



# The Weeders' Digest

## Lori Coats Shares Herbs

CCMGA member Lori Coats brought herbs to life at our March meeting. Lori encouraged members to grow herbs for landscaping as well as culinary and medicinal uses. One of her hints—use rosemary stems as skewers! Be sure to soak them in water after stripping the leaves. What a great idea! Thanks, Lori, for a wonderfully informative talk!



### At the April Meeting...

*by Linda Wren*

Keith Warren will be our April program speaker. In his own words.....I love being retired!! It's wonderful (as long as I live within my budget) and I am enjoying myself more than ever. I've enjoyed working in my 2,000 square feet of gardens for many years and built a 15x20 solarium in 1980. I became interested in bonsai and was co-founder of the Central Oklahoma Bonsai Society in 1987 which is a member of the Oklahoma Garden Council. We will be having our 30th annual show next year. Though I've been the club's president in the past, I'm still involved by being the club's newsletter editor. But growing orchids in my solarium for the last ten years has captured my attention and is now my primary focus. I've served as Vice-President of the Oklahoma Orchid Society for the last three years and am currently the society's program director. The meeting begins at 10, but join us for snacks and conversation at 9:30 AM.

### April 15th is our Garden Party!

Don't miss this wonderful event—it will be filled with activities, classes and a plant sale! We'd love your help setting up tables after our April meeting. Thanks!

### Inside This Issue

President's Posting	2	Photo Booth	3
Education Update	2	Important Notice!	3
PR Prattle	2	March Minutes	8-9
Garden Gossip	3	Treasurer's Report	9
Garden Guru	4	The Recipe Box	10
Member Profile	5	Upcoming Events	11
Seen in the Garden	6-7	March Meeting Pics	12



## President's Posting

*By Jeanne Parker*

Exciting news this month, our website is up and running. Check it out, it's great! [www.clevelandcountymastergardeners.org](http://www.clevelandcountymastergardeners.org), There are links to the Master Gardeners help desk, Monthly Calendar of Events, Workshops, Class offerings, OSU fact sheets, the and so much more. If you want to check out past months of the Weeder's Digest, it goes back to January of 2016. We can thank Lois Cox and Judy Kautz for the Web site, Web site maintenance and updates. The beautiful pictures were taken by Jim McDaniel and Judy Kautz. Cards were given out at the March meeting announcing the new website and these cards will also be passed out at our upcoming events.

We have worked hard and our efforts show. The Demo Garden and the plants in the greenhouse are looking great for our April 15 Garden Party. Pass the word - it's our biggest fund raiser and there are lots of activities, demonstrations, and tours. Win a garden bench and a chance to win a beautiful quilt. See you there.

*Jeanne Parker*



## Education Updates

*By Kathi Farley*

Here are classes being presented for this month:

- ◆ April 13, 6:30 PM, Xeriscaping, South OKC Library (S.W. 134th and Pennsylvania, OKC), presented by Julia Linger
- ◆ April 23, 12 – 5 PM, Earth Day information Table and plant give-away, Reaves Park, Norman
- ◆ May 7, 11 – 5 PM, May Fair Information Table, Andrews Park, Norman
- ◆ May 10, 8:15 AM, Oklahoma Proven Plants, St. Stephen's Methodist Church, presented by Judy Kautz
- ◆ May 11, 6:30 PM, Vegetable/Herb Gardening, South OKC Library, presented by Cathy Bowden/
- ◆ May 13, 10 AM, Vegetable Gardening, Classroom C/Demo Garden, presented by Theresa January
- ◆ May 20, 10 AM, Herb Class, Classroom C, presented by Lori Coats



## PR Prattle

*By Judy Kautz*

**Doorhangers** are still available for you to distribute in your neighborhood or local businesses who have lovely winter displays. Tell them how much you appreciate their efforts to make our environment beautiful!

**CCMGA Cookbooks** are still available...cost is \$10. Copies have been placed in the Extension office and can be picked up there. Don't forget to pick up the correction sheet that you can place in your cookbooks.

**Patches:** We still have patches for your attire. They are \$3 each and will also be available at the meeting.



The garden season has begun big time. I know everyone has a lot of work to do at home also & that is just one of the reasons we appreciate all the hours worked in the Demonstration Garden. Thanks to everyone who has come out and we hope to see even more of you. This month will be our garden's 2017 debut as tours begin and we have our Garden Party and we are anticipating having things looking good. New signs should be ready for tours. There will also be new signs with numbers and names for the beds and we will work on adding QR codes to the signs soon. The garden will be looking so professional! Plant tags need to be placed in beds as soon as possible and please make sure you have contacted Kathy Kelly with up to date descriptions of the beds you work in for the tour guide "cheat sheet".

