

The Weeders' Digest

Move Carefully and Mind Your Core!



Certified Fitness Instructor Jenny Hill spoke about different types of functional exercises to strengthen muscles and how to apply it to gardening at our July meeting. She also showed safe lifting and proper lifting form for the functional exercises presented. Jenny provided a handout of an exercise routine to apply the exercises learned, and you can find it on page 13. Meeting photos are located on pages 10-12.

At the August Meeting.... by Jo Ann Dysart

Speaking at our August meeting will be Scott Peake, who will share information about the various types of milkweed in Oklahoma. The meeting begins at 10, but come at 9:30 for conversation and snacks. See you there!

No Meeting in September

CCMGA will not have an association meeting in September because of the Cleveland County Fair. We will help with the horticulture portion of the fair exhibits, so if you wish to help with that, please contact Julie Johnson.

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President's Posting

By Joan Barker

The Demo Garden opened for tours on Saturday, July 24th for the first time since 2019! Thank you to Sherry Hill for coordinating the tours and for Judy Kautz for updating the garden maps and signs. Members have started brainstorming ways to promote the Demo Garden when the Farmers Market moves next spring. Any and all ideas are welcome.

The 2022 Cleveland County Master Gardener class is in session and there will be a new student luncheon to be held on Friday, August 20th at noon. The CCMGA will provide pizza and members will bring salads, desserts and beverages.

See you in the garden!

Joan



MG Desk Refresher

By Courtney DeKalb-Myers

Great desk refresher on August 12th! It has been almost 18 months since we've had anyone at the desk. This provides us with an opportunity to make some changes and create a more convenient system. Some changes that we plan to implement immediately include: 1. A fluid schedule. This is to mean that you can sign up whenever is convenient for you. It doesn't have to be in a four hour shift or during a specific time period. Team Up times are at 15 minute intervals, so put whatever time is closest to the actual time you'll be there. 2. Desk hours can count for continuing education or community service. When working the desk, you are doing a considerable amount of research to service clients and learning in the process. You're also serving the community! It really works both ways, so you can label the time spent at the desk towards what you need.

There will be another refresher Tuesday, September 28th at 1pm in Classroom "C" for those that missed the August 12th session!



Treasurer's Report

By Nancy Logan

Beginning balance as of June 30, 2021 is \$23,755.47. Income includes \$40 Gloves Sold; \$30 Meeting Donations; \$225 Fountain Raffle*; \$70 Tool Sharpeners sold and \$4 Name Tag Jar for Total Income of \$369.00. Expenses include \$204.50 Demo Garden and \$75 Memorial Bricks for total of \$279.50. Balance at July 25, 2021 is \$23,844.97, less budgeted expenses not yet reimbursed of \$14,439.69 and less reserve for greenhouse repairs of \$1,112.00, leaving funds in excess of budget at \$8,293.28.

*Total Fountain Raffle Proceeds \$565. Much thanks to the member who donated!!

Garden Party and Plant Sale is scheduled for Saturday, April 16, 2022.

Respectfully submitted, *Nancy Logan*



I will be leaving my position as demo Garden Coordinator next year. Anyone willing to take on the position will have me as their assistant and Friday liaison. Please contact Courtney, Joan, or Kathi Farley if you are interested. The gardens are weedy in some areas but ready for tours. The new gravel is holding up well to weather.

Vicky gave us a good idea that we will implement: first one in the gate must "tag" up with someone before they leave. That tagged person will be responsible for checking all sheds, gates, and wheelbarrows to assure all are locked up when they leave for the day.

We need mulch. If anyone has a truck and is available to get some from the city, we would appreciate it! Bring it on Tuesday's so you have help to unload.

Garden workdays continue to be Tuesday and Friday. When Saturday tours start, those who are unavailable to work during the week are welcome to do so on Saturday. Contact me on email or text and I will make arrangements for you to get an idea of what needs to be done in individual beds. The tour guides will be available to answer questions also.



Photo Booth

"Gardens are not made by singing "Oh, how beautiful," and sitting in the shade." ~~ Rudyard Kipling. Thanks for **Lois Cox** for the quote!

Below left, **Rick Ault** submits a photo of a 6 foot tall coneflower. Below right, **Vada Edwards** says blackberry lilies - seeds collected from garden 2 years ago. So dainty but tropical!





Photo Booth



"Left, amazing buds on my blackberry lily – twisted! Below, second year in a row for my aloe vera to bloom!"

