

The Weeders' Digest

A Milkweed Tutorial at the August Meeting!



Scott Peake shared wonderful information about various types of milkweed, their habitat, and where they are located in Oklahoma. He even pointed out a common milkweed vine growing right outside the meeting room door! It was an interesting and informative presentation. Meeting photos are located on pages 10-11.

Below is a photo of the common milkweed outside the auditorium door!



Thanks to all those who participated in the Day of Caring!

We will have complete coverage of the activities and photos of all the participants in the October newsletter. Gardeners, you rock! Thanks to Joan Barker for reaching out and gaining support from the United Way!

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President's Posting

By Joan Barker

Patty Hayes and Cindy Mullens coordinated an awesome new student luncheon on Friday, August 20th. Thank you Patty and Cindy!

Also, thank you to Judy Kautz and Marilyn Solomon for furnishing table decorations that were given to the new students and for providing potted plants that were raffled off. Best wishes and a warm welcome to the 2021 class! *Joan*



MG Desk Refresher

By Courtney DeKalb-Myers

Don't miss the upcoming desk refresher Tuesday, September 28 at 1 pm in Classroom C for anyone who missed the August 12th refresher! 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.



Treasurer's Report

By Nancy Logan

Beginning balance as of July 25, 2021 is \$23,844.97. Income includes \$95 Gloves Sold; \$5 Meeting Donations; \$177 New Class Picnic Raffles; \$20 2021 Dues; \$136 Donations for New Class Picnic; \$75 Lawn Judging and \$3 Name Tag Jar for Total Income of \$511.00. Expenses include \$134.43 Hospitality Supplies and \$142.78 Pizzas for New Class Picnic for total of \$277.21. Balance at August 30, 2021 is \$24,078.76, less budgeted expenses not yet reimbursed of \$14,460.30 and less reserve for greenhouse repairs of \$1,112.00, leaving funds in excess of budget at \$8,506.46. Respectfully submitted, *Nancy Logan*



The Demo Gardens are looking very pretty and are a joy to work in again! We have 2 new people from the Shawnee class. They are very active in the demo garden already and I want everyone to welcome them. Florence and Jerry Mowdy.

The end of the month "Demo Garden Workers Potluck" is back! Just one of the many perks of working in the Demo Garden.

Remember that workdays are Tuesday, Friday, and Saturday 9am to 12 pm. Some people come earlier due to heat so be sure to check on the Teamup app to make sure someone is here to open the gate if you wish to come early too. Or you could become the head of your own bed and get your own key. Contact me if you'd like to do that. No one is to work in the garden alone. It's for your safety.

I have agreed to stay on one more year as the garden coordinator and we are going to re-establish the Garden Committee to manage the work in the garden. If you are interested, contact me about the opportunities available.



Photo Booth

By Marilyn Solomon

Marilyn Solomon sent the photos below. On the left she says, "Butterfly in my shade garden. They love the tall standing phlox." Pictured on the right is a toad lily from her garden.

