



Okies For Monarchs

October brought a wonderful program on Monarch butterflies and what we can do to help save them and also help them along their migration route. Katie Hawk offered many links which we can use to establish our own Monarch Way Stations and join Okies for Monarchs. You can find all the links she provided on our CCMGA website.



Join us November 8th for the Harvest Feast!



It's time for our Harvest Feast, where we celebrate the graduation of our new Master Gardeners, thank those in the county and local community for their support, and enjoy a sumptuous meal of homemade goodies crafted by our great Master Gardener cooks. The festivities begin at 11:30! Don't miss it!

We need recipes!
Bring your favorite recipes to the Harvest Feast or email them to Judy Kautz—address jkautz@cox.net for inclusion in our second cookbook!

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Hello Master Gardeners,

The cool breezes of fall have arrived along with some rain, so we have many things still in bloom. We are in the process of preparing the demo garden for the winter months.

Summer has really flown by. With the last day of the Farmer's Market came the last day our demo garden was open to the public. We have had tremendous activity on Saturdays in the garden. Once again I must thank everyone who volunteered their time to come out and greet visitors to the garden and answer their questions.

So now we move into the fall and winter activities for Master Gardeners. The greenhouse committee is beginning their work. We are experimenting with a two team approach this year. I am excited to be involved in this work for the first time. I know I will learn a lot from my fellow master gardeners.

Kathy Bowden's class on composting drew a big crowd and as always she presented her material in a way that was entertaining and easily accessible to even novice gardeners. We had the November 3 class on Lasagna style gardening. This is a new approach that we haven't seen before. Kathi Farley will be experimenting with this way of gardening in the former backyard garden bed. She and Marilyn Solomon have been researching bulbs that bloom at different times so that there will be something in bloom most of the time in that bed.

Our Harvest Feast is November 8. The food is always delicious and we have a great time welcoming the community and our new Master Gardeners who have completed all the requirements to join us. We want to welcome them and encourage them to become active members working with us on whatever is of interest to them. There will not be a regular meeting this month. I hope to see you all at the Harvest Feast.

Laura Eckstein



Hospitality Committee

By Cindy Mullens and Patty Hayes



The Hospitality Committee is very appreciative of the donation of serving silverware by Celeste Stonecipher for our use. She went "above and beyond" our expectations!



By the time you read this the Demo Garden will have had its last day of work and done the final tour. Now the greenhouse gets into full swing.

The Demo Garden was quite a success this year, thanks to everyone who had a bed or volunteered to help in the garden. Thanks to Jody for keeping the watering system working. There will be some beds available next year so if you want to get involved, watch your inbox for meetings of the garden committee starting in January.

Theresa January said that as of the 15th of October we had donated 270

pounds of food not counting any sweet potatoes from Tomoko's garden.

I spoke with Brian of the Fair Grounds Maintenance Crew and he said the new fence on the south border of the Demo Garden had been submitted as a proposal but had not been officially approved. Then the County would probably do the work and it would have to be scheduled. So hopefully we will have a new fence and the north corner enclosed sometime soon.

Until then, keep on digging.





What Worked and What Didn't



Theresa January submitted the following: Left, my onion crop was good this year. This is the flat with the largest ones (yogurt cup for size reference). I could have done well at the fair. My peppers did not do very well. Below, not much saffron from the three flowers. That's why it's so expensive.



Judy Kautz writes "I buried my chrysanthemum pots halfway in the ground this year, which allowed them to retain moisture better.

Above, my esperanza, grown by the greenhouse committee and sold at the Garden Party sale last year, was stunning with all its blooms this year!



Fall has finally arrived, and with it cooler weather! Fall is also the time for pumpkins – to grow, to eat and to use in decorating our homes and landscapes. Pumpkins are really versatile and they have a very interesting history.

Pumpkins and squash are believed to have originated in the ancient Americas. These early pumpkins were not the traditional round orange upright Jack-O-Lantern fruit we think of today when we say the word pumpkin. They were a crooked neck variety which stored well.

