

The Weeders' Digest

Casey Hentges Presents Shrubs in the Landscape at July Meeting via ZOOM

Elements & Principles

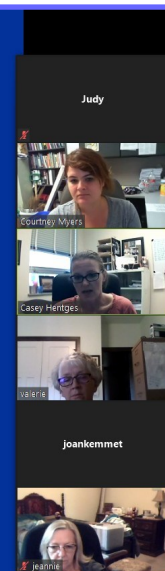
Elements of Design

- Color, Line, Form, Texture

Principles of Design:

- Unity, Balance, Scale, Transition, Focalization, Proportion, Rhythm, Repetition, Simplicity, Order

Landscape Design is when the principles of design are applied to the elements of design with plant material and hardscape.



Our program was presented by Casey Hentges, host of Oklahoma Gardening. She spoke to us about shrubs, how to use them within the landscape, and good ones for Oklahoma. Casey has been the host of Oklahoma Gardening since 2015 and before that, was the horticulture director at the Myriad Botanic Gardens. The information presented was so useful and the slides contained many ideas for using shrubs in the landscape. If you wish to view the program, a recording is available. Contact Courtney for more information.

Cherry Slaughter is in our prayers as she continues to recover from knee replacement surgery. If you wish to send a card, you may send it in care of the Extension Center..

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President's Posting

By Joan Barker

The demo garden reopened on June 15th! Thank you to all who have been out in the garden cleaning up the beds. We will continue to use Team Up to sign in to volunteer in the demo garden. Team Up can be accessed at <http://teamup.com/ksdb661cf882cd99d7>. Please reach out with any questions you may have about Team Up.

In addition to Team Up, we will continue to follow the same guidelines to keep our members healthy and safe: no more than nine at the demo garden, no less than two, do not go by yourself.

Bring your own tools and buckets, sheds and wheelbarrows will stay locked up.

Do not come to the garden if you have any symptoms, even if you know it's allergies. Bring a mask. You do not have to wear it when working in your bed, but if you get within six feet of someone or need to use the restroom, you will have to wear it. Enter through the side gate. The main gate will stay closed. No need to do anything fancy this year as we are going to let our budget get a rest. Damage control is the main priority right now. See you in the garden!

Joan



Create a Virtual Garden Tour!

By Courtney DeKalb-Myers

"Virtual Garden Tours" - the concept is simple – show off your garden spaces while videotaping your plants and narrate some of the significance behind all of it. You can do this with any smart phone or camera that has videotaping capabilities. It does not have to be Oscar worthy! My hope is that this will bring us "virtually" together while social distancing.

To create a virtual garden tour, use the video capturing app on your smart phone or camera. You can do one continuous video or cut it up into several small videos. If you go with the smaller videos, you can use editing software on your computer to compile -OR- I will do it for you. When you have taken your video(s) and you're ready to share, let me know. Sometimes videos are too big to share over email, so you can text it to me. We may have to work through a couple hiccups along the way, but remember that in the end, this is supposed to be a fun experiment! There is no time requirement; it can be as long or as short as you want it to be.

When we get some videos made, I will send those out to the membership. These videos will not be shared with the public, only internally among CCMGA. The time you spend making your video can count towards service hours. The time you spend watching other member's videos can count towards education hours. While I absolutely do not want you to stress about getting hours right now, I want to let you know that this would count.

If you have any questions, please let me know! I hope that this will be a fun way for us to show off our gardens while staying home.

Courtney



We're growing weeds! Come join us in cleaning up beds and walkways. Sign up on Teamup. If you haven't used Teamup yet, have Courtney send you the link. We will continue social distancing, gloves and bring your own tools. There will be no Garden tours this year. It's good to be in the garden again!