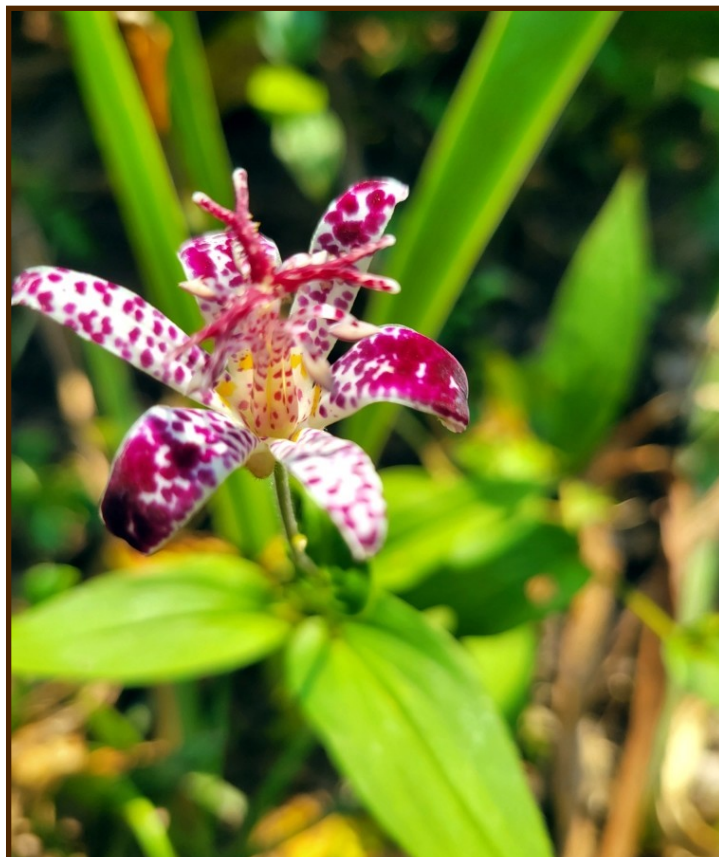
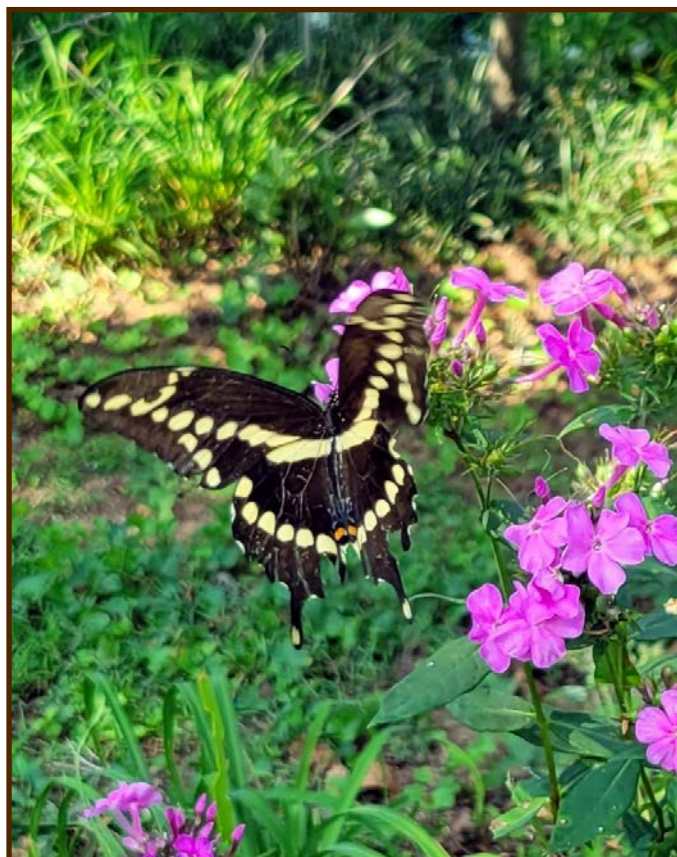




Photo Booth

By Vickie Morris



Far left, *Manduca sexta* - Carolina sphinx moth or tobacco hawk moth (as adults), tobacco hornworm as caterpillar; left, *Arilus cristatus* - wheel bug; below left, *Pieris* - garden whites; bottom left, *Dione vanillae* - gulf fritillary and below, our state butterfly the *Papilio polyxenes* - black swallowtail caterpillar.





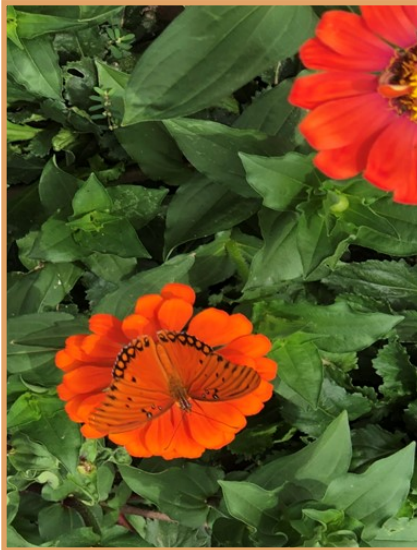
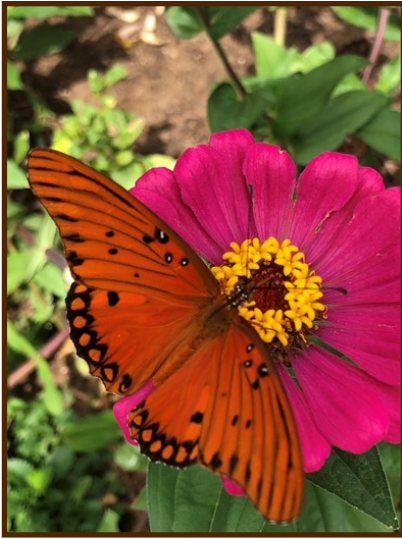
Top left to right, all of my zinnia plants are volunteers this year. Many have unusual designs and the insects are really drawn to them. Below left, this Gulf Fritillary is enjoying my passion vine for dinner!

