

The Weeders' Digest

New and Cool Landscape Plants



David Hillock, State Master Gardener Coordinator at OSU, presented our May program, sharing the latest information on new and cool landscape plants. CCMGA members gained a lot of insight into varieties of plants to use in their gardens and landscapes, complete with wonderful photos.

Upcoming Program

by *Patty Cummings*

Sue Wallace will be our next speaker on Jun 21, 2023, speaking about New and Emerging Plant Diseases. Sue Wallace grew up in Virginia and had parents that did not garden, but her neighbor was head of the home economics program for the county. She planted tulips in fall (by the thousands) and foraged for wild blackberries to make cobblers. Sue became a Paramedic and worked in Alexandria, VA before getting married and having kids. While visiting her gardening Grandmother in the hospital, she was encouraged to grow plants and given a Park Seed magazine. This love of plants grew from herbs growing in a container to Community Supported Agriculture. She moved to Tulsa where she learned that her plants and gardens were part of horticulture. She started back to school in horticulture at Tulsa Community College in 2012, worked with community gardens in Tulsa and moved to Stillwater in 2013 to continue her horticulture degree at OSU. Once she finished, she was offered a masters in Agriculture Biosecurity in Entomology and Plant Pathology. She worked for a year at ODAFF and now is your second plant diagnostician for the state. She comes to us from the Plant Disease and Insect Diagnostic Lab at OSU. Snacks are at 9:30 am and the speaker will begin at 10 am with the meeting following at 11 am.

Garden Tours Have Begun!

Garden tours are set for the 1st and 3rd Saturdays each month until the end of October, 10 am to 1 pm. Sign up to escort visitors around the garden! Sign up lists are at our monthly meetings.

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President's Posting

By Jeannie Kline

June has arrived and the Demo Garden is busting out all over! One of my favorites, the Red Husker Penstemon is outdoing itself, birds are taking up residence in our birdhouses, and there is an exciting new bed being built in the Northeast corner by the large greenhouse. And so much more! If you have not been out there to see all the progress you are missing out!

One of our members, Molly Monaghan, is opening her garden for a tour on June 10th from 10-3. It is come and go and she is serving light refreshments. You don't want to miss it! Read your email sent out on May 26th for details. We will also be posting it on our personal FB page.

As usual, I ask everyone to find a place to be involved. There are just so many opportunities to grow in knowledge and serve our community. And what is more fun than sharing the fellowship of other gardeners. See you at the meeting!

Jeannie



Junior Master Gardeners

By Lois Cox Marshall

On May 16, we had a group of twenty 4th and 5th graders from LeMonde School here in Norman. They were attentive, intelligent, and overall delightful to have. We did 3 presentations in Classroom C before going out to the garden. Linda Snook talked about growing your own food. The students got to take home a vegetable or herb to plant. Linda Dolezal brought bugs into the discussion with good bugs and bad bugs. She had several to pass round. A climax to this section was when we went to the garden, they got to release ladybugs! Cathy Bowden dressed up and talked about, of course, Styrofoam recycling. Several of the students already knew the dangers of throwing away too much. After treats of eating bugs in dirt (crushed Oreos and gummy worms), we headed to the garden. They visited the worm hotel and then the compost bins. Pat and Claren were on hand to teach them about the worms and the composting process. They spent time visiting the whole garden. There were lots of chaperone parents who were also interested. It was a great event. Other master gardeners who helped were Jeannie Kline, Patty Hayes, Cherry Cummings, and Deb Howse. See photos on pages 6-8.



OSU EXTENSION
MASTER GARDENERS

Save the Date

It is our pleasure to reveal to you the 2023 Oklahoma State Master Gardener Conference website! <https://www.okmgc23.com/>

