



# A Visit to Ishikawa, Japan

CCMGA Master Gardener Tomoko Yoshida presented a wonderful program about her daughter's research in Japan. Karen Yoshida Weldon introduced her research through a video from Japan and explained the program involved in her research on preserving a village ecosystem. More photos are on page 10. Thank you, Tomoko and Karen for a fascinating program!



## At the March meeting... *by Linda Wren*

Please join us March 9 to hear our own **Doctor** Tracey Payton Miller as she speaks to us about her research. She is our Horticulture Extension Educator in Norman, and just completed her graduate studies in entomology at OSU. Tracey has a B.S. in Horticulture (Entomology Minor), M.S. in Entomology, and a Ph.D. in Entomology, all from Oklahoma State University. She writes for the Oklahoma Gardening magazine and works with homeowners, growers, master gardeners, and businesses to grow better plants and show some love to the bugs. Snacks are at 9:30 am with the meeting beginning at 10:00 am.

### Save the Date!

The 2018 Oklahoma Master Gardener Conference is Jun 21-22 in Muscogee, Oklahoma. The theme is Our Land, Our Heritage, Our Future. Make plans to attend this event—benefits are education hours and knowledge!

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## President's Posting

*By Laura Eckstein*

As I am sitting here writing this there is ice rain coming down and coating everything. I know that spring is not far off because we are already making plans. March 6th is the first garden work day, if Mother Nature allows it. We will begin that day with breakfast and conversation and then out to the garden we go. Today is a good day to go through our homes and find things we don't need to donate for our flea market. March 8th is coming up quickly, so we want to be ready to drop off items to support our fund raiser. The garden party committee is hard at work organizing that event. Last year was a tremendous success and this garden party will be as well.

I want to thank Tomoko for a wonderful presentation at our last meeting. We really enjoyed learning about Japan and the work her daughter and others are doing to preserve traditional agricultural practices. We all enjoy seeing presentations from our members about their travels. It is a way for us to find out about places we may never get to see ourselves or to give us ideas about trips we should take. I hope you will all continue to share your travels with us.

I look forward to seeing you at our next meeting. Tracey will be sharing the details of her research.

*Laura Eckstein*



## Photo Booth

*by Patty Hayes*



Patty attended Marcum's Nursery "How or Make a Terrarium" workshop last weekend. Patty is pictured here with her completed project. Wow, Patty, it's beautiful!



## Garden Gossip

*By Rick Ault*

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We will start regular Demo Garden workdays on March 6, 2018 from 9 AM - 12 noon. We will begin the season with a Garden Potluck Breakfast starting at 8:30 AM on the 6th, weather permitting. Bring something good to eat or drink for breakfast and join the fun.

Our Garden Party will be on April 14, 2018 so that means that there are only 6 garden workdays to get everything in shape. While Nancy and many others are hard at work in the greenhouse, we can use all the help available in the Demo Garden to weed beds, plant new items and lay down mulch etc. So even if you don't have a bed to be responsible for on a regular basis, you have a place in the garden. Thanks in advance for any time and help you can provide.



## Education Update

*By Kathi Farley*

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Upcoming Education Committee needs: Crossroads Church is planning a new garden from the ground up. They need teachers and the date is to be determined later. If you are interested, let me know and I will get the date soon.

Future information tables:

- ◆ Central Norman Library April 7 (Saturday), 2-4 pm
- ◆ Earth Day April 22 (Sunday), 11-5 pm
- ◆ Norman Home Depot April 28 (Saturday), 9-3 pm
- ◆ May Fair, May 5 (Saturday), 10 am-6 pm and May 6 (Sunday), 11 am-5 pm
- ◆ Moore Home Depot, May 12 (Saturday), 9 am-3 pm



## Zoo Spring Tour

*By Linda Wren*

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We have scheduled a Zoo Spring Tour of the Botanical Gardens on Friday, March 23rd at 10 AM. Hopefully the weather will cooperate this time.....keep your fingers crossed!