P.S. Oklahoma Proven bed still needs someone to be Head Caretaker. Please consider adopting this orphan.



### Important Notice! Prairie Wind Plant Sale!

Prairie Wind is offering a Master Gardener's Sale on Monday, **April 17** and Saturday, **April 22**, 9am to 5pm. Prairie Wind will pay CCMGA 25% of the total Master Gardener's sales on those two days. Members should wear their name tags to show their eligibility. ***Take advantage of this great opportunity to help us earn some funds!***



### Photo Booth



*Thanks to our members who manned the table at Home Depot! What a great group and what terrific publicity for our organization, not to mention fulfilling our mission of educating the public on sound horticultural practices!*

Do you have photos you would like to share of your yard or garden? If so, please submit them to Elaine Dockray at [elaine.dockray@cox.net](mailto:elaine.dockray@cox.net) for inclusion in a future newsletter. Thanks!



## Sustaining Sustainable Agriculture

Earth Day is celebrated around the country on April 22 (April 23 in Norman) this year. In this season of planting, it is worthwhile thinking about sustainable agriculture. There are a number of programs that help us understand the topic.

1) On Monday, April 17 at 9 p.m., PBS will air a show called "**Seed: The Untold Story.**" This documentary "follows passionate seed keepers intent on protecting our 12,000 year-old food legacy. In the last century, 94 percent of our seed varieties have disappeared." We learn about the problems that ensue and the efforts to combat the crisis.

2) Now through May 7, Sam Noble Museum at OU is hosting a traveling exhibit called "**Roots of Wisdom: Native Knowledge, Shared Science.**" It features a number of Native American communities sustaining or reviving traditional agriculture and fishery. Examples include salmon streams in the Pacific North West, wild rice habitat in the Great Lakes region, and River Cane bamboo forest for basketry in the South East. All in all, preservation of agricultural tradition not only maintains bio-diversity and conserves environment, it preserves the traditional way of life, the indigenous culture.

3) On a more global scale, the Food and Agriculture Organization (FAO) of United Nations initiated a program called **Globally Important Agricultural Heritage Systems (GIAHS)** in 2002. 36 regions around the world were designated as GIAHS by 2015. These include oases of Tunisia, terraced rice paddies of China, Japan, and the Philippines, as well as multi-crop agriculture in the Andes. For centuries, generations of farmers worked on these lands developing agricultural practices that are ecologically and economically sustainable. The socio-cultural heritage of a region (e.g., thanksgiving ceremonies) is part and parcel of the system. The key concept here is dynamic conservation. Unlike museum objects, GIAHS are living and evolving organizations. For more information about

GIAHS, go to: <http://www.fao.org/giahs/en/>.

These programs highlight the values of indigenous sustainable agriculture, but are these practices sustainable in the contemporary world? Farmers face the challenges of a global economy (cheap imports, changing consumer demands, and so forth). The younger generations may be leaving the farms and migrating to the cities. Climate change is also a potential threat; although traditional farming has been remarkably resilient, it may not escape the effects of increasingly volatile climate. I encourage Master Gardeners to take a look at one of these programs and think about the values of age-old agriculture.



Farmers plant rice at the stonewalled Nagacadan Rice Terraces in the Philippines in 2007. (Photo by Shubert Ciencia, Creative Commons Attribution 2.0 Generic license.)





## Q and A with Kathi Farley

*Background and Significant Gardening Influences:* I grew up in the country and was working in the vegetable garden yearly and did lawn work from an early age. Then we moved to the city and I lost contact with that part of me until my and my husband's first home. I found I loved working in the beds at my house which then led to undoing what the previous owner did so I could do my thing.

*Do you have a gardening "specialty" or just love it all?* I love low maintenance and xeriscape. My saying is: "if it survives me, I'll plant more of it".

*What led you to CCMGA and what year did you complete classes?* When Bill and I moved to our new home in Norman, OK I found out everything was sand! I'd never dealt with sand before and who knew that would be an issue in Oklahoma! I called the Extension Office and the master gardener that answered the phone told me about the program. I signed up the first chance I got. Class of 2014.