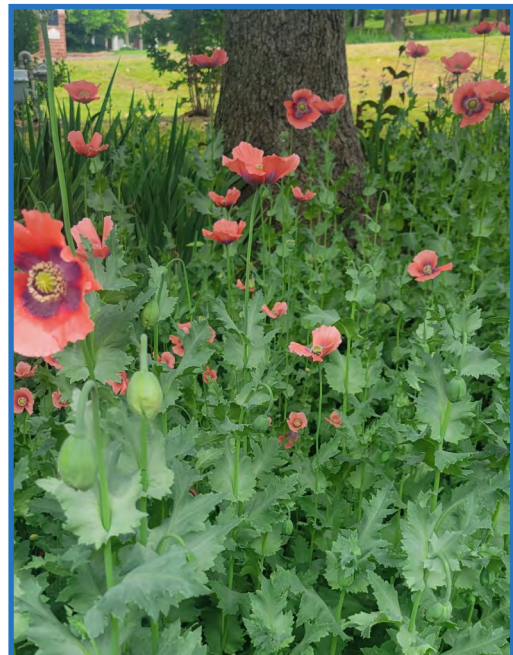
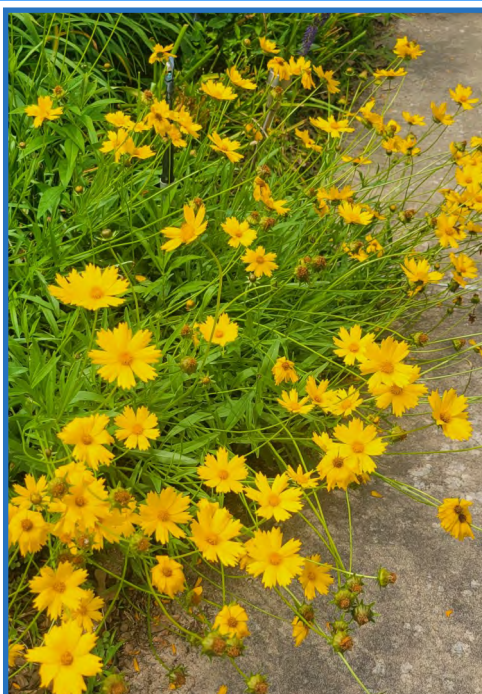
Registration will open on July 1st. The cost will be \$65 per person, and all sales will be handled online through the website. We are continuing to add information to the website, so be patient with us if there is any missing information. Right now, you will find information about our speakers, the agenda for conference day, our lunch caterer, a map of the conference facility, our designated hotels for the conference, and our current sponsors. Stay tuned and continue to check the website for updates. Canadian County Master Gardeners



What a fabulous turn out of volunteers we had Friday, June 2 in the Demo Garden! A BIG THANK YOU to the following people for their hard work and amazing talents as they worked on the new irrigation system for the North side of the garden: Jerry Maynard, Jerry Miller, Deb Baroff, Rebecca Steinle, Linda Dolezal, Randy Edwards, Cherri Cummings, and Kathi Farley. These amazing volunteers dug trenches, brought their own very helpful tools, their expertise, and muscles to complete this job in record time. No photos of this amazing event were taken as it was a hard job, carried out diligently and efficiently by all those on hand. Our utmost Thank You! from the Irrigation & Special Projects Sub-Committee.

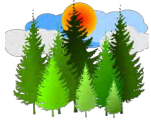


Photo Booth



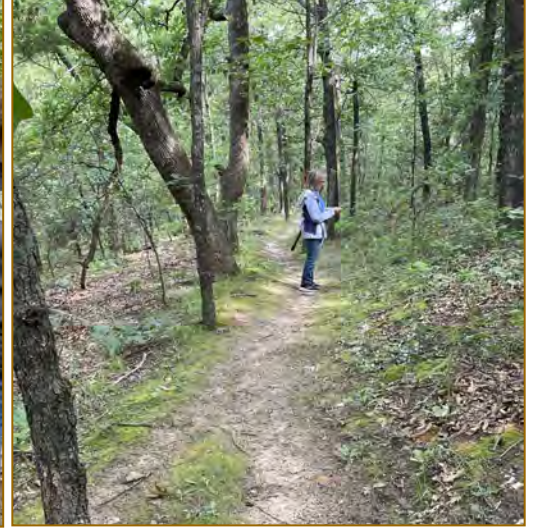
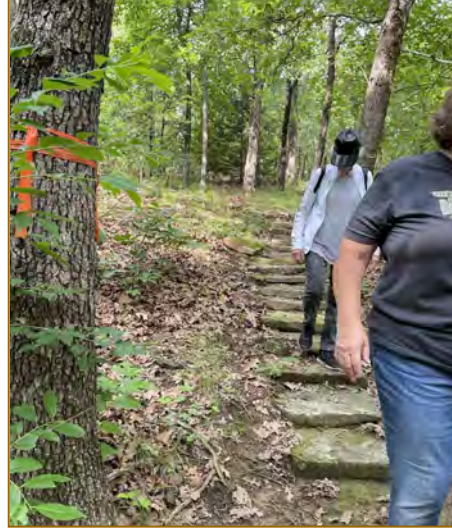
Marilyn Solomon submitted the photos above and left of her poppies, coreopsis, and gorgeous peonies from her garden. She got her first poppy seeds from Don Lavell, OK County.
Patty Hayes shared this adorable photo at right of a future plant enthusiast, Margaret Meridith Hayes.