If you want to carpool, meet at the extension office at 9 a.m. Be sure to wear comfortable shoes because this is a walking tour and could last a couple of hours.

If you have any questions or concerns, contact Linda Wren, Program Chair.



## February Meeting Minutes

*By Carolyn Paul*

The General Meeting began following Tomoko Yoshida's fascinating talk on gardening and agricultural traditions in Noto, Japan. Her presentation included a short video made by her daughter, who is studying there. The Pledge of Allegiance was recited and the meeting was called to order by President Laura Eckstein. An envelope was passed for contributions to buy Tracey Payton Miller a gift to celebrate her receiving her doctoral degree. Corrected minutes from January's meeting were submitted and approved by acclamation.

Committee Reports:

Education Committee (Kathy Farley)--On February 3 Theresa January presented a class on vegetable gardening at the Norman Public Library. Also at the Library Rick Ault presented the Oklahoma Proven class. Both classes were a great success. Kathy reported that quite a few people have signed up to serve as teacher assistants for the Association's upcoming spring classes. Next month there will be 3 more information tables and volunteers will be needed for those. A signup sheet will be passed around and will also be distributed by e-mail. The Purcell Library will be doing a backyard planting series and the first week will be on growing berries. Teresa will need an assistant for that class. Fred will be doing vegetable gardening the next week and he will also need an assistant. In Norman, there will be a class at the Westside Library and a signup sheet will circulate for that.

Treasurer's Report (Nancy Logan)--Nancy reported details of the garden budget and noted that copies are available on the back table for members to review. The committee is trying to get a better handle on the actual costs of maintaining and improving the Demonstration Garden. Last year there was a shortfall and the new budget will try to make up for that as well as allow for the cost of current projects in the garden. The Garden budget was approved by acclamation. General budget figures were also provided in the back for members to look at. Our current cash balance is \$17,260.18. The greenhouse has been busy and plants are doing well. Julia Linger will donate agave and false yucca plants for resale and the Association should see a good profit from that.

Program Committee (Linda Wren) --Everyone agreed that Tomoko's presentation was wonderful. Next month Tracey will be our speaker. March 23 is the date for the Zoo Tour. Over 100,000 tulips will be in bloom, so it should be quite a show. The tour lasts for about 2 hours so members should wear comfortable shoes. The Committee will find out if scooters are available for those who may need them. They are also looking into getting a discount for our group and will keep members informed about that. Participants are going to carpool, so if anyone needs a ride the group will meet at the Extension at 9:00. In April the speaker for the General Meeting will be from the Oklahoma Cactus and Succulent Society. In May Dale Spoonmore will speak on Turning Your Lawn into an Urban Garden. Dale has a website and mobile app called Seed to Spoon; he will share information about that.

Garden Party (Donna Carter)--Donna was absent so Thressa Guidice delivered her report.

The Garden Party will be April 14th. Volunteers are still needed for the various party activities. The Committee has decided on painted plant markers, a handprint tree, garden gnomes and face painting. Volunteers are also needed to put up the awnings for the event. The next planning meeting for the party was scheduled for February 22 but was cancelled due to inclement weather.

Special Projects (Julie Johnson) -- nothing to report.

Public Relations (Georjana Mauldin) -- nothing to report.

Membership (Jeanne Parker)--Jeanne reminded members that the purpose of our organization is community service and one way to do that is by logging desk hours. The gardening desk really needs more volunteers for 4-hour shifts, but any amount of time that people can contribute will help. The schedule looks good right now but starting in June, the calendar is empty. If each member could chip in just a little time the problem would be solved.



