis Xavier Catholic Church, 2515 E 1st St S, Tulsa, OK 74104

Thursday, December 15

11:30 am-1:30 pm

Community Food Resource Festival---Food On The Move Tulsa

TCC Northeast Campus

3727 East Apache Street, Tulsa, OK, 74115

Saturday, December 17

10:00 am-1:00 pm

Community Food Resource Festival---Food On The Move Tulsa

The Tulsa Dream Center

200 W 46th St North, Tulsa, OK 74126

Tuesday, December 20

5:30 pm-7:30 pm

Community Food Resource Festival---Food On The Move Tulsa

Greenwood Cultural Center

322 N Greenwood Ave, Tulsa, OK 74120

Wednesday, December 29

5:00 pm-7:00 pm

Clínica de vacunación----UMA Project

Plaza Santa Cecilia Indoor Mall, 2160 S. Garnett Rd, Tulsa, OK 74129





Stacey Jones
Family and
Consumer
Sciences/4-H

OHCE UPDATES

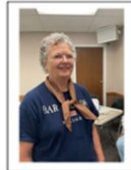
"GROUP SHOUT-OUTS"



~ KNIT 'N STITCH ~
4-H Cool Ties for
Troops
&
DVIS Projects

The Knit 'n Stitch group delivered 27 boxes of feminine hygiene products and 36 kids snack/activity bags to DVIS representative Allison Thomas, following their November meeting. DVIS (Domestic Violence Intervention Services) is an organization that rebuilds lives affected by domestic violence and sexual assault through counseling, advocacy, shelter and education.

COOL TIES FOR TROOPS



Knit 'n Stitch found some "desert camouflage" fabric that was perfect for the Garfield County 4-H Project, "Cool Ties for Troops." Knit 'n Stitch worked diligently for the past month and completed a total of **32** cool ties! Thank you Knit 'n Stitch for representing Tulsa County OHCE! We are proud of you!



JENKS NIGHT OWLS



THE JENKS NIGHT OWLS, DURING THEIR OCTOBER GROUP MEETING, DECORATED AND FILLED HALLOWEEN CANDY BAGS FOR THE CHILDREN AT THE TULSA COUNTY SHELTER. THE CHILDREN WERE THRILLED!



OHCE



Pumpkin Spice Crispy Treats

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

TULSA COUNTY
EXTENSION

Ingredients

- 1/4 cup pumpkin puree
- 3 Tbsp. butter
- 4 cups mini marshmallows
- 1/2 tsp. cinnamon
- 1/2 tsp. pumpkin pie spice
- 6 cups crispy rice cereal

Instructions

1. Spread the 1/4 cup pumpkin puree on cheese cloth or between several paper towels and let it sit for 45 minutes, getting rid of the excess moisture in the pumpkin (alternatively, reduce pumpkin puree to 1/8 cup). ***Removing as much moisture as possible is important, or your treats won't turn out right!**
2. In a large pan, melt butter on medium heat and add mini marshmallows.
3. Add pumpkin puree to melted marshmallows along with the cinnamon and pumpkin pie spice.
4. Mix in the cereal and stir to coat well.
5. Pour the treat mix into a 9x13 greased baking pan. Cover treat mix with parchment paper and press treat mix into the pan.
6. Allow treats to cool. Store at room temperature in an airtight container up to three days.

*****Decorating Tip:** (not included in the nutritional analysis below) Once the treats have set, form the treats into triangle shapes and dip the ends in melted white candy coating and melted dark chocolate candy coating to resemble candy corn. Place the treats on wax paper until set.

Enjoy!

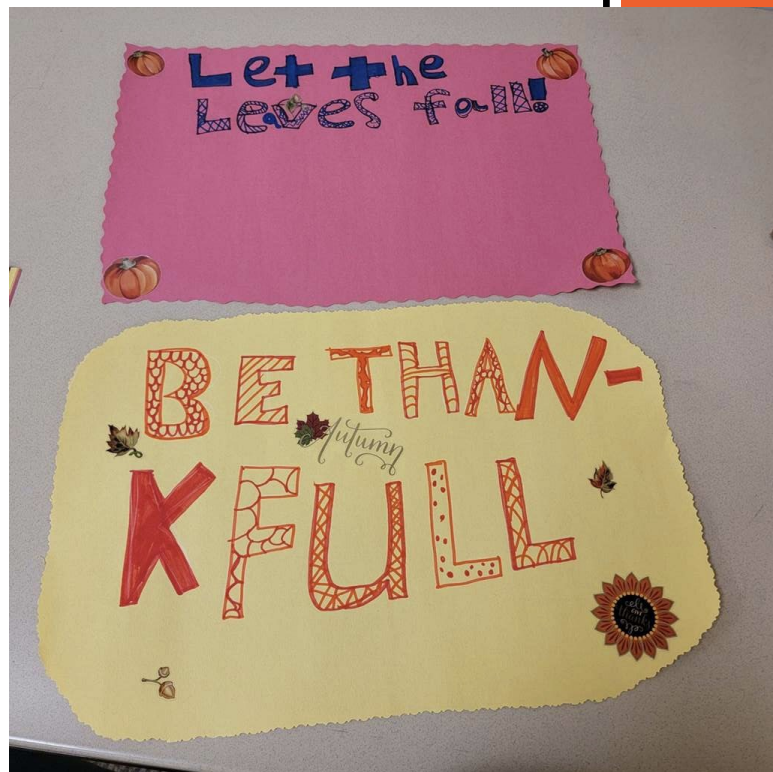
Chanel 6 Cooking Corner recipe was
Pumpkin Spice Crispy Treats

[Cooking Corner: Pumpkin Spice Crispy Treats - YouTube](#)



OSU EXTENSION 4-H YOUTH DEVELOPMENT

Tulsa County Urban 4-H participants and BA Family 4-H Club members made and delivered fall cards and letters for friends and family. Placemats were also created and designed for Thanksgiving. The placemats were delivered to a local assisted living facility so each resident could have their very own, hand made placemat for their Thanksgiving meal. The leftover materials were used to decorate the halls and provide some holiday cheer courtesy of their local 4-H program!