Early Native Americans roasted pumpkin strips over campfires and used them as a food source, long before the arrival of European explorers. Pumpkins helped them to make it through long cold winters. They used the sweet flesh in numerous ways: roasted, baked, parched, boiled and dried, and they ate pumpkin seeds and used them as a medicine. The blossoms were added to stews and dried pumpkin could be stored and ground into flour. Also, they dried the shells and used them as bowls and containers to store grain, beans and seeds. And they pounded and dried the pumpkin flesh into strips and wove the strips into mats which they used for trading purposes.

Native Americans introduced pumpkins and squashes to the Pilgrims. Pumpkins were an important food source for the pilgrims, as they stored well, which meant they would have a nutritious food source during the winter months. Did you know that pumpkins were served at the second Thanksgiving celebration? The Pilgrims cut the top off of a pumpkin, scooped the seeds out, and filled the cavity with cream, honey, eggs and spices. They placed the top back on and carefully buried it in the hot ashes of a cooking fire. When it finished cooking, they scooped the contents out along with the cooked flesh of the shell like a custard. Does this sound like an early pumpkin pie? Yes, without pumpkins many of the early settlers might have died from starvation. Today, pumpkins are symbols of harvest celebrations.

Pumpkins are very good for you, and they taste good! Nearly every part of the pumpkin can be eaten. The cooked pulp is fabulous in pies, cookies, breads, soups, appetizers, main dishes . . . the list goes on and on! The blossoms are excellent breaded and fried or use as a wrap. The seeds make a great snack.



Of course, pumpkins are wonderful as decorations! A squatty pumpkin makes a surprisingly sophisticated vase. With the top and contents removed, the pumpkin holds water for up to seven days. Or put flower foam, dirt and even a plastic container inside to hold and nourish flowers. Roses, lilies, and poms crowded into the pumpkin's opening can be stunning!

Pumpkins are one of the most versatile vegetables we have, for growing, eating and decorating. Pause a moment to appreciate the beauty of the common pumpkin. Its buttery smooth surface and even lines could round out a Halloween or fall theme in your home. For very little expense, you're buying an unusual, seasonally appropriate decoration. And you won't even have to find a place to store it afterwards!



Prior to the General Meeting members enjoyed an informative and entertaining program by Katie and Patrick of Okies for Monarchs. They discussed the life cycle, migration patterns and current threats to this beautiful and endangered creature. Following the program, a short break was taken and we then proceeded to the business portion of the meeting.

The meeting was called to order by Laura Eckstein, who led members in reciting the Pledge of Allegiance. Laura announced that Garden Tours will be cancelled tomorrow due to inclement weather. The Pollinator Garden Dedication in Eastwood Park is also cancelled due to the weather. Minutes from last month's meeting were approved with no additions or corrections. Next the group heard reports from the various committee heads.

Treasurer's Report (Nancy Logan): Our cash balance as of September 25 was \$20,373.01. Funds in excess of the budget as of September 25 were \$16,195.21. Dues will be accepted between now and January 2019 and will continue to be \$20.00 for the coming year. Members must be paid up by the January 2019 meeting to be included in the new Directory. There will be no General Meeting on November 9, the day after the Harvest Feast .

Greenhouse (Nancy Logan): Greenhouse cleanup and setup will begin on October 25. Planting of seedlings starts November 1. We will run two crews who will work alternate Thursdays. This is a new approach and we are hopeful it will work well and provide continuous coverage for the greenhouse. We will be trying to grow Antelope Corn this year. Nancy gave guidelines on how to prepare cuttings for the November 1 planting day. Monitors will check greenhouse temperature daily to make sure it stays warm enough and also that it does not go above 55 degrees. Experience has shown that temperatures above 55 lead to problems with insects, fungus, etc.

Programming (Linda Wren): The planned October 16 outing to Lori Coats farm, My Raggedy Herbs, has been cancelled due to wet conditions. Members will be notified if and when the event will be re-scheduled. Teresa January suggested that course material and announcements for outings be shared via email or in the newsletter to cut down on paper waste.