Demonstration Garden (Rick Ault) -- Rick reported that the Backyard Garden bed is still unclaimed and needs someone to take care of it. It should be an easy job since it's already well planted and just needs maintenance. Anyone interested can talk to Rick. The first work day for the Garden will be Tuesday, March 6, weather permitting, and will kick off with a potluck breakfast in Classroom C at 8:30. Plenty of food will be needed, so everyone should plan to bring something delicious! Afterwards members will spend the morning working in the Garden. Everyone who is able needs to come out and help get the beds looking spruce for the Garden Party in April.

Fundraising (Alice Humphrey)--Alice was absent so her report was given by Brenda Williams. The Flea Market is scheduled for March 9-10 and setup will be March 8. Everyone needs to donate all their good junk! This event is a big fundraiser and should make a lot of money. Raffle tickets will also be sold for the Sunflower Quilt made by Brenda and Linda Wren. This quilt is a 100% Master Gardener-created original. Brenda brought packets of tickets for members to sell. Tickets are \$1 apiece or 6 for \$5. If everyone sells \$20 worth the Association will turn a very good profit on the raffle. Money will be turned in at the May meeting and the drawing will be in June.

Hospitality (Cindy Mullens)--Cindy thanked everyone who brought food for the meeting.

Public Relations (Judy Kautz)--Judy is trying to get the newsletter out the week of the general meeting so it's still fresh in everyone's mind. The newsletter is also available on the Association's webpage. The committee is busy compiling the 2nd edition of the Master Gardener's Cookbook so if anyone's recipe wasn't included for the 1st edition, please resubmit and it will go in this time. The committee would like to have all the recipes together by end of June to get the cookbook to the publisher in time for fall publication. Flyers will be made for the Garden Party and also the Quilt Drawing. Members are reminded to get their photo taken for the directory if they haven't already done so.

New Business--Tracey shared with members that the song in Tomoko's video was called "Little Seed" and was written by our very own Woody Guthrie. She used an app on her phone called SoundHound to track down the origin of the song. Tracey reminded members that when they log their hours (this can be done online) they can count anyone they talk to during their service time as Contacts. If members have an account set up on the web page and have difficulty logging in, they may contact Tracey for assistance. Members who log their hours on a hard copy are asked to please use the form provided in the back of the directory. It's much neater than scrap paper. There was more discussion of what "Contacts" really means. Tracey explained that basically it's anyone members talk to during the course of their Master Gardener duties, including at meetings, with fellow members, the public, etc. This applies even if other people are putting down the same contacts. The March calendar will be updated and sent out to members via e-mail. Hard copies will also be available at the March General Meeting. Laura noted that the Master Gardener web page continues to show increased traffic. There was no other business, and the meeting was adjourned.

Respectfully submitted, *Carolyn Paul*



## Garden Guru—Oklahoma Proven Plants for 2018

Oklahoma Proven is a plant evaluation and marketing program designed to help consumers select the best plants for Oklahoma gardens. The goal has been to select plants that are tolerant of the varied and difficult environmental conditions found throughout Oklahoma. Consequently, using well-adapted plants should lead to greater gardening success and more environmentally-friendly gardens. Although the plants presented here are among the best for use in Oklahoma, this is just a place to start. There are many plants suited for use in Oklahoma and it is always imperative to match the environmental tolerance of the plant with the environmental conditions in a particular garden or even a particular spot within that garden. Oklahoma Proven plants have been selected to withstand environmental stress, but remember that all plants need special attention during the establishment phase or during periods of environmental extremes.



**Japanese Zelkova**, *Zelkova* species, is the tree for 2018. *Zelkova serrata* is a deciduous, tree with a vase-shaped habit that typically grows 50-80 feet tall and most often occurs in rich, moist woods and hillsides and moist stream banks. It is noted for its graceful shape, clean foliage, attractive bark and resistance to Dutch elm disease. Zelkova is often substituted for American elm (*Ulmus americana*) because of its resistance to Dutch elm disease. Cultivars from the Chinese cousin are also available. Some notable cultivars: 'Schmidtlow' Wireless® (25' high and 35' wide); 'Ogon' ('Bright Park') (golden yellow leaves, coral stems); 'Musashino' (narrow upright 45' high, but only 20' wide); and 'JFS-KW1' City Sprite™ (compact, dense, semi-dwarf 25' high and 20' wide). Exposure: Full sun or light shade; Soil: Tolerates wide variety of soils; Hardiness: USDA Zone 5-8.