*What do you enjoy about CCMGA?* The community of gardeners and the constant learning about plants

*Other interests you'd like to share:* Animals. I love to care for these little guys. I did a tiny bit of training with dogs and did some dog grooming in my past.

***Pictured at right—Kathi's garden!***







# Seen in the Garden











## March Meeting Minutes

*By Vada Edwards*

Linda Wren presented our speaker, Lori Coats. Lori is a 2008 Master Gardener and now works at the Myriad Gardens as volunteer organizer. She also has a teaching garden, My Raggedy Herbs, in Tuttle. Her topic was Herbs.

A short break was taken and we then proceeded to the business portion of the meeting.

Jeanne Parker called the meeting to order and led in reciting the Pledge of Allegiance. She presented the minutes from February for approval. Theresa January moved to accept them and Jim McDonald seconded the motion.

Jeanne presented the web page to the members. Discussion took place and the question of photos in the newsletter being public was addressed. Judy Kautz explained that for photos of children, first ask the parents if it is alright to take the picture and to possibly print it in the newsletter. If the parents say no, don't take the photo. This is a public web site so can be given to friends and family. There are cards to be passed out during classes and at Garden Tours. Judy Kautz and Lois Cox are responsible for setting up the site. They are open to suggestions, questions and problems. Theresa January gave an update on Lois. She continues to take care of her husband after his stroke, and he continues to improve.

Treasurer's Report: (Nancy Logan) Cash balance ending February 25th was \$15,180.47. Funds available for 2017 budget were \$5,875.12. Cindy Mullins audited the treasurer's books from 2016 and they were all in order.

### **Committees:**

Community Education: (Kathi Farley, Carol Craig, Joan Kemmet Greenleaf) March 15 is the Bug Fest at the Norman Library. March 16th at the South OKC Library will be Composting/Vermiculture with Cathy Bowden and Pat Welty. March 18th in the Classroom is Fred Schneider presenting Native Plants and on the 25th in the classroom is Pat Hardre presenting Dividing, Transplanting and Thinning Plants. April 1st will start the tours of the Demo Garden and also an information table at Home Depot in Norman. Wal Mart requested an information table on 3/25 for their plant- area opening and we will honor that request if we have enough volunteers. A sign-up sheet was passed. May Fair will be May 6-May 7 and we will have an information table for that event. A sign-up sheet for volunteers was passed.

Demonstration Garden: (Theresa January, Kathy Kelly) We are now starting the regular Tuesday work days, although the start times may vary depending on the weather. The garden needs someone to spray the walkways on a day other than a work day. The large OK Proven Garden is looking good now thanks to volunteers, but it does need a lead gardener. All heads of garden beds needs to look at plant tags and request new tags now, if needed. Cherry will send out the form for the names and Tracey will review the Latin names for all. Remember, all plants need a tag with common name, Latin name, and "Variety". Jeanne Parker is getting 3 estimates for larger signs for each bed that can contain QR codes. The QR codes can link back to our web site. She will bring back the estimates for approval from our members.

Garden Tours: (Jeane Hardy) An email has been sent for volunteers for April tours.

Greenhouse: (Nancy Logan) The greenhouse is looking good with no more room for new plants. The Greenhouse committee will tour Prairie Wind Nursery next week to preview plants to sell at the Garden Party Plant Sale. The week after the party on 4/17 and 4/22 the members can go to the nursery and buy plants and soil. 25% of the sale will go to CCMGA. Directions to the nursery are Lindsey St. east past 72nd St. to Goodman Ln. Wear your name tag and bring a list from friends and neighbors.



## March Meeting Minutes (continued)

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Hospitality: (Cindy Mullins, Patty Hayes) the committee thanked all who brought refreshments for our meeting. Robert Seaton, a long time CCMGA member, and Karen Wolf's father passed away. A card has been sent to Karen and the family of Robert.

Newsletter: (Elaine Dockray) Jeanne sent a big thank you from Elaine to all the contributors to the newsletter.

Public Relations: (Judy Kautz) Judy reminded everyone to remain quiet when others are speaking. She gave a correction from last month's Newsletter. Celeste Stonecipher submitted the information on freeze dates. She thanked those that contributed pictures and volunteered for monthly members bios. She has one for the next 3 months. There are CCMGA patches available for \$3 and cookbooks for \$10. She has flyers for the quilt raffle and the Garden Party.