Forest Therapy

by Lois Cox Marshall



Six of us ventured into the Osage Forest of Peace on May 25 with Sue Woodward. The pictures included don't really show the beauty and peaceful environment we experienced there. It was a therapeutic morning that we all enjoyed very much. Those who attended were Patty Cummings, Jeannie Kline, Linda Fielder, Janice Oak, and Cherry Cummings.



We have two interesting classes coming up in June and July. For June, this time of year can be very rainy! Want to capture that water in that helps your landscape and watershed? Consider building a rain garden. Rain gardens are shallow depressions in the landscape that collect water. They're filled with deep rooted and well adapted plants. Learn how to design your own rain garden at this community education workshop. On June 17, Courtney will be teaching the community education class helping us to navigate beautiful garden spot in those sometimes trouble spots that are low and hold water. Please join us in classroom C at 10 am.

Christi Evans will teach the July 15th Community Education class on The Basics of Food Preservation. This session will provide an overview of the different types of food preservation including refrigeration, freezing, canning, and drying foods. Participants will learn about the two safe methods of canning foods at home which are water bath canning and pressure canning. For safe home canning it is essential to use the correct canning method and equipment for the type of food you are canning. We will review what equipment is needed and the importance of following guidelines for the type of food, the size of jar, and packing methods for canning foods. We will also discuss the importance of testing pressure canner dial gauges annually. Join us July 17 at 10 am in Classroom C.

Christi Evans is the Family and Consumer Sciences (FCS) Educator with the Cleveland County OSU Extension office. She has a Bachelor's and Master's Degree in Nutritional Sciences from Oklahoma State University, and she is a Registered and Licensed Dietitian. Christi has been with the Cleveland County Extension office since February of 2022 and regularly conducts food and nutrition related educational programs throughout Cleveland County. Prior to coming to Cleveland County, Christi worked for the Oklahoma County Extension office as the Area Coordinator for the Community Nutrition Education Programs.

Garden Humor

Submitted by Donna Wright





Junior Master Gardeners

by Lois Cox Marshall





Junior Master Gardeners

by Lois Cox Marshall





Junior Master Gardeners

by Lois Cox Marshall













**CLEVELAND COUNTY MASTER
GARDENER ASSOCIATION PRESENTS**
at this free
EDUCATIONAL CLASS
Rain Gardens

Saturday, June 17th
10:00 - 11:00



This time of year can be very rainy! Want to capture that water in that helps your landscape and watershed? Consider building a rain garden. Rain gardens are shallow depressions in the landscape that collect water. They're filled with deep rooted and well adapted plants. Learn how to design your own rain garden at this community education workshop

**Location: Cleveland County Extension
Meeting Room C, Northwest corner of front
building 601 East Robinson, Norman, OK 73071**



**Presenter: Courtney
DeKalb-Myers**
Cleveland County Interim CED/
Horticulture Educator



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CLEVELAND COUNTY MASTER GARDENER ASSOCIATION PRESENTS

EDUCATIONAL CLASS

At this **FREE** meeting

The Basics of Food Preservation

Saturday, July 15th

10:00-11:00



Photo credit:
Kitchen Sink

This session will provide an overview of the different types of food preservation including refrigeration, freezing, canning, and drying foods. Participants will learn about the two safe methods of canning foods at home which are water bath canning and pressure canning. For safe home canning it is essential to use the correct canning method and equipment for the type of food you are canning. We will review what equipment is needed and the importance of following guidelines for the type of food, the size of jar, and packing methods for canning foods. We will also discuss the importance of testing pressure canner dial gauges annually.

