



# Adair County

## Spring Has SPRUNG!

We are well into 2024 and have a lot coming up!

4-H members be looking for our summer calendar for workshops and day camps. We also are taking registrations for NE District Contest Days, NE District Horse Show, and 4-H Roundup. We could keep you busy all summer!

There are also going to be opportunities for adult programs as well. Cattlemen's dinners, OHCE activities, Poultry Waste Management Education, Strawberry Festival, and hands on workshops will be filling up the calendar.

If you are interested in any of our programming, don't hesitate to give us a call at 918-696-2253. You can follow us on Facebook and Instagram too!

God Bless you all!!!

Jennifer Patterson



### Adair County Extension Office

#### Address

220 W Division St Suite 1  
Stilwell, OK 74960

#### Phone

918-696-2253

#### Email

##### Jennifer Patterson

AG/4HYD Educator, CED  
jennifer.k.patterson@okstate.edu

##### Naomi Fuson

4HYD/FCS Educator  
naomi.fuson@okstate.edu

##### Tricia Wall

High Obesity Program Educator  
Tricia.Wall@okstate.edu

##### Sharon VanDevender

Nutrition Education Assistant  
Sharon.vandevender@okstate.edu

##### Karen Christie

EASS  
Karen.christie@okstate.edu

#### Website

<https://extension.okstate.edu/county/adair/adair.html>

#### Social Media

Facebook: OSU Extension  
Office – Adair Co. Oklahoma

Instagram: @adaircoextension



## Food Safety During Emergencies

By Gail Ellis



### What to know

During emergencies, many people including families, firemen and other emergency volunteers may rely on donated food. Christi Evans, OSU Extension food safety specialist, lays out precautions to take when storing perishable food items.

Leaving food at room temperature for too long can cause bacteria to grow, which can lead to foodborne illness. Cold food should be kept at or below 40°F. Hot food at or above 140°F. If food is left at room temperature for more than two hours, it should be discarded.

### Storing food

When storing leftover foods, keep in mind that most leftovers should only be kept in the refrigerator for three to four days. Leftovers should be stored in the freezer for longer storage. When reheating leftovers, be sure they reach 165° F as measured with a food thermometer.

Frozen foods may stay safe for 24-48 hours if the refrigerator and freezer doors stay closed. If you have an appliance thermometer in your freezer, check the temperature. If the food is at 40°F or below, or if it contains ice crystals, you can safely cook or refreeze the food. Each food item should be checked individually. If any food has an unusual odor, color or texture, it should be discarded. Never taste food to determine if it is safe.

### Food after emergencies

When returning home, beware that the structure may have lost power while empty. If the power was out for more than four hours, refrigerated items like milk, eggs, meats and leftovers should be discarded.

Weather-related events from thunderstorms to wildfires can result in power outages and sometimes displace families from their homes. Keeping food safe when away from home presents unique challenges. If families are storing food in a cooler, it's important to keep ice or frozen gel packs inside the cooler to ensure the contents remain cold.

It's also a good idea to keep an appliance thermometer in the cooler to help monitor the temperature inside. Cold perishable food should be kept at a temperature of 40°F or colder. Discard perishable foods that were held above 40°F for over two hours. If the temperature is above 90°F, like in a hot car, food should be discarded after one hour.

Take special care to keep foods at safe temperatures and follow food safety basics like handwashing and avoiding cross-contamination. Proper handling of food and monitoring temperatures will help reduce the risk of foodborne illness during challenging circumstances. OSU Extension uses research-based information to help all Oklahomans solve local issues and concerns, promote leadership and manage resources wisely throughout the state's 77 counties. Most information is available at little to no cost.



## Why Have a Pressure Canner Dial Gauge Tested

STILLWATER, Okla. - Today's pressure canners may have a dial gauge for indicating the pressure or a weighted gauge, for indicating and regulating the pressure. Serious errors in processes that can result in spoilage or foodborne illness can happen in pressure canners if an inaccurate dial gauge is used.

Dial gauges should be checked for accuracy each year before use. This can be done for free at many Oklahoma State Cooperative Extension office. Contact your Oklahoma State Extension office to learn if and when they can check your dial gauge.

If a dial gauge reads high or low by more than two pounds pressure, replace it. If it is less than two pounds off in accuracy, you can make adjustments needed to be sure you have the required pressure in your canner. Your County Educator can help you understand how this is done.