*Submitted by **Lois Cox***

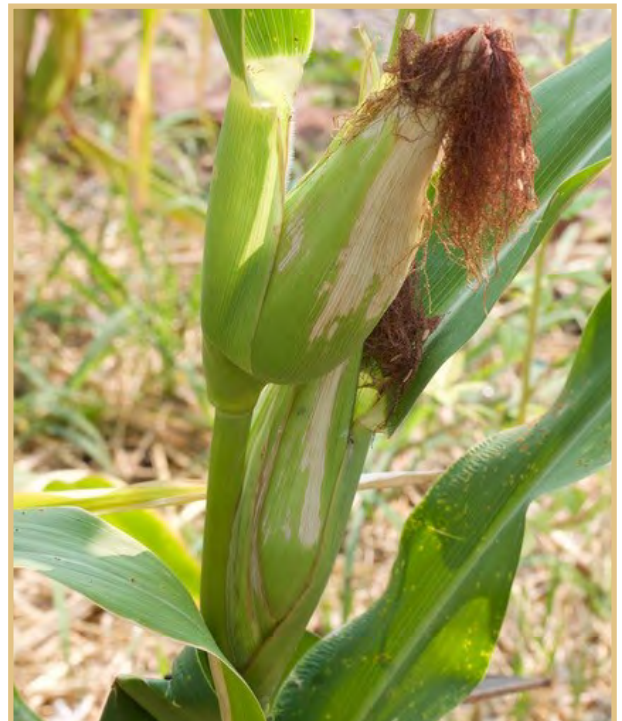


Far left, a golden orb spider in all its beauty! Left, the fountain won by Marilyn Solomon sitting in its new home.

*Submitted by **Marilyn Solomon***



















Busy Gardeners Strength Circuit

20- Minutes Total, 3:30 Minute Blast – 3 Exercises 60 Seconds on 15 rest, 60 Second Rest and Transition

Equipment – Bodyweight, Dumbbells or anything with weight – Canned Goods, Water Jugs, etc.

Warm Up: 4 minutes

Warm up with a short walk, then gently repeat each of the following stretches 2-3 times

Hold all stretches for 15 to 20 seconds. Stop if it's painful.

Quad Stretch: With one hand on the wall or a tree, bend your left knee and then reach back and hold your ankle with your hand. Pull your heel toward your buttocks, relax and repeat with the other leg.

Back stretch: Sit on a chair and slowly bend your body forward from your hips, putting your head down and resting your hands on the floor. Hold, then relax.

Shoulder rolls: With your arms hanging loosely at your sides, slowly rotate your shoulders in a circular motion forward, then backward.

Wrist extension: While holding one arm straight out as if you were giving a “stop” signal, use your opposite hand to hold this position. Repeat with the other hand.

Wrist flexion: Hold one arm out in front, palm down. Bend your fingers until they point toward the ground. Use your opposite hand to hold this position.

Perform all three Blasts as many reps as you can with good form for 60 seconds

3:30 Minute Blast -- following exercises:

Deadlifts -- 60 Seconds

15 Second Rest

Farmer carry -- 60 Seconds

15 Seconds Rest

Lunges (left leg forward) or walking lunges -- 60 Seconds

60 Seconds Rest & Transition to next block

3:30 Minute Blast -- following exercises:

Push-ups -- 60 Seconds

15 Second Rest

Diagonal wood chop (right side) -- 60 Seconds

15 Second Rest

Diagonal wood chop (left side) -- 60 Seconds

60 Seconds Rest & Transition to next block

3:30 Minute Blast -- following exercises:

Squats -- 60 Seconds

15 Second Rest

Bent Over Rows -- 60 Seconds

15 Second Rest

Lunges (right leg forward) or walking lunges -- 60 Seconds

60 Seconds Rest & Transition

*Can Repeat all three blasts or move to cool down

Cool Down Stretching 3-4 minutes

Quad Stretch, Back stretch, Shoulder rolls, Wrist extension, Wrist flexion

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Hostas

I just returned from a trip to Montgomery, Alabama where I visited my sister, a fellow Master Gardener. Among our many activities we visited the new Montgomery Botanical Garden, which my sister spearheaded, and the Birmingham Botanical Garden. Yet, one of the highlights of the trip was attending a MG presentation on Hosta plants. The presenter told us that there are 10,000 named Hosta cultivars, and she has 84 varieties in her gardens. Rainbow End is the 2021 Hosta of the Year. Hostas are considered friendship plants and are also called plantain lilies.