Programming: (Linda Wren, Brenda Williams) At the end of May there will be a field trip to Tuttle to visit Lori Coates garden. Our speaker on April 14th will be Keith Warren, who will demonstrate making a Bonsai garden. The finished garden will be raffled to members at the end of the meeting. Tickets will sell for \$1. At the May 12th meeting Freddy Hill will speak on Key Hole Gardening. At Junes meeting Chris Ward will speak on water conservation and in July Andrew Sartain from Earth Rebirth will be our speaker. In October we will have a field tour to the OKC Zoo Botanical Gardens.

Special Events: (Donna Carter, Thressa Giudice) There will be a Garden Party meeting 3/16 at 1 pm in the Extension kitchen. Several activities are planned for the children including miniature garden gnomes where they will paint faces on a pot, plant a pot, garland making with flowers from our garden, a plant egg hunt and making a plant marker. Pat Welty will discuss Vermiculture at the Worm Motel and Theresa January will be available to discuss square-foot gardening. There will be a rabbit and chickens. 4H will have an information table with their information. Classes will include container gardens, fairy gardens and pollinators.

Fundraising: (Alice Humphrey, Brenda Williams, and Linda Wren) Brenda Williams will be selling raffle tickets today and at the Garden Party. The tickets are \$1.

Horticulture Educator: (Tracey Payton Miller) No new information.

New Business: Kathy Kelly is in charge of tours of members gardens. She would like to have a Spring tour the 2nd week of June. She needs volunteers to allow members to view their gardens. Members do get Education hours for touring the gardens. Theresa made jewelry to match our CCMGA shirts and they are for sale. Price varies. She will donate profits from the necklaces to CCMGA. Fred Schneider brought a copy of Seed Saver Exchange catalogue. It is the largest heritage seed saver organization in the world. Seeds are saved from around the world. Varieties available in the markets have decreased and this is a way to bring back more choices in our gardens.

Meeting was adjourned by the President.

Respectfully submitted, *Vada Edwards*



## Treasurer's Report

*By Nancy Logan*

Beginning balance as of February 25, 2017, is \$15,180.47. Income includes \$40 Dues 2017; \$34 Garden Books Sold; \$40 Gloves Sold; \$14 Visors Sold; \$1 Nametag Jar; \$20 Cookbooks; \$10 T-Shirts; \$5 Garden Key Replaced; \$9 Scrap Tin Sold; \$339 Quilt Raffle; \$124 Bench Raffle and \$500 Donation to NA Medicinal Bed for Total Income of \$1,136.00. Expense includes \$200.80 Demo Garden; \$59.99 Garden Party Supplies; \$206.76 Member Directories; \$65.80 Distinguished Service Award and \$324.92 NA Medicinal Bed for Total Expense of \$858.27. Balance at March 25, 2017 is \$15,458.20, less remaining budgeted expenses of \$8,947.08, leaving funds in excess of budget at \$6,511.12

Respectfully submitted, Nancy Logan



## Oriental Green Beans

## Master Cook

### Ingredients

1 1/2 pounds fresh green beans -- ends trimmed  
1 tablespoon canola oil  
1 small white onion -- diced  
2 teaspoons grated fresh ginger  
1 clove garlic -- minced  
1/4 teaspoon crushed dried red chilies  
2 tablespoons soy sauce  
1 tablespoon rice wine vinegar  
2 tablespoons hoisin sauce  
1/2 teaspoon sesame oil

In a large pot 2/3 full of boiling, salted water, cook beans until tender, 3-5 minutes. Cool beans in ice water; drain and reserve.

In a fry pan or wok over medium-high heat, warm canola oil; add onion and sauté, stirring, until tender, 4-5 minutes. Add ginger, garlic and chilies; sauté, stirring, 2 minutes.

Add soy sauce, vinegar, hoisin sauce and sesame oil; cook, stirring, until thick, 2-3 minutes more.

Add beans and cook, stirring, until heated through and glazed with sauce. See below for an easier version!

## Dry-Fried Green Beans with Garlic Sauce

### Ingredients

1 T. soy sauce  
1/4 c. chicken (or vegetable) broth  
1/2 t. sesame oil  
2 cloves garlic, finely chopped  
1/2 pound trimmed green beans  
1 T. olive oil  
1/2 t. corn starch

In a bowl, whisk soy sauce, broth, sesame oil and garlic. Set aside.

Toss green beans with olive oil and season with salt. Broil in the oven for 3-6 minutes until the beans are lightly charred (mine took about 10 minutes).