Special Events (Donna Carter): The Harvest Feast will be held in the large Extension Meeting Room on November 8 at 11:30 a.m. All food should be ready and in place by 10:45 a.m. We have most of what we need but extra food is always welcome. Also, we will need more serving utensils; anyone who would like to help with that can contact Donna or Thressa.

Special Projects (Julie Johnson): There was no news to report.

Public Relations (Georjana Mauldin): Georjana was absent and there was no news to report.

Demonstration Garden (Rick Ault): The hole on the north side of the Garden fence is still there and poses a possible threat to the security of our grounds and equipment. We will try to see if the Fair Board can help out with this problem. In the meantime some items can be placed in the storage shed for safekeeping.

Membership (Jeanne Parker): There was no news to report.

October Meeting Minutes (continued)

Community Education (Kathi Farley): We need some ideas for future classes. We already have tentative plans for shade gardening and seed planting, but more ideas are welcome! Please contact Kathi if you know of a speaker or topic that would be of interest to our organization. Tomorrow (October 13) Cathy Bowden will present "From Garbage to Gold", a class on composting techniques. The class will be in classroom C at 10:00 a.m. On November 3, Georjana will present "Lasagna Style Bulb Planting" with a little help from Marcum's Nursery. Times and locations for all classes can be found on the CCMGA website and also on our Facebook page.

Fund Raising (Alice Humphrey, Brenda Williams, Linda Wren): The CCMGA will have a fundraiser/information booth at the United Methodist Church Bazaar in Blanchard on October 13. The bazaar will be held from 8:00 a.m. to 4:00 p.m. at the UMC, 1101 N. Main Street in Blanchard.

Hospitality: (Cindy Mullens, Patty Hayes): Many thanks to the members who brought food for our break this month: Kathi Farley, Thressa Guidice, Jody Marcuson, Scott Woods, Fred Schneider, and Donna Carter. Their delicious offerings really hit the spot and are greatly appreciated!

Old/New Business: Judy Kautz put out another call for recipes for the new cookbook. Recipes are still needed across all categories. Any type of recipe will be welcome including those for Instant Pot, Air Fryer, Vegan, Paleo and Gluten-Free categories. It would be great if recipes could be submitted to Judy by the end of October. There are still a few Master Gardener patches left at \$3.00 apiece. Judy welcomed new students to the organization and looks forward to seeing them at the Harvest Feast. She also put out a call for interesting photos, stories or other ideas for the newsletter. There will be a special edition of the newsletter which will focus on the Garden Tour. All information for the newsletter should go to Elaine Dockray and should be submitted before November for timely inclusion. Laura Eckstein praised the Garden Tour as a great success and thanked Terry Hull and everyone else involved in its planning. Tomoko Yoshida announced that it's almost time to dig up our potatoes, weather permitting. Also, she will be traveling extensively in the coming months and her entire bed will now be available. New member Linda Fielder has taken over 1/2 of the bed and is willing to do the whole thing, but she may need a helper! Laura will speak to the new class about this opportunity.

There was no other business and the meeting was adjourned by President Laura Eckstein.

Respectfully submitted, *Carolyn Paul*



Treasurer's Report

By Nancy Logan

Beginning balance as of September 25, is \$19,894.44. Income includes \$135 Bazaar Proceeds; \$55 Gloves; \$9 Vissors; \$18 Patches; \$50 Fair Stipend; \$5 Donation and \$100 2019 Dues for Total Income of \$372.00. Expense includes \$284.62 Demo Garden; \$441.02 Greenhouse and \$50 Speaker Honorarium for Total Expense of \$775.64. Balance at October 25, 2018 is \$19,490.80, less budgeted expenses not yet reimbursed of \$2,923.59, leaving funds in excess of budget at \$16,567.21.

