

The Weeders' Digest

Gardening as a Healthier Lifestyle!



Are you fit enough to garden? Dr Amanda Sadler gave an instructional talk on gardening for your health and mindfulness, and the art of movement in the garden. As a functional sports medicine physician, Dr Sadler gave us all sorts of tips and answered a number of questions from our members at the meeting.

Upcoming Program

by *Patty Cummings*

Master Gardener Judy Kautz will present our October 18 program this month. We will be back at the Extension for the meeting. The program topic is Winterizing Our Gardens for Extreme Weather.

Judy Kautz has gardened wherever she lived as she moved around the world in various military assignments over her 30-year Air Force career. But she became an official Master Gardener in the 2007 class at Oklahoma County, transferring to Cleveland County in 2010. She has served in many capacities in both counties and shows her love of gardening by helping others in any way she can. Her passion is service, whether in the gardening community or in her international non-profit that works to make the world a better place for women and girls. She also loves taking photos and putting together our monthly newsletter. Snacks are at 9:30 am and the speaker will begin at 10 am with the meeting following at 11 am.

Mark Your Calendars for the Harvest Feast!

It is time to start planning for our annual Harvest Feast. You should have received an invitation via email to use SignUp Genius to choose what you will bring. November 9th, 11:30 AM to 1 PM.

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President's Posting

By Jeannie Kline

Happy Fall, Y'all! Isn't it wonderful! What a joy to work in our gardens at this time of year. The Demo Garden is looking especially nice with the renewed gravel pathways and freshly mulched beds courtesy of the group from Hitachi on our Day of Caring. Thank you, Joan for once again coordinating that for us.

We had two garden tours to attend this last month. The first one was to the Crystal Bridge and then a tour of the Myriad Gardens led by two of our members Jim Hanlon and Jerry Miller who are volunteers there. Then Kay Holder invited us to come to her home to see her garden. It is just lovely! Thank you, Kay!

A large group of us attended the State Master Gardeners Conference in Canadian County. I encourage you to attend our state conferences whenever you can. They are a valuable source of knowledge and inspiration for us. One of our keynote speakers talked to us about community. A large part of being a master gardener is about reaching out to community. This has been a topic of discussion among many of us since the Farmers Market moved to the Well. It has turned out to be an excellent way to interact with the public, but interaction in the Demo Garden has declined. Please be thinking of changes we can make to reestablish community involvement back into our garden and how you as an individual can participate. We are a fabulous organization with a lot of skills, information, and expertise to share with our Cleveland County community!

Jeannie



Keep Oklahoma Beautiful Award

By Cathy Bowden

The Green Team of University Lutheran Church & Student Center (ULCSC) announced that ULCSC's Foam Recycling program has been selected as one of four Finalists in the "2023 Keep Oklahoma Beautiful" (KOB) statewide Environmental Excellence Awards competition! In KOB's words, this award honors "the best of the environmental best in Oklahoma" each year. Unbeknownst to the church's Green Team, the City of Norman's Environmental and Sustainability Manager, Michele Loudenback, nominated the project. (The official notification letter is on page 3.)

The program is in rare company as a Finalist; a David and Goliath scenario! The other Finalists are: OKC Beautiful, the Tulsa Garden Club (established in 1929) and The Metropolitan Environmental Trust (a collaboration of 12 Tulsa-area governments that work together to benefit the environment).

The awards dinner, celebration and silent auction will be November 17 at 5:00 p.m. in the National Cowboy and Western Heritage Museum. This is the KOB annual fundraiser. Depending on numbers of attendees per table, the tickets are from \$90 -97.

"This is an unexpected blessing for a project that has been called 'God's Project' since the number of beneficial things that occurred to advance the effort from the very beginning became too many to count," said Cathy Bowden, Green Team chair. Anyone wishing to attend the celebration should contact Bowden, as reservations submitted together will be seated at the ULCSC tables. Her contact information is cate46@yahoo.com or call/text, 405-831-2025.



August 25, 2023

University Lutheran Church and Student Center
914 Elm Ave.
Norman, OK 73072

Dear University Lutheran Church and Student Center,

CONGRATULATIONS!