Below right, I've had tomato horn worms on several of my tropical potted plants this year. This picture of the eggs of a female wasp on the horn worm is not real clear - I had two horn worms with the parasitic eggs on one plant.





Photo Booth



Top left and middle, Donna Wright says, "Enjoying the butterflies in the garden." Top right, Ruby Slippers coleus, middle, left to right, Sienna coleus, Inferno coleus, and coleus combo put on a stunning display in Judy Kautz's garden. Bottom left, Rick Ault sends a photo of his garlic chives in bloom!



Student Luncheon Photos

by Patty Hays and Judy Kautz



What a privilege to welcome our new students to CCMGA with a luncheon. Pizza provided by Marcos, and delicious side dishes and desserts provide by our members. Thanks to Rick Ault for bringing a lovely welcome cake (made by his wife)...so pretty with fall colors. All students received vases with rooted plant cuttings to get them started in their garden efforts. Thanks to all who purchased tickets for our fundraiser, too!



Student Luncheon Photos





Student Luncheon Photos





August Meeting Photos

By Judy Kautz





August Meeting Photos

By Judy Kautz



Photo Booth

By Marilyn Solomon



The close up photos show portions of my original, hand-quilted doily and dresser scarf quilt I entered in the Oklahoma County Fair and won a 1st place ribbon. The photo on the left is a larger view.



Documented Native American Use of Milkweed in Oklahoma

Note: A shorter version of this article first appeared in Gallardia, The Newsletter of the Oklahoma Native Plant Society 32:1, Spring, 2017. The following is an expansion that article. I thought the following might be a good follow up to Scott Peake's presentation on Milkweed at our August meeting.

Milkweed is one of the native plants I have been researching and placing in my Tribal Ethnobotany of Oklahoma. There are 35 species of milkweed in Oklahoma (Tyrl et al. 2009).

First two "factoids" for you. There are 39 Federally recognized Indian Tribes in Oklahoma. However, only 5 are considered indigenous to Oklahoma; Osage, Caddo, Kiowa, Comanche, and Wichita. All others are the result of various states and the federal government removing and "dumping" tribes to Indian Territory.

So far, I have documented Milkweed use by 7 tribes, and possible an 8th tribe in Oklahoma. The documented tribes include the Apache, Cherokee, Choctaw, Delaware, Kiowa, Miami and Seminole, Pawnee, and possible use by the Ponca. The uses are associated with seven different species of Milkweed. A list of References is provided at the end of the article. I continue to search for ethnobotanical information from additional Oklahoma tribes.

Asclepias quadrifolia: Four-leaf Milkweed

Cherokee: Analgesic, Dermatological Aid, Kidney Aid, Laxative, Urinary Aid, Venereal Aid (Mihe-soah, Moerman 1998:107, Hamil and Chiltoskey 1975)

Asclepias stenophylla: Narrow-leafed Milkweed

Apache: Root used for chest medicine (Jordan 2008:101-102).

Asclepias syriaca: Common Milkweed

Miami: The shoots of the common (purple) Milkweed were preferred as greens and prepared like asparagus. The flower buds were added to soup.

Common milkweed has a number of medicinal uses. An infusion of the root combined with Virgin's Bower can be taken for backache. The milky sap was used to treat bee stings, cuts, and ringworm. An infusion of dried pulverized roots and rhizomes was taken by women as a temporary contraceptive. Milkweed was also said to produce post-birth milk flow in the mother.

The milky sap was used as a glue (King 2003:28-29).

Pawnee: Boiled young sprouts, flower bud clusters, and young green fruits used for food. Mature stalk fibers were chewed and used for popgun wadding by little boys (Moerman 1998:109).

Asclepias tuberosa, Butterfly Milkweed

Apache: An unspecified medicine in the "old days". Stomach medicine, Root used for snakebites (Jordan 2008:102).

Cherokee: Analgesic, Antidiarrheal, Expectorant, Gynecological Aid, Heart Medicine, Laxative, Pulmonary Aid (Mihe-suah, Moerman 1998:109, Campbell 1951)

Choctaw: Cold treatment (Mihe-suah, Campbell 1951).