There are so many facts about Hostas available but writing them in this article would take up the entire newsletter. So, I will just hit the high points. I was surprised to learn that the bigger and faster growing Hostas are in colder climates. They need 4-6 weeks of temperatures below 40 degrees for an appropriate winter sleep. If you have ever purchased a white or mutated Hosta, it should be grown strictly in the shade to prevent it from reverting to green. Hostas are herbaceous perennials, hardy to Zones 3 or 4 depending on the variety. They have fleshy roots and short spreading rhizomes.

In spring, broad leaves emerge from a central crown and develop into a mounded form and can range in size from six inches high and a foot across to 3 or 4 feet high and 5 to 6 feet across. They thrive in filtered or dappled shade much of the day, but they can survive in deep shade (this will slow the growth rate.) Leaves come in colors from bright green to gold and blue tones as well as variegations. Blue Hostas have a waxy coating on their leaves and require a shady site to avoid leaf burn.

Plant Hostas in well-drained soil and amend with organic matter, such as compost or rotted animal manure. They do best in raised beds and will not tolerate soggy conditions especially in winter months. Dig a hole as deep as the root ball and at least twice as wide as its diameter. They can be planted throughout the growing season, but spring is generally the best time to plant. It is not necessary for the health of the plant for mature Hostas to be divided, but it often improves the appearance and creates more Hostas. Divide Hostas on a cloudy day. Fertilize with 10-10-10 or 20-20-20 mixes.

A scape is the bloom stalk and can identify the Hosta. Some Hostas are known for foliated scapes, meaning that smaller leaves may be attached along the scape. Trim off flowers before they mature so not to distract from the leaves or wait until the blooms have died then cut the scape to the crown of the plant.

The main problems for Hostas are slugs, heat, voles, deer, nematodes, and viruses. Deer just dined on most of my Hostas, but I sprayed them with a new deterrent today and hope I can discourage the deer. A good source for more information is www.hostalibrary.org.





Cookie Dough Cheesecake Bars

FOR THE CRUST:

1 1/2 cups finely chopped pecans

2 tablespoons sugar

1/2 cup flour

5 tablespoons unsalted butter, melted

FOR THE COOKIE DOUGH:

5 tablespoons unsalted butter, softened

1/3 cup packed brown sugar

3 tablespoons sugar

1/4 teaspoon salt

1 large egg

1 teaspoon vanilla

3/4 cup flour

1 cup semisweet chocolate chips

FOR THE CHEESECAKE:

12 ounces cream cheese, softened

1 large egg, at room temperature

1 teaspoon vanilla

Preheat oven to 325 F. Line an 8x8 baking pan with parchment paper and let the paper hang over the sides.

MAKE THE CRUST: Stir to combine the pecans, sugar, and flour. Stir in the melted butter until crumbly and evenly moistened. Transfer the mixture to the pan and press firmly and evenly into the bottom. Bake for 10 minutes, then transfer to a wire rack to cool.

MAKE THE COOKIE DOUGH: While the crust cools, beat together the butter, brown sugar, sugar, salt, egg and vanilla until smooth. With the mixer on low, slowly add the flour. Right before the flour has been completely mixed in, add the chocolate chips. (Batter will be gooey.) Set aside.

MAKE THE CHEESECAKE: Beat the cream cheese and sugar together until smooth. Add the egg and vanilla and continue mixing until smooth.

Pour the cheesecake batter onto the crust. Add cookie dough on top of that by dropping small clumps on top.

Bake for 30-35 minutes. After 30 minutes, the cookie dough will still look gooey, but that's how you want it for a more cookie dough-like texture. If you want a more cookie-like texture, fully bake for a total of 35 minutes. (I used a 7 x 11 pan, and had to bake mine for 39 minutes. The cookie dough still didn't look completely baked in the center, but it was perfect.)

Chill the bars completely in the fridge, then cut into bars (ensures you get clean slices). Store in the refrigerator or freeze.

Cheesecakes, Cookies, Desserts, Whimsical/ Misc. Desserts

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Tart-Cherry Peach Crisp

Ingredients

4 cups frozen pitted tart red cherries with some of the juice (3 cups if fresh)
4 to 5 cups frozen peach slices with the juice (4 to 5 fresh peaches)
1/4 cup granulated sugar
2 Tbsp all-purpose flour
1/8 tsp ground nutmeg
2/3 cup all-purpose flour
1/2 cup Old Fashion Oats
1/3 cup packed brown sugar
1 tsp lemon zest
1/3 cup cold salted butter, cut in small pieces
1/2 coarsely chopped pecans

Preheat the oven to 375. Spread the oats out in a shallow pan. Toast in the oven for 10 minutes. Set aside to cool.