It is time to collect 2019 dues of \$20 per member. You can bring your dues to the Harvest Feast, or a monthly meeting. You may also leave your payment in the extension office or mail your check to Nancy Logan at 3200 Summit Bnd, Norman, OK 73071. In order to have your name in the 2019 member directory, your dues must be received by the January 2019 meeting.

Respectfully submitted, *Nancy Logan*



Bavarian Beef Dinner

Master Cook

Ingredients

2 lbs. boneless chuck roast -- cut in 1" cubes
2 Tbsp. vegetable oil
2 14 oz. cans beef broth
2 medium onions -- sliced
1 clove garlic -- minced
1 tsp. dill seed
1 tsp. caraway seed
1 tsp. paprika
1 tsp. salt
1/4 tsp. pepper
1/4 cup cold water
3 Tbsp. flour
8 ounces sour cream

In a Dutch oven, brown beef in oil.

Add broth, onions, garlic and seasonings. Cover and simmer for 2 1/2 hours or until beef is tender.

Combine water and flour until smooth.; gradually stir into beef mixture. Cook and stir 2 minutes.

Add sour cream and heat through (do not boil). Serve over hot, cooked noodles.

Per Serving (excluding unknown items): 139 Calories; 10g Fat (60.7% calories from fat); 6g Protein; 8g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 799mg Sodium. Exchanges: 0 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.

NOTES: This is a fabulous German beef dish! Serves 8

Sandy's Lemon Squares

by Pat Arthur

Ingredients

1 cup butter, softened
1/2 cup unsifted powdered sugar
2 cups flour
4 eggs
2 cups sugar
1/3 cup plus 2 Tbsp lemon juice
1/3 cup flour
1 tsp baking powder

Cream butter and sugar; add 2 cups flour. Beat until blended. Spread in greased 9 x 12 inch pan. Bake at 350 degrees for 20 minutes.

Note: Dough will not be like pastry—you can pat it into pan with your fingers.

Mix eggs together until lightly foamy. Then add sugar, lemon juice, flour and baking powder.

Pour over crust.

Bake at 350 degrees for 25-30 minutes. Sprinkle with powdered sugar.

We will try to feature seasonal recipes and many of your own recipes in the Recipe Box through the year. Send us your recipes at rdsefd@aol.com.



Upcoming Events

November 3, 9 AM – Noon: Tree for All Tree Giveaway and Sale. Myriad Gardens, OKC. First 100 patrons in line will receive a free eastern redbud tree. Trees are available for \$12 for members and \$15 for nonmembers with a limit of two trees per household. Trees come in 3-gallon containers and can be up to 7 ft tall. All trees are Oklahoma Proven® varieties that perform best in challenging climates. Guests are encouraged to bring a wagon for transporting trees to their vehicle. Participate in free educational workshops on how to plant and care for your trees, which will be essential in maintaining plant health. A variety of booths and vendors will be on hand. See Myriad Gardens website to reserve your trees and for more information.

November 8, 11:30 AM: CCMGA Harvest Feast.

November 9, 7 – 8:30 PM: Ladies Night Out – Floral Designs. Myriad Gardens, OKC. No experience necessary. Register and Myriad Gardens Website.

November 15, 6 – 8 PM: Third Thursdays - All About Holiday Bouquets. Event ID: 18935. Ed Lycan Conservatory, Will Rogers Park 3400 NW 36 St., OKC. Join us for our series of floral arranging classes focusing on seasonal and easy-to-create bouquets for your home. Each month you will learn new techniques to turn your cut flowers from the store and your garden into floral masterpieces. Ages: Adult (18+) Cost: \$25 non transferrable. Register at <https://parks.okc.gov>

November 23 – Jan 2, 6 – 9 PM: Illuminations A Northern Lights Experience in the Crystal Bridge. Enjoy a new take on holiday lighting inside the Crystal Bridge Tropical Conservator. Professional designers using the latest lighting technology are taking the holiday display to the next level, beyond strings of lights.

November 24, 10 – 11 AM: Gardens Walking Tour. Myriad Gardens, OKC..