**Location: Cleveland County Extension
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601 East Robinson, Norman, Ok 73071**



Presenter:
Christi Evans, MS, RD, LD
Cleveland County Family and
Consumer Science Educator



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May Meeting Minutes

By Loreen Upton

President, Jeannie Kline opened the meeting with the Pledge of Allegiance.

Program Committee, Patty Cummings. The speaker for our next Association meeting will be Sue Wallace. The topic will be new and immersing plants. An OSU field trip is scheduled for 6/6/23. Please contact Susan Aikman regarding car-pooling and day parking pass. The Forest Bathing event has been moved to 5/25/23 due to weather.

Education committee, Linda Dolezal for Donna Wright. A Flower arranging class is scheduled for 5/20/23 at 10:00am.

Special Projects, Jeanne Parker. The Lawn Judging project has been tabled. Also considering other projects depending on interest that members may have.

Public Relations, Judy Kautz. Deadline for articles for the newsletter is 5/28/23. Would also like to have articles for the Norman Transcript. Please contact Judy Kautz.

Garden committee and garden tours, Kathi Farley. The demonstration garden tours are held on the first and third Saturdays from 10:00am to 1:00pm for every month that the demonstration garden is open. Need for people to sign up as garden tour guides.

The job of Demonstration Garden coordinator will be by committee for 2024. Needing a person to chair the committee. Need 2 "bed heads". The Zen Garden and the tomato garden are in need of care givers.

A potluck lunch is held on the last Tuesday of each month. It's our way of thanking our all of our hard work garden volunteers. We need more volunteers for our Locust group.

Membership committee, Rayge Johnson. The open house event for prospective new Master Gardeners was well attended. The cost for the new MG class is \$150.00.

Jr Master Gardener Program, Lois Cox-Marshall. A sincere thanks goes out to all who helped with our group of 4th and 5th graders for our event on 5/16/23. After our class, we toured the demonstration garden and released lady bugs in the garden. Cathy Bowden presented a brief talk on Styrofoam recycling. Claren Kidd spoke with the children about composting. Patty Welty showed the children the worm bin. The children were very interested and interactive.

Farmer's Market, Claren Kidd. Please sign up to tend the information table at the Farmer Market. We have had a very good response considering the weather.

Notes from Courtney.

Plans are in place for an MG advanced class scheduled for 6/6/23 at 2:00. There will be an emphasis on diagnostics as well as other updates.

The new member candidate open house went well. Thank you to all who came forward to help.

Dates to remember:

- Rain Garden class 6/17/23
- International MG Conference 6/18-22/23
- State Master Gardener Conference 10/6-7/23

Meeting adjourned.

Respectfully submitted, *Loreen Upton, Secretary*



Treasurer's Report

By Nancy Logan

Beginning balance as of April 30, 2023 is \$41,610.90. Income for the month is \$10 Gloves Sold and \$50.40 Miscellaneous Donations for Total Income of \$60.40. Expenses were \$142.46 Demo Garden; \$1161.66 Sales Tax; \$105.27 Garden Party; \$27.66 Hospitality; \$10 Jr. Master Gardeners; \$30 Education; \$30 Speaker Honorarium and \$67 Prior Month Correction for Total expenses of \$1,574.05. Balance at May 31, 2023 is \$40,097.25, less budgeted expenses not yet reimbursed of \$10,470.23 and less reserve for greenhouse repairs of \$3,046.00, leaving funds in excess of budget at \$26,581.02.

Respectfully submitted, *Nancy Logan*



Steak Gorgonzola Alfredo

Penne in a gorgonzola cream sauce with sliced steak, sweet balsamic & green onion.