Combine the broth mix and beans in a pan over medium-high heat and bring to a boil. Add corn starch, stir quickly and turn off heat as soon as the sauce thickens. Season with salt and serve immediately.

Serves 4

Per Serving (excluding unknown items): 70 Calories; 4g Fat (54.0% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 645mg Sodium. Exchanges: 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

NOTE: These are the crisp-tender oriental-style beans served at all the oriental lunch buffet bars!

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](mailto:rdsefd@aol.com).





## Upcoming Events

**Apr 11, 2017, 6 - 7:30 pm: Garlic, Onions, and Perennials.** OSU Botanic Gardens, Stillwater. The program is free and open to all. Please call or email the Payne County Extension Office in advance if you plan to attend, so they can be adequately prepared.

**April 14, 10 am: CCMGA Master Gardener Meeting,** Classroom, Cleveland County Fairgrounds.

**April 15, 9 am—1 pm: Garden Party,** Cleveland County Demonstration and Teaching Gardens, Cleveland County Fairgrounds.

**April 20, 1:30—3 pm: Pruning.** Oklahoma County Cooperative Extension Service, 2500 N.E. 63rd, Oklahoma City. Cost is \$5. Call 713-1125.

**April 21, 5 – 8 pm; April 22, 9 am – 3 pm: Earth Kind Landscaping Seminar.** Oklahoma County Cooperative Extension Service, 2500 N.E. 63rd, Oklahoma City. Cost is \$100. Call 713-1125.

**April 22, 1 - 4 pm: Irrigation and Water Conservation School.** Myriad Gardens, Oklahoma City, Water Plaza Room & Garden Grounds. Cost: \$25. Register by Tuesday, April 18. Beautiful home landscapes require water. - Sometimes a lot of it. Celebrate Earth Day by learning how to conserve water and money through smart irrigation practices.

1-2 pm: Dr. Lou Anella, professor and director of The Botanic Garden at Oklahoma State University, will give an overview of landscape irrigation – what it is, why it's helpful and some best practices. He'll then delve into drip irrigation and how you can automate the irrigation of patio pots, window boxes and hanging baskets, allowing you to grow beautiful flowers, herbs, or even vegetables.

2-3 pm: Robert Reaves, water conservation coordinator with the City of Oklahoma City Utilities, will teach you how to program your controller, adjust sprinklers, and how to fix leaks in a sprinkler system. This will be a hands-on learning experience where you can practice new irrigation skills.

3-4 pm: Myriad Botanical Gardens Horticulturists will take you on a tour of the Gardens, discussing water-wise plants and other practices used for water conservation, our irrigation system and ways to make it as efficient as possible.

**April 29, 9 am – noon: Oklahoma Gardeners' Association Plant Sale.** Urban Mission, 3737 N. Portland, OKC. New and unusual varieties will be offered along with old standbys. "Pass-along" plants from association members will also be offered.

**May 13, 9 am – 4 pm: OKC Garden Fest.** Myriad Gardens, Oklahoma City. The festival will feature herbs, perennials, roses, produce, pottery, jewelry, wineries, food products and food trucks. Activities for children will also be offered and there is no charge for attending. This year will again feature an area with information for those wanting to start a butterfly garden or Monarch Waystation, an intentionally-managed garden that offers food and habitat for the Monarch butterfly population. Several vendors will offer milkweed for Monarchs along with other pollinator friendly plants. New this year will be educational talks and demonstrations about gardens and pollinators.

**May 31: Native Plant Conference.** Wes Watkins Center, Room 110, Oklahoma State University, Stillwater, OK. Registration must be postmarked by May 19 & Refund Requests must be received by May 19. Contact Stephanie, 405-744-5404, [stephanie.larimer@okstate.edu](mailto:stephanie.larimer@okstate.edu).

**June 15 – 16: 2017 Master Gardener Continuing Education Conference.** Drumright Central Technology Center, 3 Ct. Circle, Drumright, OK. Registration for the conference will be available by late April.

Thursday, June 15 – Evening Social at the Tidewater Winery

Friday, June 16 – Conference at the Drumright Central Technology Center

## March Meeting Pics



### 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.

The CCMGA newsletter is published as an educational service by the Cleveland County Oklahoma Cooperative Extension Service, 601 East Robinson, Norman, OK 73071-6616  
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Submit suggested articles for the newsletter not later than the **25th of each month** to Editor Elaine Dockray at [rdsefd@aol.com](mailto: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](http://www.oces.okstate.edu/cleveland).