On behalf of the Board of Directors for Keep Oklahoma Beautiful (KOB), I am pleased to inform you that you have been named a **FINALIST** in the Non-Profits >40,000 category for the 33rd Environmental Excellence Celebration (#EEC33) for your recycling of foam where you have recycled 9,000 pounds, **OUTSTANDING WORK!**

Your outstanding work will be honored at our event on November 17th, 2023, at the National Cowboy & Western Heritage Museum. Winners in each category will be announced that evening.

We hope you bring a crowd to help celebrate your incredible achievement! Plus, there will be a fundraiser before the award dinner featuring various fantastic items, with all funds benefiting KOB.

TO RSVP: An invitation with the official registration link will arrive soon. Please submit your RSVP by October 23rd, 2023, to reserve your seat. **YOU WILL NOT BE ABLE TO ATTEND WITHOUT SUBMITTING AN RSVP.** You will receive **ONE** complimentary ticket for the evening with the promo code **FINALIST**. However, you may purchase **ONE** additional guest ticket for \$65 using the promo code **FINALISTGUEST** (a \$100 value).

Additional friends and family wishing to celebrate your honor can make reservations online when registration opens in September at www.keepoklahomabeautiful.com.

As always, feel free to call our office if you have any questions regarding the event, your nomination, or anything else KOB-related.

Again, congratulations,

Dillon Wehba
Programs Coordinator
dillon@keepoklahomabeautiful.com



It was a great day with visitors for Touch a Truck! We also had a great first garden meeting to cover how things will run next year. The only positions left are shed maintenance and inventory, but several bed heads and assistants are still needed too. Contact Georjana if interested in a bed-head or assistant position and Kathi if interested in helping with the sheds. Come join us!!



Community Education Committee By Donna Wright & Linda Dolezal

October 21st community education class subject is Faerie Gardens. It will be held from 10:00 -11:00 am In the classroom "C" of the OSU extension building, located at 601 East Robinson, Norman, OK (See the class flyer on page 5.)

Brittany Jordan will be sharing her love of faerie gardening. She became a Master Gardener in 2017 when she and her husband purchased 4 acres together. She realized that it was not going to turn into the oasis she dreamed it could be on its own, so she set out to teach herself what she needed to know. She not only became a certified master gardener, but she also worked at Prairie Wind Nursery until it closed in 2020. She learned about native plants, grasses, succulents, and culinary herbs. Brittany currently manages three gardens in the MG demonstration garden; Morticia's garden, the faerie garden, and the raised accessible beds. She also serves on the advisory team for LoveWorks Community, where she and fellow Master Gardeners are working to reestablish that garden space for an after-school leadership programs. If you're lucky, you may find Brittany selling succulents at the Farmer's Market in Norman.

In our DIY Faerie Gardens class, she will cover everything you need to know to make your unique outdoor faerie garden. Choosing DIY over store-bought purchases allows the creative streak of the gardener to truly come alive. In this hands-on class you will learn the basic materials needed to transform everyday objects into unique tiny buildings. Brittany will walk us through the process behind her Faerie Garden techniques and tips to create your own mystical sculptures. She will also guide you through the types of plants to ensure your garden provides enough whimsy to keep your fairies, and friends, delighted for years to come. Mark this date on your calendar and join the fun!



Sara Wallace will be presenting the Saturday, November 18th FREE Community Education Class from 10:00 a.m.- 11:00 a.m. The class is held in classroom "C" 601 East Robinson, Norman, OK and her topic is "How to avoid plant diseases in the garden."

Sara grew up in Virginia and had parents who did not garden. However, her neighbor planted tulips in the fall (by the thousands) and taught her how to forage for wild blackberries to make cobbles. Sara was a Paramedic in Alexandria, VA before getting married and having kids. While visiting her (gardening Grandma) 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 a Community Supported Agriculture. This led to horticulture classes at Tulsa Community College, working with community gardens in Tulsa, and moving to Stillwater to continue her horticulture degree at OSU. She then got a master's 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. Join Sara for her November 18 class.

CLEVELAND COUNTY MASTER GARDENER ASSOCIATION PRESENTS

EDUCATIONAL CLASS

At this **FREE** meeting

Faerie Gardens

Saturday, October 21st

10:00-11:00



Brittany Jordan will cover everything you need to know to make your unique outdoor faerie garden. Choosing DIY over store-bought purchases allows the creative streak of the gardener to truly come alive. In this hands-on class you will learn the basic materials needed to transform everyday objects into unique tiny buildings. Brittany will walk us through the process behind her Faerie Garden techniques and tips to create your own mystical sculptures. She will also guide you through the types of plants to ensure your garden provides enough whimsy to keep your fairies, and friends, delighted for years to come. Mark this date on your calendar and join the fun!