1 marinated flank steak, grilled and resting
1 recipe Penne aux 3 Fromages
crumbled blue cheese
chopped green onions
balsamic glaze

1. Marinate a flank steak per the directions in Kathy's Kitchen, Volume 1.
2. When ready to cook, add water and a handful of salt to a large stock pot and bring to a boil.
3. Prepare the Penne aux 3 Fromages sauce per the directions in Kathy's Kitchen, Volume 1.
4. Put the marinated flank steak on to grill for 6-8 minutes. Turn the steak over and grill for another 6-8 minutes.
5. A couple of minutes before taking the steak off the grill, add the penne pasta to the pot of boiling water, and set the timer for about 11 minutes (for al dente), stirring pasta occasionally.
6. Transfer the steak from the grill to a cutting board and let rest for 10 minutes.
7. When the pasta is done cooking, the steak should be ready to slice. Drain the pasta and add to the 3 Fromages sauce. Thinly slice steak.
8. Divide the pasta among serving plates/bowls, and top with steak slices.
9. Sprinkle crumbled blue cheese and chopped green onions on top of the steak, and drizzle balsamic glaze over all.

Serves: 4-6

Notes: This is my recreation of a restaurant recipe I had in Grand Island, New York. Though the restaurant used sirloin steak, my copycat recipe tastes EXACTLY like what I had in the restaurant! The balsamic glaze simply takes the steak/pasta combination to the next level.

Source: My copycat version of the dish served at 773 North in Grand Island, NY.

Date: 2023





Everything Bagel Breakfast Bake

by Lois Cox Marshall

Ingredients

2 2-oz pkgs cherry tomatoes (I used more because I like tomatoes)
2 Tbsp olive oil, plus more for dish
3 everything bagels (about 12.5 oz). split and cut into 1 1/2 inch pieces
6 large eggs
1 1/2 cups milk
4 oz. scallion
cream cheese (I used 8 oz. for a double recipe)
Sliced scallions for serving

Heat oven to 400 degrees. On a small rimmed baking sheet, toss tomatoes with oil, 1/2 tsp salt, and 1/4 tsp pepper. Roast until burst and beginning to reduce, 25-30 minutes.

Arrange bagels on large rimmed baking sheet and toast in oven with tomatoes until lightly golden brown, 8 to 10 minutes.

Meanwhile, oil shallow 2 1/2 to 3-quart baking dish. In large bowl, whisk together eggs, milk, and 1/2 tsp each salt and pepper.

Add toasted bagels, toss to coat, and let sit, tossing occasionally, at least 15 minutes.

Reduce oven temp to 350 degrees. Fold tomatoes into bagel mixture, transfer to prepared dish, and dot with cream cheese. Bake until set and knife inserted in center comes out clean (cover with foil if it browns too quickly), 40 to 45 minutes. Scatter scallions on top if desired.

Serves 6-8

No Bake Energy Bites

Ingredients

1 cup (dry) oatmeal
1/2 cup chocolate chips
1/2 cup peanut butter
1/2 cup ground flaxseed
1/3 cup honey
1 tsp. vanilla
Try dried cranberries too



Mix ingredients together in a large bowl. Roll into bite size balls. Refrigerate to set. Enjoy!!
So healthy! So easy! And so yummy!



June 10, 1 – 3 PM: Workshop: Carnivorous Plants. Myriad Gardens, Oklahoma City. Come learn all about the fascinating world of carnivorous plants, a group that boasts almost 700 species, from where and how they grow in the wild to how we can successfully raise them in our homes. Guests will be guided through planting and personalizing their own carnivorous terrariums perfect for their new little plants. Learn about soil, water, and the long-term strategies for keeping these little biomes strong for years to come! Members \$55; Nonmembers \$60. Register by June 8 at Myriad Gardens Website.

June 10, 11 AM – Noon: Native Farming Solutions. Commonwealth Urban Farms, 1016 NW 32nd St., OKC. This class will cover the basics of making liquid fertilizer from food waste and will also include methods of watering and foliar feeding techniques. Instructor: Travis Andrews is the founder of Native Farming Solutions OKC, a local non-profit group dedicated to the preservation of American Indian seeds and cultivation techniques. Travis also enjoys educating the public on the importance of food sovereignty and food waste diversion and serves as a board member for the Oklahoma Compost and Sustainability Association.

Pricing: Classes: \$10 per adult or \$15 per pair. Or volunteer on a Saturday morning, and get in free! Meet us at 1016 NW 32nd at 9am for volunteering.