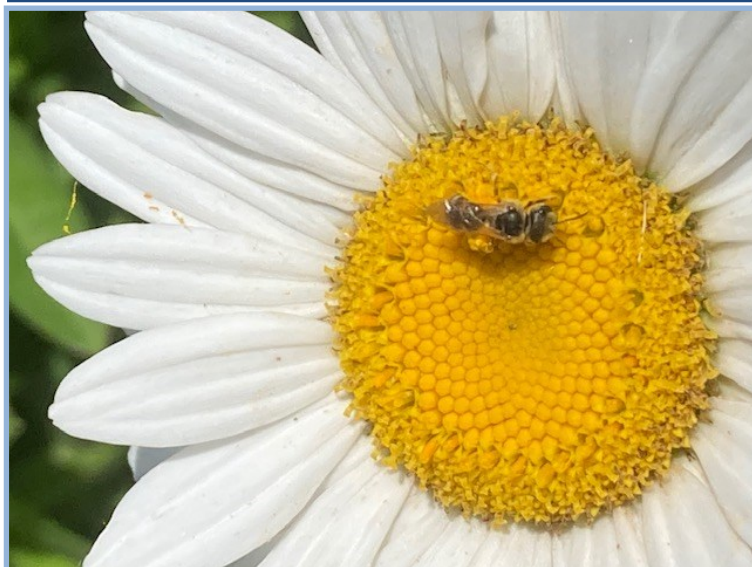


Photo Booth

Left, Vada Edwards captured A honey bee on a Shasta daisy with his pollen sacs stuffed full! Vada said he's so weighted down I hope he can fly! Below, Rick Ault certainly has a stunning butterfly garden!





Update on the Styrofoam Recycling Effort *by Cathy Bowden*



Many goals have gone by the wayside as the pandemic has changed our lives dramatically. But the University Lutheran Green Team felt it was important to keep some sense of normalcy to assure us that "the sun will come out tomorrow!" So it was decided to continue to pursue our recycling goal of 500 thirty-three gallon bags of Styrofoam by May 3, the program's one year anniversary.



Needless to say, March, April and May were very slow in the Styro-Station! Additionally, the pandemic caused DART Container Corp. in Ada to temporarily (we hope) close its public intake of Styrofoam! The target date came and went unmet. But as the city began to come back to life, so did the recycling effort! St. Michael's Episcopal (1601 W. Imhoff) and University Lutheran (914 Elm) continue to receive calls and emails from strangers saying they Googled "Styrofoam recycling in central Oklahoma," and the Norman Transcript article from 10/30/19, which included my home phone number, came up! Last week, both churches received inquiries from Oklahoma City and Harrah residents, respectively, wanting to know how to recycle styrofoam. This isn't an unusual occurrence.



Currently, University Lutheran is at the 468 bags mark on the way to 500 by the end of July, we predict! We are working on a news and photo release to celebrate the milestone. The success of this endeavor would not have happened without assistance from the CCMGA membership, the first community organization to join the Styrofoam recycling effort. We look forward to returning to our

regular CCMGA meetings together and packing the RAV4 with all your donations! But in the meantime, when you check the TeamUp app to schedule your work time in the garden, if you see my name when you're going to be there, bring Styrofoam to the rose bed and save a trip to your car later. I always have plastic bags to collect Styrofoam! Or if it's more convenient, deliver Styrofoam to University Lutheran on Tuesday, Thursday and Friday from 8 - noon. Intake is from the church's parking lot behind the church accessed from College Ave. For more details, call Cathy Bowden, 405-447-8289. Thanks for caring for Creation!



Upcoming Events

July 25, 10 AM: Gardens Walking Tour, Myriad Gardens OKC. Expand your knowledge of Oklahoma plants and find inspiration for your own garden with our educational walking tours. Each month will feature different plants from our outdoor collection that make great choices for our region – from year-round color to drought-tolerant choices and more. Self-guided plant tour handouts are available in our north lobby.

In keeping with recommendations and requirements from city, county, and state officials regarding COVID-19: Pre-registration is required to attend – the tour is still free! Register at Myriad Gardens website. We encourage all attendees to wear a mask for the walk. All attendees must social distance in order to participate. The guide will be wearing a mask and a microphone so everyone can hear them.