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



**Presenter:
Brittany Jordan
Master Gardener**



*Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>.





OSU Horticultural Scholarships Awarded *by Rahmona Thompson*

Each year the OSU Department of Horticulture and Landscape Architecture hold a scholarship awards ceremony. This year was the 48th ceremony. During this ceremony, an average of \$130,000 in scholarships is awarded. These scholarships are funded by donations to the college or university and by state and national organizations and companies.

One of the perks of being the CCMGA president and vice president, is that Jeannie Kline and I got to accompany Courtney to this year's ceremony. Our invitation to attend is because for 10 years, the CCMGA has been funding a scholarship for an undergraduate majoring in horticulture or landscape architecture who is from Cleveland County or an adjacent county. Leva Swim, a Cleveland County resident majoring in landscape architect, was this year's recipient. Leva is so accomplished that she received 2 additional scholarships besides ours.

But there was another very important Cleveland County resident who received a scholarship: Courtney Dekalb-Myers. She was awarded a Horticulture Graduate Student Gustav & Georgia Bieberdorf Endowed Horticulture Scholarship. As there were far fewer scholarships for graduate students, this means that OSU recognizes, as does CCMGA, how wonderful Courtney is.





Photo Booth



Right, Patty Hayes is really proud of her bougainvilleas! Left, Cathie Rose reports, "Tall sunflowers were trimmed. Still enjoying zinnias and marigolds."



Below left, Judy Kautz shows off her Pink Ladies, and below right, her late season petunias and coleus are doing well in our lovely weather.





Kay Holder's Garden Tour

by *Rahmona Thompson*

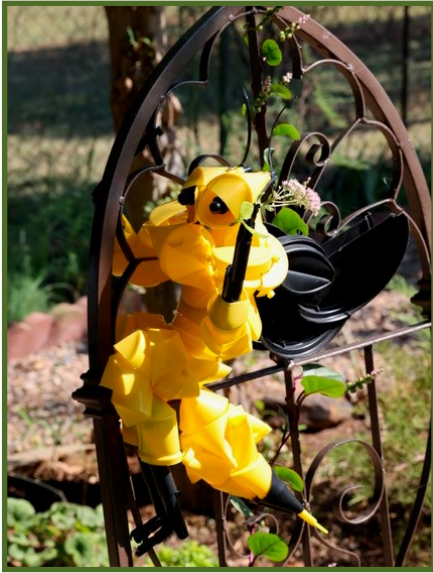




Kay Holder's Garden Tour

by *Rahmona Thompson*





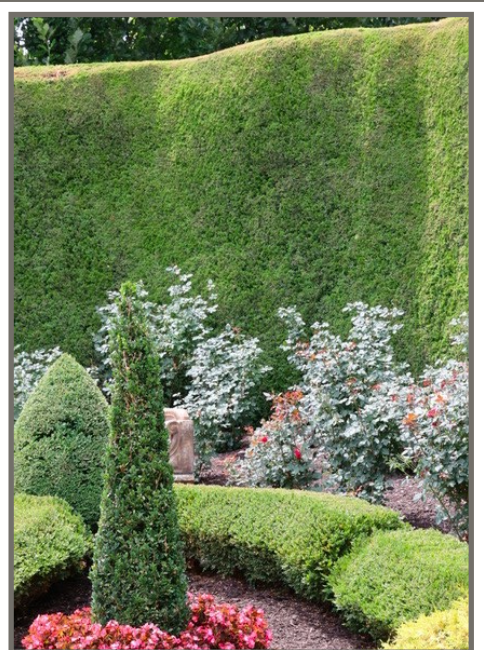


6. Todd and Donna Kunkel Garden

by *Rahmona Thompson*

"A loaf of bread, a jug of wine, and thou" from Omar Khayyam may well come to mind as you gaze upon this formal European garden in the heart of suburbia. So unexpected. Inspired by their travels, the Kunkels bring their love of faraway places to life in their Overland Park suburban lot. While the front is distinctly beautiful, the showstopper lies around back. Plants in all shapes, colors and textures find their home in elegant, planned and symmetrical gardens. Massive Old World urns burst with color everywhere. Stone columns and walkways give the feel of permanence and times past. Strong, upright plants are intermixed with formal gardens and clipped hedges. The marble al fresco patio beckons you to stay awhile. And the list goes on. The Kunkel garden is almost indescribable. It's one that's better experienced. By the way, Todd does all his own trimming and maintenance and hand waters the plants. That's amazing in itself.