Dial and weighted gauge pressure canners work differently. Weighted gauges are usually designed to "jiggle" several times a minute or to keep rocking gently when they are maintaining the correct pressure. Read your manufacturer's directions to know how a particular weighted gauge should rock or jiggle to indicate that the proper pressure is reached and then maintained during processing.

Dial gauge canners will usually have a counterweight or pressure regulator for sealing off the open vent pipe to pressurize the canner. This weight should not be confused with a weighted gauge and will not jiggle or rock as described for a weighted gauge canner. Pressure readings on a dial gauge canner are only registered on the dial and only the dial should be used as an indication of the pressure in the canner. One manufacturer now makes a dual-gauge canner.

Always read the manufacturer's user manual for the pressure canner you are using for information on when and how to use a weighted or dial gauge pressure canner.

### Upcoming OHCE Events

**April 16<sup>th</sup>**

Leader lesson in Sallisaw

**April 29<sup>th</sup>**

Meet with Commissioners

**May 5<sup>th</sup>-11<sup>th</sup>**

OHCE Week

### Upcoming FCS Events

**April 29<sup>th</sup>**

Co Parenting

**May 28<sup>th</sup>**

Co Parenting

### Pressure Canner Dial Gauge Testing



OSU EXTENSION  
FAMILY AND  
CONSUMER SCIENCES

#### Country Acres

2024 Officers:

**President** – Marylin Vaughan  
**Vice President** – Marilyn Doyle  
**Secretary** – Linda Davis  
**Treasurer** – Ina Crittenden

**Meetings are held on the 1<sup>st</sup>  
Tuesday at 1:00 p.m. at alternate  
location** (call club president for  
details)

#### Zion/Stilwell

2024 Officers:

**President** – Donna Boecher  
**Vice President** – Linna Caton  
**Secretary** – Carolyn Denny  
**Treasurer** – Karen George

**Meetings are held on the 1<sup>st</sup>  
Monday of each month at  
10:00am  
At Hickory Village**

#### Strawberry Sweeties

2024 Officers:

**President** – Megan Langley  
**Vice President** – Adalia Sanchez  
**Secretary** – Kileigh Meridith  
**Treasurer** – Kathrine Rackcliff

**Quarterly 5:30pm — OSU Ext**  
January 29<sup>th</sup>  
April 29<sup>th</sup>  
August 26<sup>th</sup>  
November 25<sup>th</sup>

## 4-H Clubs Encouraged to Participate in State of Orange



While green is the traditional color associated with the Oklahoma 4-H Youth Development program, clubs in all 77 counties will be seeing orange as they take part in the State of Orange project slated April 13.

State of Orange is a statewide, collaborative effort of Oklahoma State University to engage in a day of meaningful service, said Cathleen Taylor, state leadership and civic engagement specialist with the State 4-H office.

“Civic engagement and service learning are the cornerstones of the 4-H program. The time and effort club members put out each year is immeasurable,” Taylor said. “They’ve given millions of hours to their communities all across the state. This opportunity fits right into our programming.”

4-H clubs from around the state are encouraged to participate in a community service project in conjunction with State of Orange this spring. Taylor said this is a great opportunity for 4-H volunteers to plan and implement an activity at the local level. One example is to plant a fruit or nut tree in a local park or community garden.

“Think about all of the community service opportunities available in the county. We encourage 4-H clubs to reach out to other local and county organizations such as Master Gardeners or Oklahoma Home and Community Education groups,” she said. “The more people who come together in this effort, the bigger the impact that can be made.”

4-H’ers from all 77 counties are working on the Change for Change project and have set a goal of raising \$12,000 for the Children’s Health Foundation. A community service or civic engagement project for State of Orange could be another way for club members to raise funds to help meet the statewide goal. Volunteers and club members are encouraged to plan and implement their activity at the local level.

Currently, there are nearly 11,000 youth enrolled in community clubs, and of those, 437 are enrolled in the civic engagement or citizenship project.

Community service doesn’t end after this event is complete. Taylor encourages club members to discover what they like to do and find additional ways to give back to their communities by turning what they enjoy into service-learning opportunities.

Taylor said taking part in this type of opportunity helps bring home the life skills that are taught in the 4-H Youth Development program.

“It provides a sense of generosity and giving back. It also helps our club members understand how they are connected to their community and how much of an impact they can have,” she said.