In a bowl mix together the granulated sugar, 2 Tbsp flour, and nutmeg. Add the fruit and stir to coat with the sugar mixture.

In a second bowl, combine the cooled oats, 2/3

cup flour, brown sugar, and lemon zest. Cut in the butter until mixture is a coarse crumble. Stir in pecans.

Pour the fruit mixture into a shallow baking dish. Sprinkle the crumble over the fruit. Bake 30 to 40 minutes until bubbly in the center.

Serve warm or cooled.

Note: I made a variation of a Tart Cherry Nectarine Crisp recipe from the 2021 Better Homes & Gardens Preserving magazine for the 2021 CCMGA trainees. Several wanted the recipe, so I am sharing it via the newsletter.



July Meeting Minutes

By Marilyn Solomon

Joan Barker (President) opened the meeting with the Pledge of Allegiance.

Nancy Logan (Treasurer) said the complete report is contained in the Newsletter. The beginning balance was \$24,335.47, and Income was \$420. There was a \$1000 expense for the OSU Horticulture student scholarship, and \$14,719.19 budgeted for Demo Garden expenses as well as \$1102.00 for greenhouse maintenance leaving available excess of \$7,924.28 as of June 2.

Nancy Logan (Greenhouse) She would like some of the new CCMGA members on the Greenhouse committee.

Jo Ann Dysart (Program Committee) On Aug 18 Scott Peak speaks about Milkweed, and Oct 20 Mariah Menzie talks about choosing plants and trees from nurseries.

Julie Johnson (Special Projects) The Free Fair check in date is Wednesday September 8 and the pickup date is the following Sunday. Lawn judging continues.

Judy Kautz (Public Relations) She thanked everyone for all the contributions to the newsletter as there were 17 pages in the last edition. Fred Schneider complemented Judy on her Norman Transcript articles.

Kathi Farley (Garden Committee) Courtney reported for Kathi. Kathi will not chair this committee next year and urged anyone interested in taking this over should contact her so they may shadow her this year. The gardens are still weedy, but tours are starting anyway. The new gravel is holding up well. Vickie Morris had a good idea for locking gates, sheds, wheelbarrows and such called Tag You're It. When someone with a key leaves the garden, they notify another person that can lock up so that the last person leaving the gardens is aware that the locking up is their responsibility. We need some mulch and are on Tree Wizard's wait list. We need someone with a pick-up truck to go to Norman and pick up mulch on Tuesday or Fridays. Also, if someone needs service hours, they may work on Saturdays during the tours. Everyone should remember to use Team Up.

Rahmona Thompson (Membership) Sixteen students start classes on August 6. We need volunteers to open the gardens for students, and they can earn service hours. If anyone wants to listen to lectures during the classes, they can earn Education points. The new student picnic is scheduled for August 20.

Cherry Slaughter is retiring on August 2, so we recognized her dedication to the CCMGA with flowers, a card and \$928 collected from members. Cherry drew the winners name for the Fountain raffle and Marilyn Solomon won.

Cindy Mullins and Patty Hayes (Hospitality) They thanked Lois Cox, Laura Eckstein, Sonya Fallgatter, Fred Schneider, Nancy Logan, Evan Taylor, and Laretta Buchanan for bringing delicious snacks to the meeting. The organization will provide pizza for the New Student Picnic and the members will provide salads, desserts, and drinks. They estimate 75 people will attend. We need volunteers to provide table decorations to give to students. We may do some type of fundraiser. Patty and Cindy will not be the Hospitality Committee next year, so some new volunteers are needed. They have done a marvellous job.

OLD BUSINESS: Judy Kautz (Parliamentarian) brought the proposed Constitution Amendment (See at the end of the minutes) up for a vote and it passed.

Cathy Bowden reported that Styrofoam Densifier Machine is now being manufactured.

NEW BUSINESS: April 16, 2022, is the date for the Garden Party next year.

We need to think about 2022 officers and if anyone has ideas, they should contact Joan or Lois.

Courtney Dekalb-Meyers (Horticulturist) She will repost education opportunities again, and Lois said they are still on our website. Twenty hours of service and twenty hours of education is required this year; however, all virtual education opportunities are still allowed. The State Conference provided 7.5 hours and each monthly meeting provides 2 hours.

Friday, September 17, is the United Way Day of Caring and we can get volunteers to help with hardscape in the garden. We will need detailed plans and people to supervise the workers. If we do edging, we need to make sure we have money for it. The deadline for notifying our interest to United Way is August 13.