Delaware: Roots used for rheumatism, used to make drink taken by women after childbirth, and used for pleurisy. Milkweed gathered in spring when about one foot tall. At this height it is still tender. Informant explained that there are four kinds of milkweed, three of which are not fit to eat. The edible sort blooms in June with an orange flower (Moerman 1998:109, Tantaquidgeon 1972).

Kiowa: Young fruits cooked and eaten, dried pods used as spoons, dried pods used for decorative purposes (Moerman 1998, Vestal and Schultes 1939).

Ponca: Root eaten for pulmonary and bronchial trouble (Moerman 1998:109).

Asclepias verticillata: Whorled Milkweed

Choctaw: A tea was applied to the snakebite wound, the victim also chewed the root and swallowed the saliva (Moerman 1998:109, Kindscher 1992:57, Campbell 1951:287).



Documented Native American Use of Milkweed in Oklahoma

Asclepias viridiflora: Green Milkweed

Seminole: The plant is boiled in water, then a towel is soaked in the infusion and placed over a sore navel to reduce the soreness (Howard 1990:29).

Asclepias viridis: Antelope-horn Milkweed

Seminole: The root of this milkweed is boiled, and the tea is drunk for kidney trouble (Howard 1990:29).

Asclepias sp. Unknown species

Delaware: Infusion of pounded roots of five species used for epileptic fits (Moerman 1998:107, Tantaquidgeon 1942:32,74).

Apache: Tender young pods of several species eaten raw (Jordan 1965, 2008:58).

Note: Not all tribes used the same species for the same purpose, and if they did, they may have used different parts of the plant. Most likely other tribes also made use of milkweed. However, this use remains undocumented.

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One observation you may have made from reading the above is one I constantly speak to. Not all tribes even those close to one another used the same species of plant for an identical purpose or even used the same part of the plant for that purpose. There are many books and articles that make generalizations such as "Indians used "X" plant for a particular purpose". My questions are always "Which Indians used that plant for that purpose?", "Which species of the plant did they use?", and "Where are your references?"!!! Generalizations such as these are common, worthless, and confusing.



Oatmeal Apple Cookies

By Rick Ault

This recipe makes a TON of cookies!

1 cup butter (2 sticks), at room temperature

2 cups light brown sugar, packed

4 large eggs

1 teaspoon vanilla

3 cups currants or dried cherries

2 cups chopped, unpeeled apple

1 cup quick-cooking oats

3 1/2 cups flour

1/2 teaspoon salt

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon cinnamon

2 cups chopped pecans

Cream butter and brown sugar together until mixture is light and fluffy.

Add eggs, one at a time, mixing each egg into butter and sugar.

Mix in vanilla, currants and chopped apple.

Add oats, flour, salt, baking powder, baking soda, cinnamon and chopped pecans. Mix well until everything is incorporated.

Cover dough and place in fridge to chill for at least 30 minutes, or overnight if possible.

When ready to bake cookies, preheat the oven to 375 F. Scoop dough by rounded teaspoons and place on a baking sheet.

Bake cookies for 10 minutes until they are golden around edges.

Cookies, Desserts, Fruit Cookies

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Orange Pineapple Cake

By Laura Eckstein

Ingredients

1 yellow cake mix

4 eggs

1/2 cup oil

1 small can Mandarin oranges in juice

Frosting

15 oz can crushed pineapple in juice

1 large box instant vanilla pudding

8 oz container cool whip

Mix all the ingredients and pour into a 9"x 13" pan that has been buttered and dusted with flour.

Bake at 350 degrees for 35 to 40 minutes and cool completely.

Spread frosting over the top of the cake.

Refrigerate until ready to serve.

This can be made a day early.

Note: This is a recipe for the cake I took to the new student luncheon. Some people asked for the recipe, so I am sharing it in the newsletter.



Upside-Down Tomato Tart

Ingredients

1/3 cup Sherry Vinegar
2½ Tablespoons sugar
¾ teaspoon table salt, divided
½ teaspoon pepper, divided
1 shallot
1 tablespoon unsalted butter
2½ teaspoons minced fresh thyme
2 pounds plum/roma tomatoes (about 10), cored, halved lengthwise, seeds and gel removed
1 sheet puff pastry, thawed but still cool

Set the oven to 400 degrees with the rack in the middle position.