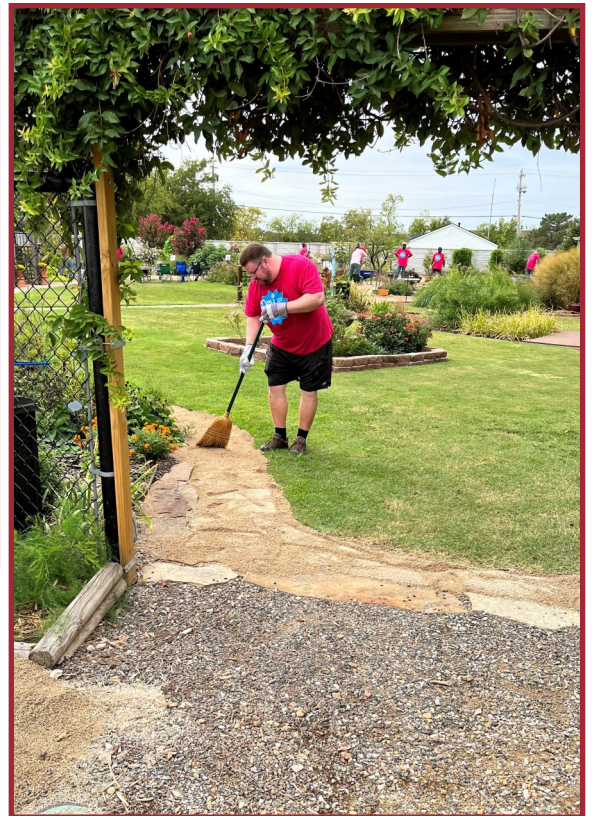


6. Todd and Donna Kunkel Garden

by Rahmona Thompson









Local nurseries that carry native plants:

- Bustani Plant Farm, Stillwater, bustaniplantfarm.com (405) 372-3379
- Prairie Wind Nursery, Norman, OK (405) 579-8846
- Wild Things Nursery, Seminole, OK wildthingsnursery.com

Mail order Seed and Plant Sources for Oklahoma Native Plants:

- Easy Wildflowers easywildflowers.com
- Hardy Plants hardyplants.com
- High Country Gardens highcountrygardens.com
- MO Wildflowers mowildflowers.net
- Native American Seed seedsources.com
- Prairie Moon prairiemoon.com



September Meeting Minutes

By Loreen Upton

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

Treasurer Report listed below.

Greenhouse committee, Nancy Logan. Planning is in the process for our 2024 plant sale. We will begin planting on 10-12-23.

Day of Caring, Joan Barker. A sincere thank you goes to all of the volunteers from Hitachi that came out to help in the demonstration Garden during Day of Caring. Among many things, all the new gravel was spread, gardens were mulched and the Pink Garden was reconstructed. Thank you to Cleveland County for donating and delivering the gravel.

Tours, Susan Aikman. Our field trip to Myriad Garden is scheduled for 9-21-23. The garden tour will start at 10:00am. A tour of the grounds will follow. Please plan to arrive at 9:45am.

Education committee. Our class that is scheduled for Saturday, 10-21-23 will be "how to build a Faerie Garden. The presenter will be Brittany Jorden.

Hospitality Committee, Sherry Garner. Our annual "Harvest Feast" is scheduled for 11-9-23. A lot of volunteers are needed. Will send a sign-up sheet at meeting and will also post a sign-up sheet on CCMG site.

Public Relations, Judy Kautz. There is a need for a volunteer to coordinate recipes to post in the newsletter. The new tee shirts are available for pick up at the CCMG office.