Courtney will teach a Farm-Market class on Fall Gardening on Saturday. The Master Gardener desk is fully open. She sent out an inquiry about interest in a refresher desk course with discussion about making it better.

There will be no monthly meeting in September because of the Cleveland County Free Fair, but there will be an Executive Board meeting.

Meeting Adjourned

Respectfully submitted, *Marilyn Solomon*



August 7, 11 AM – Noon: Growing Cool Season Vegetables in Your Fall Garden. Myriad Gardens, OKC. Fall is one of the best times for an edible garden in Oklahoma but to have one, you actually need to start thinking about it and planting in August. Join Lori Coats from My Raggedy Herbs to discover all the cool season greens, garlicks and root vegetables you can grow and enjoy into the colder months. Each participant will learn tips for *growing* and harvesting in the fall and will head home with seeds for three fall crops. Register by August 3 at myriadgardens.org

August 21, 8 – 10 AM: August Heat Garden Tour. [Will Rogers Gardens, Exhibition Building, 3400 NW 36.](#) Tour the gardens in full bloom! We will serve some refreshing Hibiscus tea and take a leisurely tour through the gardens and learn which plants thrive in the heat of summer. This is a great opportunity to get some of the names of plants to use in your own flower beds at home for next summer. [Cost \\$5. Register at \[parks.okc.gov\]\(http://parks.okc.gov\). Event ID: 40667](#)

August 28, 10 – 11 AM: Guided Gardens Walking Tour. Myriad Botanical Gardens, registration is no longer required. Garden Grounds, meet in the south lobby. FREE. Expand your knowledge of Oklahoma plants and find inspiration for your own garden with an educational walking tour. Each month will feature different plants from our outdoor collection that make great choices for this region – from year-round color to drought-tolerant choices and more. Self-guided plant tour handouts are available in our north lobby.

September 11, 10 – 11 AM: Hostas – Care and Selection. Will Rogers Gardens, Exhibition Building, 3400 NW 36. Learn which hostas are best for your area. when it comes to hostas there are so many to choose from. The Oklahoma Gardeners Association's Fran Mummery will help you with selecting the right plant for the right spot and how to take care of it. Cost Free. Register at parks.okc.gov. Event ID: 37434



Cleveland County Extension Master Gardener Training Schedule 2021



August 6 Week 1	Basics of Botany	Dr. Rahmona Thompson, Professor of Botany and Vascular Plant Taxonomy, ret. Editor, Flora Oklahoma MG Class of 2017
August 13 Week 2	Field Trip to Stillwater	Tour of Oklahoma Botanic Garden and Arboretum, Insect Adventure, and OSU Soils, Water, and Forage Analytical Laboratory
August 20 Week 3	Soil Science	Dr. Hailin Zhang, OSU Regents Professor & Director of Soil, Water, and Forage Analytical Laboratory
August 27 Week 4	Entomology	Courtney DeKalb-Myers, Cleveland County Horticulture Educator
September 3 Week 5	Lawn and Turf	Dr. Dennis Martin, OSU Professor and Turfgrass Extension / Research Specialist
September 10 Week 6	Plant Pathology	Sara Wallace, Plant Pathologist at OSU Plant Disease and Insect Diagnostic Lab
September 17 Week 7	Herbaceous Ornamentals	David Hillock, OSU Extension Consumer Specialist & State Master Gardener Coordinator
September 24 Week 8	Vegetable Gardening	Courtney DeKalb-Myers, Cleveland County Horticulture Educator
October 1 Week 9	Planting & Care of Woody Ornamentals	Mariah Menzie, Certified Arborist, The Tree Wizard, Norman, OK, Class of 2017
October 15 Week 10	Pesticide Safety	Charles Luper, OSU Extension Associate, Pesticide Safety and Education Program
	Plant Propagation	Courtney DeKalb-Myers, Cleveland County Horticulture Educator
October 22 Week 11	Fruit and Nut Production	Becky Carroll, OSU Extension Associate Specialist, Fruit Crops & Pecans
October 30 Week 12	Plant Detective	David Hillock, OSU Extension Consumer Specialist & State Master Gardener Coordinator
November 5 Week 13	Final Exam	Morning Only 9:30am – 11:30am

Schedule

9:30am – 10:00am
10:00am – 12:00pm
12:00pm – 1:00pm
1:00pm – 3:00pm

Quiz of previous week's material or review of homework
Class (short break around 11:00am)
Lunch
Class (short break around 2:00pm)



The temperature got so hot inside the greenhouse in July that the stored pots melted!



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.