Cut the tomatoes in half lengthwise and use a spoon to remove the seeds and gel. Save the seeds and gel.

Using a 10-inch cast iron skillet, set over a medium flame. Combine the vinegar and reserved tomato gel and seeds in the skillet. Sprinkle the sugar, ½ teaspoon salt, and ¼ teaspoon pepper over the liquid. Bring the liquid to a boil and slowly reduce the liquid to a consistency of maple syrup. Do not stir. Instead tip and shake the skillet to even out the liquid. This should take about 10 minutes.

Once the liquid is reduced, add the butter, minced shallot, and thyme. Whisk until butter has melted. Immediately remove from heat and arrange the tomato halves cut-side up in concentric circles in the pan. Try to not let

them overlap. Sprinkle ¼ teaspoon of salt and ¼ teaspoon of pepper over tomatoes.

Place the skillet in the oven and let it bake until tomatoes are soft, liquid has mostly boiled off, and edges are browning. A fork should easily pierce the skin. This should be about an hour.

While tomatoes are baking, remove the puff pastry from the freezer and let it warm. Once the pastry is pliable, but still cool, roll it out so you can cut a circle big enough to cover the tomatoes in the skillet. You can use a pan or lid to cut the circle.

Remove the skillet from the oven, place the pastry circle over the tomatoes. There should be some allowance made for shrinkage during baking. Return to the oven until golden brown. This should be about 30 minutes. You should rotate the pan halfway through for even browning.

Remove skillet and allow to cool for 8-10 minutes. Use a knife to cut around the edges to loosen the tomatoes. Then place a plate over the top of the skillet. Using oven mitts carefully turn the skillet upside down letting the pastry drop out. Use a spoon to fix any tomatoes that fell out of place.

Serve either warm or room temperature.

Note: I made this for a CCMGA monthly meeting and several wanted the recipe, so I am sharing it via the newsletter.





Cumin-Lime Confetti Salad

By Lois Cox

Ingredients

30 oz. canned black beans, rinsed and drained
2 cups shelled, cooked edamame, drained and cooled (about 12 oz.)
10 oz. thawed, drained frozen corn kernels (or about 1 3/4 cups fresh corn)
1 serrano chili, seeded and minced
1 sweet red pepper, chopped
1 orange pepper, chopped
1 yellow pepper, chopped
1 medium red onion, minced
1/2 cup minced fresh cilantro

Vinaigrette

3 Tbsp. fresh lime juice
3 Tbsp. olive oil
1 Tbsp. lime zest
1 Tbsp. salt
2 tsp. sugar
1 tsp. cumin seeds (I used cumin as I didn't have seeds on hand)

In a large bowl, combine black beans, edamame, corn, peppers, onion, and cilantro. In a small bowl, whisk together vinaigrette ingredients. Drizzle vinaigrette over bean mixture and toss to coat. Serve chilled or at room temperature. Yields about 1 cup per serving and makes 10 cups.

Note: This is a salad I brought to the new student luncheon and was requested to submit to the newsletter.

Chicken Basil Orzo Salad

By Georjana Mauldin

Ingredients

1 cup Hidden Valley Original Ranch dressing
1 cup orzo pasta
1/2 cup grilled chicken meat, diced
1/2 cup cherry tomatoes, halved
2 tablespoons fresh basil chopped

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 1/2 cup dressing to moisten the salad.

I brought this salad to the Student Lunch. Many wanted the recipe.



August Meeting Minutes

By Marilyn Solomon

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

Nancy Logan (Treasurer). The balance as of July 25 was \$23,755.47, and Income was \$369.00. Expenses were \$279.50 and \$14,439.69 budgeted for Demo Garden expenses as well as \$1112.00 for greenhouse maintenance leaving available excess of \$8,293.28. The fountain raffle brought in \$565.00.

Nancy Logan (Greenhouse) She has a few seed packets, but there is nothing requiring attention currently. There will be a clean-up meeting in October. One new member expressed interest in working the greenhouse, and Rick Ault is returning

Jo Ann Dysart (Program Committee) No September meeting. 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 for winners. She has plenty of volunteers and will set-up two shifts for check in. Lawn judging is completed.

Judy Kautz (Public Relations) She thanked everyone for all the contributions with lots of photos to the newsletter. She wants Evan Taylor's recipe for Tomato Tart in the next newsletter. If there is a particular plant a person wants spotlighted, add some words so the significance is shared.