State of Orange is a great opportunity to show how 4-H and OSU Extension are vital parts of every community across the state and how 4-H is connected to OSU.

“In addition, forming partnerships with other like-minded organizations within the community is a win-win for everyone involved. State of Orange can help us live the 4-H motto ‘To make the best better.’”

## 4-H Bulletin Board

### Reporters Corner

There has been a lot of things happening here in Adair County recently. The cupcake wars as well as image dress went very successfully. We also had food showdown and it went very smoothly. With speech and demonstration coming up, and several other contests that will soon follow there are several different contests that everyone is anticipating to see who will be the next winner.

- Brianna Burton

## 4-H News

### April

- 8<sup>th</sup> 4-H Officer Meeting
- 13<sup>th</sup> State of Orange Depot Project
- 14<sup>th</sup> Western Heritage Practice
- 17<sup>th</sup> 4-H Day at the Capital
- 17<sup>th</sup> Pullet Pickup
- 24<sup>th</sup> NED Horse Show entries due

### May

- 1<sup>st</sup> Farm to You
- 8<sup>th</sup> NED Contest Days due
- 13<sup>th</sup> 4-H Officer and Leader Meeting
- 23<sup>rd</sup> County Officer Interviews
- 29<sup>th</sup> Roundup Reg. due
- 30<sup>th</sup> Leather Workshop

Visit our website for **Adair County Fair Info and forms** -

<https://extension.okstate.edu/county/adair/index.html>

### NED Horse Show Info!

**May 31<sup>st</sup>-June 1<sup>st</sup>, 2024 at the Sycamore Springs Arena, Locust Grove, OK,**

All entry forms, 4-H Membership Certification Form – Horse Registrations, copies of current negative Coggins test, the transmittal form, and payments are **due in at the Adair County OSU Extension Office by April 24<sup>th</sup>**. Late entries will be accepted with a late fee.

### NED Contest Days

June 4-6 at Mayes County Fairgrounds  
Forms can be filled out in County Office!  
Registration due May 8th!

### 103<sup>rd</sup> State 4-H Roundup

July 24 – 26, 2024  
Theme: 4-H...The Fast Lane to Your Future  
Cost: Full Roundup registration: \$180 (Youth and Adults)  
Registration Due in Office May 29<sup>th</sup>  
More info to come!



**Laura Payne**  
**Payne County OSU Extension Horticulture Educator**

Here are a few horticulture tips for April:

- If you have not already done so, April is a good time to fertilize your cool season turfgrasses like tall fescue.
- Delay fertilizing warm season turfgrasses such as bermuda, zoysia, or buffalo until late April or early May.
- For apple growers, monitor cedar apple rust on neighboring cedar trees. If you see a significant number of cedar-apple galls (a large orange growth that resembles a Christmas ornament), be prepared to spray your apple trees with an appropriate fungicide.
- Insects begin showing up in April. Remember that the majority of insects in the landscape are not harmful to plants or people. Monitor your garden and landscape regularly, as insect problems are much easier to address when they are caught early. See OSU publication *E-1023 Conserving Beneficial Arthropods in Residential Landscapes* for an enlightening look at helpful gardening insects.
- Delay planting tender annuals and warm season vegetable crops until danger of frost has passed. Normally, this means about mid-April for Payne County.
- Continue to keep a close eye on newly planted material for irrigation needs. Our spring winds can do a lot of damage to a drought stressed plant in a short period of a time.
- Mulching is an important water and weed management tool in our region.
- The best window of opportunity for applying herbicides to control broadleaf weeds like henbit and chickweed is just about over. Treatment effectiveness is reduced as these weeds mature and complete their life cycle. Also, the products used to control these weeds can be a real problem for tender garden plants and should not be applied on windy days. 2,4-D kills broadleaf weeds but not most grasses by causing the cells in the tissues that carry water and nutrients to divide and grow without stopping. Herbicides that act this way are called auxin-type herbicides. Tomatoes are especially susceptible to 2,4-D.



# TIMELY TOPICS

OSU EXTENSION - NORTHEAST DISTRICT  
March 2024 – Volume 44 – Issue 3



EXTENSION

<i>In this edition...</i>			
Farm/Ranch Injuries	Page 1	Asset Replacement	Page 3
Home Grown – Hort. Tips for March	Page 2	Fetal Programming - Early Gestation	Page 4

---

## Farm/Ranch Injuries

---

*Barry Whitworth, DVM, Senior Extension Specialist, Department of Animal and Food Sciences*

In January, I attended the Oklahoma Veterinary Conference. While waiting for one of the sessions to start, a classmate of mine made the comment of how many of the attendees walk with a limp, use a cane, and/or have damaged hands. We all agreed that working with animals is hard on the body. In general, anything associated with farming and ranching is dangerous.