July 25, 11 AM: Urban Hike, Myriad Gardens, OKC. **Saturdays, July 25 and September 26, 10 am-noon.** Depart at the Visitor Lobby of the Crystal Bridge. Take a hike, literally, with a new Urban Hike beginning this spring at Myriad Botanical Gardens. Immediately after the regularly scheduled monthly Guided Walking Tour, instructors from the Greater YMCA Oklahoma City will lead participants on an hour-long hike through downtown Oklahoma City. Target locations will be announced prior to the hike. Bring water and wear comfortable clothing and shoes. Walk-ups are welcome. Geared towards adults, children, and strollers are welcome to join.

July 28, 6:30 PM: Identification & Weed Control for Home Lawns, Myriad Gardens, OKC. Learn how to identify common weeds, how to manage and selectively remove weed pressure, how to reduce populations through techniques (both chemical and mechanical), and how to properly assess and make adjustments in your own home lawn. Instructor: James Underwood, Horticulturist, Myriad Botanical Gardens. Member \$10; Nonmember \$15. Register at Myriad Gardens website.

August 29, 10 AM: Gardens Walking Tour, Myriad Gardens OKC. Expand your knowledge of Oklahoma plants and find inspiration for your own garden with our educational walking tours. Each month will feature different plants from our outdoor collection that make great choices for our region – from year-round color to drought-tolerant choices and more. Self-guided plant tour handouts are available in our north lobby.

In keeping with recommendations and requirements from city, county, and state officials regarding COVID-19: Pre-registration is required to attend – the tour is still free! Register at Myriad Gardens website. We encourage all attendees to wear a mask for the walk. All attendees must social distance in order to participate. The guide will be wearing a mask and a microphone so everyone can hear them.



Treasurer's Report

By Nancy Logan

Beginning balance as of May 25, 2020 is \$25,983.20. Income includes \$34 Plant Sales; \$30 Gloves Sold; \$40 2020 Dues and \$50 Lawn Judging for Total Income of \$154.00. Expenses were \$300 Demo Garden and \$.76 Credit Card Fees for Total Expenses of \$300.76. Balance at June 25, 2020 is \$25,836.44, less budgeted expenses not yet reimbursed of \$13,634.44 and less reserve for greenhouse repairs of \$1112.00, leaving funds in excess of budget at \$11,090.00.

Respectfully submitted, *Nancy Logan*



Tortilla Espanola

by Rick Ault

Ingredients

4 tablespoons olive oil
1 pound red potatoes -- thinly sliced
1 medium onion -- thinly sliced
4 large eggs

Heat 3 T. oil in a heavy medium nonstick skillet over medium-low heat. Layer potatoes and onions in skillet, seasoning each layer with salt and pepper. Cover and cook about 7 1/2 minutes. Turn and cook another 7 1/2 minutes, until vegetables are tender. Don't let the vegetables brown.

Cool 5 minutes. (Can be prepared 2 hours ahead. Let stand, at room temperature.)

Beat eggs to blend in medium bowl. Add potato mixture and mix well.

Heat same skillet over medium-low heat. Add remaining 1 T. olive oil. Pour egg/potato mixture into skillet and cook until bottom is just golden and top is still unset, about 5 minutes. Occasionally lift edges of omelet with spatula and tilt pan to let uncooked egg run underneath. Loosen eggs and slide onto large plate. Invert plate returning eggs, cooked side up, to skillet. Cook until eggs are fully set, about 3 minutes longer. Cut tortilla into wedges. Can serve warm or at room temperature. Serves: 2 Source: "Bon Appetit magazine" Copyright: "1992"

Per Serving (excluding unknown items): 587 Calories; 37g Fat (56.6% calories from fat); 18g Protein; 46g Carbohydrate; 5g Dietary Fiber; 424mg Cholesterol; 155mg Sodium. Exchanges: 2 1/2 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 6 Fat.

NOTES: This is my favorite Spanish Tortilla recipe! You can double it. The directions said if you do, make 2 and keep the first in a 200 F. oven. I actually halved the recipe and it turned out great!