Kathi Farley (Garden Committee) The gardens are looking good. Kathi needs bed diagrams to help tour volunteers. Volunteers are free to bring people to tour gardens on workdays. Potluck lunches resume on the last Thursday of each month. Tom Walker repaired the chipper/shredder.

Sherry Hill (Garden Tours) There is a sign-up sheet at the back of the room.

Judy Kautz (Fundraising) There will be plant arrangements to raffle at the Student Luncheon.

Rahmona Thompson (Membership) We need volunteers to open the gardens for students on two dates, and they can earn service hours

Cindy Mullins and Patty Hayes (Hospitality) They thanked Susan Aikman, Barbara Tunney, Judy Kautz, Marilyn Solomon, Les and Donna Brown, and Evan Taylor 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. Anyone may donate money if unable to provide food.

OLD BUSINESS: Valerie Green has a grow box with snapdragons to give away and Claren has rubber plants.

NEW BUSINESS: None

Courtney Dekalb-Meyers (Horticulturist) She had 20 attendees in the Desk Refresher class last week and has another class scheduled on September 28 at 1:00 right after the Potluck. She needs help with the desk duties and is trying to make the duties more convenient with no specific sign-up times. Hours can be counted as Service or Educational. She is on the Environmental Control Advisory Program which sponsors a yard-by-yard certification program that the City of Norman will adopt. A new member, Emily, transferred from Oklahoma County. Courtney complimented Judy on her Norman Transcript article that talked about the Demo Gardens.

Joan Barker (President's Comments) She recognized a student from the current class, Debra, present at the meeting. Friday, September 17, the United Way Day of Caring volunteers will take out rotted wood and replace edging and do some staining.

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*



Upcoming Events

Submitted by Elaine Dockray

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 Mummary 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

September 14, 6:30 – 7:30 PM: Fall Lawn Care. Via Zoom. Josh Campbell with Oklahoma County Extension will discuss the basics of turfgrass establishment, fertilization, weed control, and other management practices for fall. Registration required to receive the Zoom link. To register, go to <https://www.metrolibrary.org/events/fall-lawn-care>

September 21, 6:30 – 7:30 PM: Water-wise Plant Selections for Oklahoma. Via Zoom. Julia Laughlin, Oklahoma County horticulturalist, will showcase water-wise plant selections that thrive in Central Oklahoma. Registration required to receive the Zoom link. To register, go to <https://www.metrolibrary.org/events/water-wise-plant-selections-oklahoma>

September 25, 10 AM: Myriad Gardens Guided Walking Tour. Garden Grounds, Meet in South Lobby. 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. Free. This will be the last guided walking tour until next spring as Guided Walking Tours are taking a break October through February.

September 29, 1 – 4 PM: Master Composting Class. OSU Conference Center, 2500 NE 63rd St., OKC, OK. Would you like to know the real secret to an incredible yard and garden? Then join us and become a Master Composter through our Master Composter Class. This program is offered once a year, is a series of 6 half-day workshops, and only costs \$50.00. The program is headed by Joshua Campbell, our Urban Agriculture and Natural Resources Educator. To register, please call 405.713.1125 or come by 2500 NE 63rd St., OKC, OK 73111 to register. Spaces are limited.

October 2, 10 AM – 4 PM and October 3, 10 AM – 3 PM: "Bewitched by Orchids" Show and Sale. Will Rogers Gardens, Exhibition Building, 3400 NW 36, OKC. Presented by Oklahoma Orchid Society. Vendors and exhibitors from several states will present orchids from around the world. Get expert growing information. Raffles and silent auction. **Admission** and parking are free. Go to OKorchidsociety.org for more information.

October 4, 6:30 – 7:30 PM: Fall Gardening & Outdoor Decorating Tips. Via Zoom. The Fall is a great time to garden in Oklahoma. In this workshop, OSU Extension Urban Agriculture Educator Joshua Campbell will introduce things you can do in your garden in the fall. Topics covered will include raised bed gardening, soil preparation and soil amendments, composting, and more. Registration required to receive the Zoom link. Registration for this event will be open from September 27, 2021 @ 9:00am to October 4, 2021 @ 6:30pm. Go to <https://www.metrolibrary.org/events>.



Check out these cucumbers grown by Jeannie Kline and Susan Aikman! Wow, ladies...you can really make that square foot garden produce!



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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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.