Garden committee and Garden Tours, Kathi Farley. The Demonstration Garden will close for the season at the end of October. Our Garden Pot Luck lunch will be on 9-26-23. There will be a meeting for everyone who works in the garden following our lunch. We still need volunteers for Saturday Garden Tours. Please see the sign-up sheet. Attendance for the Garden Tours has been low except for special events.

Membership, Rayge Johnson. Thank you to all who have come forward to volunteer for ambassadors. There is a need for a volunteer to open the Demonstration gardens at noon on Fridays so the new students can visit.

Home tours, There is a garden tour scheduled for 9-29-23. The tour will be at the home of Kay Holder.

Lizzy Hedges. Lizzy will lead a discussion group at Norman Public library. The group will discuss the forming of a new group called "Green Thumbs Unite". The group would connect "garden to community. Please contact the library for more information. An E mail will follow.

Styrofoam recycling

Many new, interesting and exciting things are happening for our Styrofoam recycling effort. Please watch for more information on our CCMG site and in the newsletter. Cathy will be meeting with people at Tinker Air Force base to discussing working with them in a team effort to enhance and expand our program. NEED volunteers. Even if you can only give an hour a week or month. Please contact Cathy Bowden.

Courtney. Please remember to submit your nomination for our outstanding volunteer for 2023.

Meeting adjourned.

Respectfully submitted, *Loreen Upton, Secretary*



Treasurer's Report

By Nancy Logan

Beginning balance as of August 31, 2023 is \$36,444.58. No income for the month. Expenses were \$30 Speaker Honorarium: \$50 Meals on Wheels Vendor Charge: \$48.90 Greenhouse Fan Repair and \$1,015.36 Greenhouse Seeds, Soil & Pots for Total expenses of \$1,144.26. Balance at September 30, 2023 is \$35,300.32, less budgeted expenses*, not yet reimbursed, of \$7,773.30 and less reserve for greenhouse repairs of \$3,046.00, leaving funds in excess of budget at \$24,481.02.

*The budget was increased this month to include an additional scholarship of \$1,000 and an additional \$1,000 to fund greenhouse supplies.

Respectfully submitted, *Nancy Logan*

Reimbursements for demonstration garden expenses need to be requested before December 31, 2023. Please submit the CCMGA Reimbursement Form (located on our website or request from treasurer) and original receipts to Nancy Logan, 2803 24th Ave NW Apt 2126 73069, or deliver to the greenhouse Thursday mornings from 9-noon, or leave at the Extension office.



Eggplant, Ground Beef, and Italian Sausage Lasagna

Ingredients

Cooking spray
9 lasagna noodles
½ lb. ground beef
½ to 1 lb. Bulk Italian Sausage
1 onion chopped.
2 teaspoons Italian Seasoning
4 fresh mushrooms sliced, or 1 4 oz can sliced mushrooms.
2 cloves garlic, crushed.
2 (14.5 ounce) cans Italian-flavored crushed or minced tomatoes
1 medium eggplant, peeled and thinly sliced.
2 cups mozzarella and cheddar cheese blend (add more mozzarella if desired)

Step 1—Preheat the oven to 350 degrees F.

Step 2—Peel eggplant and slice thinly onto wax paper. Sprinkle lightly with salt.

Step 3—Grease the bottom and sides of a 9X13 inch baking dish.

Step 4—Cook lasagna noodles according to package directions until tender yet firm to the bite. Drain in colander and set aside.

Step 5—Cook and stir the ground beef, Italian sausage, onion, mushrooms, and garlic until the meat is completely browned, about 10 minutes. Sprinkle with

Italian seasoning.

Step 6—Stir tomatoes into meat; simmer until sauce has formed, 3-4 minutes. A can of tomato sauce and a little more Italian seasoning can be added at this point if a little thicker sauce is desired.

Step 7—Pour about ¼ of the sauce into the bottom of the prepared baking dish. Layer noodles on top of sauce. Spread a thin layer of sauce on top of the noodles.

Step 8—Place a layer of eggplant slices on top of noodle and sauce layer. Sprinkle about ¼ of the cheese on top of eggplant slices.

Step 9—Repeat layering with remaining ingredients, until ending with a layer of sauce topped with remaining cheese.

Step 10—Bake in the preheated oven until cheese is bubbly and brown on top, about 40 minutes.



More Photos From Kay Holder's Garden



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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www.clevelandcountymastergardeners.org

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.