Kim Arnold

Urban 4-H



OSU EXTENSION
4-H YOUTH DEVELOPMENT

I'm excited to share these photos with you! They are truly gems! For the past few weeks we have been busy discovering new things at Ellen Ochoa! We have learned just how much work goes into making ice cream and butter! The kids were amazed to learn that you can put cream in a jar, shake it up and it magically turns into butter! They also learned that Henry Ford was full of beans.... well, soy beans that is! They even got to make a soy bean necklace to take home!



**Kylie
Nicholson**

**Ag Literacy/
STEM**



Tulsa County 4-H Communication Rally



Tulsa County 4-H held their annual Communication Rally Speech Contest on November 5th. 4-H members participated in a variety of speeches and job readiness interviews that will help prepare them for future careers. Public Speaking is one of the many project areas in 4-H that teaches valuable life skills.



Lisa Nicholson

4-H Educator





AGRICULTURE

Vacant

Agriculture/4-H Youth Development Educator

2022 FARM AND RANCH ONLINE TAX CHAT EXTENSION

Information provided by JC Hobbs, OSU Extension Tax Specialist

2022 has presented Oklahoma farmers and ranchers with a variety of challenges. This webinar will help producers evaluate the tax implications of the tough management decisions common in drought. The tax rules on items such as drought related sales of livestock, government payments, etc. will be discussed.

WHEN: December 15, 2022, at 6:30 PM via ZOOM

HOW TO ATTEND:

- REGISTER IN ADVANCE. To register, send an email to scott.clawson@okstate.edu or call (918)686-7800.
- On the day of the event, you will receive an email with a ZOOM link to join the meeting.

We look forward to seeing you then!

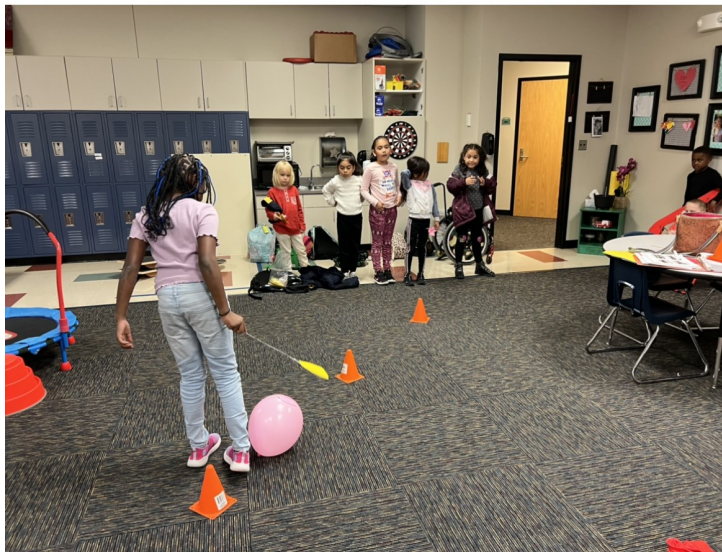


I just wanted to let you all know that it has been a pleasure working with you all. I hope that you have found some benefit from Extension during my time here.

I have accepted a new position and will be leaving OSU Extension. If you all need anything, please call the Tulsa County OSU Extension Office at 918-746-3707. Our staff will still keep you updated on things until a new Educator is hired.

Thank you,
Augustus Holland

Ever wonder how to show a pig? Students at Rosa Parks Elementary learned how to in the Farm Fun After-School Program. They had a blast learning all things pork and showing balloon pigs through an obstacle course.





OSU EXTENSION TULSA COUNTY MASTER GARDENERS

EXPLORING INSECTS

The sixth year of Exploring Insects was a great success. We had 20 booths, and this year we included spiders (yes, we know that spiders are not insects.).



Participants could eat a meal worm or cricket, make art with maggots, race cockroaches, learn about how beneficial insects are to humans and examine them with microscopes or compare their athletic prowess to that of insects. Eighteen schools participated – coming from just a few blocks away to coming from Okmulgee. Along with the volunteers there were approximately 200 teachers and parent supervisors, who attended and they learned as much as the students. We hosted over 1,000 guests. And, it took 213 Master Gardeners to make it all happen. The students have a blast while they are learning vital info. Teachers often comment on how great it all is and how it is their best learning field trip ever. The co-chairs wish to thank everybody involved with making this a spectacular event.



Brian Jervis

**Horticulture
Educator**



Extension Staff

Jan Dawson
County Extension Director

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

December

- 7 OHCE Holiday Luncheon
9 OHCE Family Holiday Workshop,
6:00 pm to 8:00 pm
9 4-H Christmas Party
19 10:00 am to Noon, OHCE Bunco for Scholarships
26-27 Extension Office closed for Christmas



January

- 2 Extension Office closed for New Year's
16 Extension Office closed for
Martin Luther King Jr. Holiday
18 10:00 am, OHCE Business Meeting
26 10:00 am to Noon, OHCE Bunco for Scholarships

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>