June 15, 6 – 7 PM: Propagating Plants at Home. Myriad Gardens, OKC. Propagating plants, whether from seed, root stock, leaf cuttings, or something more, is an outstanding and budget-friendly way of increasing your indoor or outdoor plant collections. While certain plants 'propagate' better than others, we can increase the likelihood of success with a little know-how. Join our Director of Horticulture as he discusses and demonstrates methods and strategies of propagation. Member \$16; Nonmember \$20. Register by June 13 at Myriad Gardens website.

June 17, 9 AM – Noon & July 1, 9 AM - Noon: Open House at the Botanic Garden. OSU Botanic Garden, Stillwater, OK. Come out and enjoy the garden! TBG Ambassadors will be available to help answer your gardening questions.

June 24, 10 – 11 AM & Friday, July 14, 1 – 2 PM: Myriad Gardens Guided Tour. Myriad Gardens, Oklahoma City. As you stroll the grounds, we'll examine and talk about the seasonal flowers, shrubs, trees, and other vegetation that our staff looks forward to every year. Discover the projects the Gardens is working on and bring back useful gardening advice. Takeaway handouts are provided at the walk or can be downloaded from the website myriadgardens.org. Meet at the Conservatory's Visitors lobby. Free of charge. Wheelchairs and strollers are welcome on the trip.

June 24, 11 AM – Noon: Sprouts & Microgreens. Commonwealth Urban Farms, 1016 NW 32nd St., OKC. Microgreens are an easy to grow, delicious, economical, and extremely nutritious crop that anyone can grow from home, year-round. Commonwealth volunteer Nicholas Allen will guide this hands-on class through starting a tray of microgreens that they can then take home and tend to use their newfound knowledge. Note: This class will have a materials fee of \$5. Instructor: Nic Allen

Pricing Classes: \$10 per adult or \$15 per pair. Or volunteer on a Saturday morning and get in free! Meet us at 1016 NW 32nd at 9am for volunteering.



CENTRAL CHAPTER EVENTS 2023

February 2nd:

Jacob DeVecchio, from Oklahoma Fungi Company, will present on medicinal, edible, and poisonous mushrooms and plant fungi relationships in Oklahoma.

March 2nd:

Gus Barksdale will present on winter fern botany.

April 6th:

Vonceil Harmon, a natural resources biologist, will be presenting how industries and organizations can use conservation agreements to benefit monarchs and other pollinators.

May 5th, 6th, & 7th:

ONPS Wonders of Wildflowers Weekend in the Witchitas. Three days of plant walks, presenters, and hanging out.

May 21st:

Jacob DeVecchio, from Oklahoma Fungi Company, will lead a mushroom walk.

Meeting at 2 pm at Martin Nature Park Center, 5000 W Memorial Rd, Oklahoma City, Ok 73142

June 3rd:

Plant Walk: Botanizing Disturbed Areas and Old Fields (DAOF) at the Deep Fork River

Meeting at 10 am in front of Shoe Carnival, 1701 Belle Isle Blvd, Oklahoma City, OK 73118.

We will caravan to the Deep Fork River, which is .5 miles from the meeting spot.

July 22nd:

Plant Walk: Plants of the Cross Timbers Ecoregion at Arcadia Lake

Meeting at 10 am at Arcadia Lake Park Office parking lot, 9000 East 2nd Street, Arcadia, OK 73007

August 3rd:

Dr. Chad King is a dendrochronologist that has studied Oklahoma trees and tree rings for the past decade. He will present his lab's decade of work across Oklahoma and will highlight several interesting findings regarding trees, their growth, and ages.

September 7th:

Grace Payne (they/them), herbarium research assistant at UCO and current biology graduate student at UCO will present their research on land-based education and invasive plant treatments in urban Oklahoma.

Indoor events start at 7 pm at Oklahoma City University
Dawson-Lawfler Science Center, room 208.

For all outdoor events, wear hiking clothing and bring water.



For more info and updates: OKNativePlants.org

Rahmona Thompson captures another interesting structure in the OSU Botanical Garden.



OSU Lab which tests soil, water and foliage...photo by Kathi Farley.

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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Courtney DeKalb-Myers
Extension Educator
Horticulture

Submit suggested articles for the newsletter not later than the **28th of each month** to Editor Judy Kautz at jkautz@cox.net

Newsletter Editor: Judy Kautz



OSU EXTENSION CLEVELAND COUNTY MASTER GARDENERS

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.