**'Little Volcano' and 'Gibraltar'** *Lespedeza thunbergii* subsp. *Thunbergii* are shrubs for 2018. Bush Clovers are hardy semi-woody, deciduous shrubs reaching 4 to 6 feet high and at least as wide with arching stems. In harsh winters it can die to the ground, but quickly comes back the following spring. Late winter, early spring pruning may be necessary to rejuvenate the plant. Flowers develop on new wood and are rosy-purple in late summer to early fall, which completely cover the plant. Bush Clovers perform well in sandy, infertile soil and are very drought tolerant once established; ideal drainage is essential. 'Little Volcano', a selection from Japan, is more upright with dark green foliage and red-purple flowers. Foliage turns golden after bloom in the fall. 'Gibraltar', found at the Gibraltar estate in Wilmington, DE, is a spectacular selection with long, arching stems also covered in rosy-purple flowers from late summer to early fall. Exposure: Sun to part shade; Soil: tolerates poor, infertile soil; excellent drainage is essential; Hardiness: USDA Zone 6-10.



## Oklahoma Proven (cont.)



**Indian Pink**, *Spigelia marilandica*, is the perennial for 2018. Indian pink, also called woodland pinkroot and pinkroot, is a native species to the Southeastern U.S. It is an excellent plant for shady gardens. Indian pink is an upright, multi-stemmed clump forming perennial 1-2 feet tall and 1 ½ feet wide with bright, glossy green leaves. Numerous flowers appear in late spring/early summer and are tubular, deep red with a contrasting yellow throat that flares at the tip to form five pointed lobes (a yellow star). Indian Pink grows in part shade to full shade in moist soils, but does really well in full sun and is quite drought tolerant once established. Use Indian pink in a perennial border, rain garden, or native garden.

woodland garden, Hummingbirds and butterflies are attracted to the beautiful, tubular flowers. Exposure: Sun, part shade; Soil: Moist or dry soils; Hardiness: USDA Zone 5-9

**Supertunia® Vista Bubblegum®**, *Petunia 'Ustuni6001'*, is the 2018 annual. Supertunia Vista Bubblegum is a vigorous petunia that requires very little care once established. Unlike some other petunias Vista Bubblegum is a self-deadheading variety that blooms continuously until the first killing frosts. With its bright bubblegum pink flowers Vista Bubblegum is a mounding, trailing form to 18-24 inches high and just as wide that looks spectacular spilling over the edge of a container or retaining wall or spreading out in a flower bed. For the most vigorous plants fertilize them with a slow release fertilizer at planting and then follow up throughout the summer with a water soluble fertilizer applied when watering. Even though no dead-heading is needed, Vista



Bubblegum responds well to a light trimming in early July. Exposure: Full sun to part shade; Soil: Moist, well-drained soil; Hardiness: Use as an annual.



## Buffalo Chicken Enchilada

Master Cook

### Ingredients

1 large pkg boneless skinless chicken breast halves -- (4 to 5 large breasts)  
1 cup red pepper sauce  
6 Old El Paso Flour Tortillas for Soft Tacos & Fajitas  
1-16 oz. can Old El Paso Fat Free Refried Beans  
2-8 oz. packages cream cheese  
1 16 oz. bottle blue cheese salad dressing  
1-4.5 oz. can Old El Paso Chopped Green Chiles -- undrained  
1 cup shredded cheddar cheese  
2 tablespoons finely chopped red bell pepper  
2 tablespoons chopped cilantro

In a large saucepan, cover chicken breasts with cold water. Bring to a boil over high heat and cook for 15 minutes or until juices run clear. Drain and shred with 2 forks.