Cheese Sandwich Soufflé

by Georjana Mauldin

Ingredients

8 slices homemade-style white bread, 3 to 4 inches square, crusts removed
1/2 pound thinly sliced cheese (Munster, provolone, fontina, or Gruyère)
2 ounces prosciutto or boiled ham, thinly sliced (optional)
3 large eggs
2 cups whole milk
1/2 teaspoon kosher salt

Lightly butter an 8-inch square baking dish and arrange 4 slices of the bread flat on the bottom. Cover each with equal amounts of cheese and the ham, if desired. Top with the remaining bread. Beat the eggs lightly in a small bowl and pour in the milk. Season with the salt and blend well. Pour over the sandwiches, cover, and refrigerate 1 hour.

Preheat the oven to 350F. Bake the sandwiches, uncovered, until lightly browned around the edges and set in the center, 40 to 45 minutes. Serve hot.

This is one of my favorite lunch recipes. I saw it made while watching the Food Network channel.

<https://saramoulton.com/2013/10/cheese-sandwich-souffle/> Serves 4.

Pandemic Fried Corn

by Jim McDaniel

Ingredients

2 Tbsp Butter or vegetable oil
½ Pound Sausage, any kind, or a couple of hot dogs cut in pieces (I used a link smoked sausage)
½ Medium Onion, chopped
1 Clove Garlic, Minced
1 Can (4.5 oz) Green Chilies, chopped or
½ Bell Pepper, Chopped
3 Ears Corn, cut off kernels

Heat oil in pan, medium-high, and start browning the sausage. In a few minutes, add onion and garlic and fry to another 5 minutes, then add green chilies.

Cook for another couple of minutes then add corn kernels and fry until cooked through.

Serve hot.

Servings: 2

Source: Pinterest; copyright 2019

Chicken Basil Orzo Salad

by Georjana Mauldin

Ingredients

½ cup Hidden Valley Original Ranch dressing
¾ cup orzo pasta
½ cup grilled chicken meat diced
½ cup cherry tomatoes halved
2 tablespoons fresh basil chopped

PREP: 20 MIN

COOK: 10 MIN

TOTAL: 30 MIN

SERVINGS: 4

Prepare orzo pasta according to package instructions. Drain pasta, rinse

with cold water, and drain well. Transfer to large bowl. Toss cooked orzo with Ranch dressing. Add diced chicken, tomatoes and basil. Gently toss to combine. Serve.

Tips & Tricks

For a lighter calorie version, substitute Hidden Valley Original Ranch Light Dressing.

For special occasions, try adding 1 jar (14.75 oz.) marinated artichoke hearts in oil, drained and halved and 1/8 cup crumbled feta cheese.

For convenience, try using packaged grilled chicken meat or substitute diced rotisserie chicken.

Make Ahead Tip: You can make this recipe 1–2 hours ahead and keep it refrigerated.

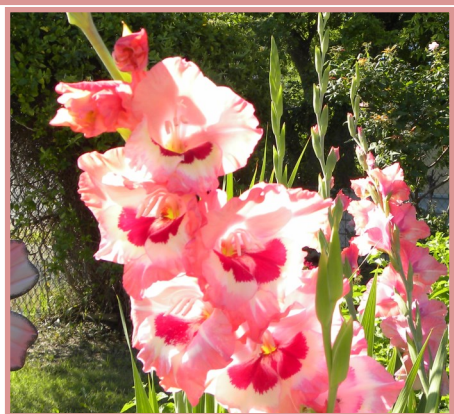
Let it stand at room temperature for 10–15 minutes before serving. You may need an additional ½ cup dressing to moisten the salad.

Directory Updates:

Kathy Whittle has made a change to her email:

kathywhittle@cox.net

Julie Johnson's email is: goldcars570@gmail.com



MASTER GARDENER ASSOCIATION

Oklahoma State University, U.S. Department of Agriculture, State and Local Governments Co-operating. 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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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.