November 30, 7 – 8:30 PM; December 1, 10 – 11:30 AM; December 1, 1 – 2:30 PM: Holiday Workshop: Living Wreaths (Evergreens). Myriad Gardens, OKC. Member \$45; Nonmember \$55. Kaitlin Bacon, Plant Biologist. Design a classic, traditional evergreen wreath in this fun, hands-on holiday workshop. Receive specialized instruction as you create your own beautiful 18-22" wreath to adorn your home. Evergreen wreaths are best for outdoors, while succulents are best for the indoors, so sign up for both classes and make each one. Register at Myriad Gardens website.

November 30, 7 – 8:30 PM; December 1, 10 – 11:30 AM; December 1, 1 – 2:30 PM: Holiday Workshop: Living Wreaths (Succulents). Myriad Gardens, OKC. Member \$75; Nonmember \$85. Roberta Rowland, Horticulturist. Design a fantastic, modern succulent wreath in this fun, hands-on holiday workshop. Specialized instruction will lead you to create your own beautiful 18-22" wreath for any holiday display. Succulent wreaths are best for indoors, while evergreens are best for the outdoors, so sign up for both classes and make each one. Register at Myriad Gardens website.

December 6, 6 – 8 PM: Holiday Greens Wreath Workshop. Event ID: 18995. Create beautiful and fragrant natural décor for your home with the Will Rogers Gardens annual traditional holiday greens class. Instructors will show you how to make traditional holiday wreaths from scratch using evergreen boughs. You can also incorporate greens and seed/fruit found in the Margaret Annis Boys Arboretum. Materials Supplied. Ages: Adults (18+). Cost: \$35 non transferrable. Register at <https://parks.okc.gov>

December 7, 9 – 11 AM: Holiday Greens Wreath Workshop. Event ID: 18996. Ed Lycan Conservatory, Will Rogers Park 3400 NW 36 St., OKC. Create beautiful and fragrant natural décor for your home with the Will Rogers Gardens annual traditional holiday greens class. Instructors will show you how to make traditional holiday wreaths from scratch using evergreen boughs. You can also incorporate greens and seed/fruit found in the Margaret Annis Boys Arboretum. Materials Supplied. Ages: Adult (18+). Cost: \$35 non transferrable. Register at <https://parks.okc.gov>

December 14, 10 AM CCMGA December Meeting and Christmas Party/Potluck

December 20, 6 – 8 PM: Holiday Table Centerpiece Floral Arranging class. Event ID: 19318. In this class you will learn how to create your own Holiday centerpiece using greens, a candle and other natural items. You will go home with a beautiful self-made centerpiece for the holidays. Ed Lycan Conservatory, Will Rogers Park 3400 NW 36 St., OKC. Ages: Adult (18+). Cost: \$25 per arrangement (nontransferable). Register at <https://parks.okc.gov>

January 4 – 5, 2019: Horticulture Industries Show – People, Plants, and Pollinators. Chancellor Hotel, Fayetteville, Arkansas. Information at <https://www.hortindustriesshow.org>



Above, Brenda Williams and Linda Wren at the plant sale fundraiser and information booth October 13, at United Methodist Church in Blanchard. Above right and inset, Theresa January cleverly erected a mailbox to hold her garden tools in the yard. This saves many steps back to the garage or garden shed looking for tools! Great idea, Theresa!



MASTER GARDENER ASSOCIATION

Oklahoma State University, U.S. Department of Agriculture, State and Local Governments Cooperating. The Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of age, race, color, religion, sex, sexual orientation, genetic information, gender identity, national origin, disability, marital or veteran status, or any other legally protected status. OCES provides equal opportunities in programs and employment.

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Horticulture

Submit suggested articles for the newsletter not later than the **25th of each month** to Editor Elaine Dockray at rdsefd@aol.com

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For More Information Check out the updated Horticulture and Master Gardener sections on the Cleveland County Extension Office website. The address is www.oces.okstate.edu/cleveland.