Most farmers and ranchers know that agriculture is a dangerous occupation. According to United States Bureau of Statistics, workers involved in agriculture, forestry, and fishing had the highest occupational fatality rate in 2022. The fatality rate of 23.5 per 100,000 full-time equivalent (FTE) workers for this group is much higher when compared to the overall occupation fatality rate of 3.7 per 100,000 FTE. Most of the agriculture related fatalities are associated with transportation such as tractor overturns and vehicle crashes, but a fair number involve livestock.

Livestock accounts for a significant amount of human injury and deaths. A survey of seven states in the central United States (US) found livestock were a frequent cause of injury. One survey found cattle accounted for almost one third of the injuries. In another survey, cattle were responsible for 36% of the fatalities. With their unpredictability and enormous power, bulls can be extremely dangerous. One study reported 261 attacks on people with 149 reported as fatalities and 112 as injuries.

Most victims of cattle incidents are struck, trampled, gored, and/or kicked. The most common types of injuries are contusions, fractures, and lacerations involving the lower and upper extremities. More severe injuries are related to head trauma, internal damage, and crushing injuries.

Many factors play a part in causing injuries and fatalities. One survey found that the age of the victim was significant. Groups with younger people were at higher risk of injury when compared to older ranchers. This may be due to human error and overconfidence of the handler as was pointed out in one report as a cause of injury and death. However, medical conditions such as hearing loss and arthritis, which are more common in older people, can play a role in being injured. These conditions may restrict a person's ability to move out of danger or hear activities that may warn them to move. This relates to another reported risk factor of individuals working alone. It is reported that one third of the fatalities occur when no one else is present. Another interesting fact associated with fatalities is that one third of the deaths were caused by animals that had previously shown aggressive behavior. It is wise to cull aggressive animals.

Another factor to consider is facilities. Several studies indicated that cattle equipment, housing, and working facilities contributed to injuries. This was especially important in bull incidents. Unfortunately, over 40% of cattlemen in one survey reported that they do not think their facilities are safe but hesitate to improve them. The reasons given include the cost of new equipment, satisfaction with the current facility, and lack of both time and knowledge on how to build a new facility.

Most if not all injuries and fatalities caused by livestock can be prevented. Livestock producers can reduce the risk of injury by studying animal behavior, by using proper handling techniques, and by using equipment correctly. Beef Quality

# TIMELY TOPICS

OSU EXTENSION - NORTHEAST DISTRICT  
March 2024 – Volume 44 – Issue 3



**EXTENSION**

Assurance as well as many other groups provide training in animal behavior and low stress cattle handling. Facilities and equipment are costly, but when designed and used correctly, accidents are reduced. Individuals need to protect themselves by wearing proper footwear, clothing, and head and eye protection. Also, many accidents happen when farmers and ranchers work alone. A partner present to keep watch may prevent an injury. Lastly, producers need to recognize their limits. When animals are involved, overconfidence will get someone hurt.

From a personal standpoint, I have had my share of incidents. I have been bitten, scratched, clawed, trampled, tossed around, mashed, and crushed by a variety of them. All the incidents were the result of overconfidence, human error, lack of knowledge, and poor equipment and facilities. My life's experiences are the same as many other farmers and ranchers. We all have one life to live, so we all need to take better care of ourselves.

For additional information on livestock safety, producers should visit their Oklahoma State University County Extension Agriculture Educator. References available on request.

---

---



## **Join Adair County Cattlemen's Association**

Are you a cattle producer in Adair County? Are you interested in learning more? Join the Adair County Cattlemen's Association. Dues are \$20.00 and good for an entire year. We are currently accepting dues so don't wait.... make a difference in your cattle production in 2024!!!

## **Upcoming AG Programs**

**April 2nd  
Strawberry Grower's Meeting**

**April 8th  
Cattleman's Meeting**

**May 11th  
Strawberry Festival**

**May 24-26<sup>th</sup>  
GC Dairy Goat Show**



### **Adair County Extension Office**

220 W Division St, Suite 1  
Stilwell, OK 74960