Combine shredded chicken with hot sauce stirring to coat chicken completely.

Preheat oven to 350 F. Spoon refried beans down center of each tortilla, dividing beans evenly among the 6 tortillas. Spoon chicken mixture on top of beans in the center of each tortilla, dividing chicken evenly among the 6 tortil-

las. Roll up tortillas and place in an ungreased 9 X 13-inch baking dish.

In a large saucepan over medium heat, combine the cream cheese and blue cheese dressing, whisking until smooth and hot. Add chopped green chiles and stir to combine. Pour mixture evenly over the chicken enchiladas.

Bake enchiladas, uncovered, for 20 minutes. Sprinkle shredded cheese over the top and bake, uncovered, for another 10 minutes. Remove from oven and garnish with chopped cilantro, if desired.

Per Serving (excluding unknown items): 742 Calories; 72g Fat (86.0% calories from fat); 19g Protein; 8g Carbohydrate; trace Dietary Fiber; 159mg Cholesterol; 1180mg Sodium. Exchanges: 1/2 Grain (Starch); 2 1/2 Lean Meat; 13 Fat.

NOTES: These are very rich, but everyone LOVED them. I've also made them using refrigerated Alfredo sauce (2 tubs) and crumbled blue cheese (2 tubs) for the sauce instead of the cream cheese and blue cheese dressing mixture.

Serving Size: 6

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

**March 9, 10 AM:** CCMGA Meeting, Classroom.

**March 9 & 10: Flea Market.** Cleveland County Fairgrounds.

**March 10, 9 AM – 4 PM: Oklahoma Gardening School: Garden Designs to Nurture Nature and Ourselves.** Devon Energy Auditorium. Pre-registration required through Myriad Gardens website.

**March 17, 11 AM – Noon: Plant Your Own Pollinator Garden.** Commonwealth Urban Farms of OKC, 3310 N. Ollie, Oklahoma City

**March 24, 11 AM – Noon: Rainwater Harvesting.** Commonwealth Urban Farms of OKC, 3310 N. Ollie, Oklahoma City.

**March 31, 10 – 11 AM: Gardens Walking Tour.** Myriad Gardens, 301 W. Reno, OKC, meet in S. Lobby. March tour will highlight plants for water conservation. Free. Walk-ups welcome.

**April 7, 11 AM – Noon: Food Forest Part 2.** Commonwealth Urban Farms of OKC, 3310 N. Ollie, Oklahoma City. Come and see how much the permaculture food forest has grown since it was planted last year. A permaculture food forest is a low maintenance, sustainable and productive garden of trees, shrubs, herbs, vines and perennial vegetables, based on the natural systems found in forests. Review the principles of forest gardening, and do a second round of planting to fill out our growing food forest.

**April 13, 10 AM:** CCMGA Meeting, Classroom.

**April 14: Cleveland County Master Gardeners' Garden Party and Plant Sale:** CCMGA Demonstration Garden.

**April 28, 10 – 11 AM, Gardens Walking Tour.** Myriad Gardens, 301 W. Reno, OKC, meet in S. Lobby.

**April 28, 11 AM to Noon:: How to Start Growing Food**

**May 5, 9 AM – 4 PM: OKC Garden Fest.** Myriad Botanical Gardens, 301 W. Reno, OKC.

**May 11, 10 AM:** CCMGA Meeting, Classroom.

**May 12, 11 AM - Noon: Growing a Bouquet Garden.** . Commonwealth Urban Farms of OKC, 3310 N. Ollie, Oklahoma City

At right, Karen Yoshida Weldon, Tomoko Yashida's daughter, explains her research via video. Below are photos from her presentation.



## Condolences

We extend our sincere condolences and sympathy to Donna Carter on the loss of her mother.

Senmaida, '1,000 Rice Paddies'



Noto Satoyama (Village Ecosystem)



## 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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**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).