



Alfalfa County Cooperative Extension News

Strengthening Oklahoma Families

OSU Extension offers tips to deal with inflation

As the inflation rate rises, many Oklahoma families feel the pinch. As prices go up on everything from food, gas and other expenses, [Oklahoma State University Extension](https://extension.okstate.edu/county/alfalfa/) offers consumers some tips to help deal with rising costs.

[Mengya Wang](#), OSU Extension finance specialist, said while steady inflation is good for the economy, when prices rise too fast, families may have a hard time making ends meet.

"A slow, steady inflation rate is good for the economy because that means people are spending money and businesses are producing more goods," she said. "However, when prices spike quickly, people's money doesn't go as far. While consumers can't control inflation, they can control how they spend money."

Inflation happens when the cost of labor and raw materials go up, and businesses pass the cost increase on to consumers. Wang said we saw an upturn in inflation after COVID when people began getting out to do their shopping and eating out.

"For a while after COVID, consumer demand outpaced the supply, so we saw a rise in prices," she said.

Wang has some tips for consumers to help make their dollars stretch right now.



- Buy second-hand whenever possible. Look for clothing and other needed items at resale stores.
- Be intentional with discounts. Look for coupons, sales or loyalty discounts.
- Cut energy costs by bumping up the thermostat. Line-dry clothes instead of using the dryer.
- Cook at home instead of eating out.
- Avoid expensive coffee drinks by making coffee at home.
- Cancel subscriptions to streaming services and other auto-ship services that aren't being used.

"It's important to be intentional with spending," Wang said. "Cutting out a stop at the coffee shop each morning can save consumers a lot of money over time. Take those savings and invest them in ways that will grow, such as retirement, college or emergency funds. Emergency funds are important for those unexpected expenses such as car repairs, medical bills or home repairs. Avoid taking on high-interest debt – it can trap consumers in a vicious cycle in which they're constantly paying interest and struggling to keep up."

She also suggests looking at ways to increase income. Check into job

opportunities with flexible schedules such as driving for Uber, pet sitting or dog walking.

"Consider learning a new skill that can help prepare you for a better-paying job," she said. "Now is a great time to invest in yourself for a bigger dividend down the road. It's important to be competitive in the job market and you want to be ready with a better opportunity presents itself."

Wang also has guidance for long-term financial goals. Consumers may have to adjust timelines for some of their goals.

"If you were putting \$100 a month into a vacation fund, cut it back to \$50 or even \$25," she said. "Whatever you do, don't give up. Small investments add up over time. Adjusting your timeline and revising goals will help keep you on the path to achieve those goals."

Now is also a good time for consumers to review their investment portfolio. Wang suggest talking with a financial planner and making sure investments are diversified to get the best return.

"In tough financial times, it's important to stay informed about spending and adjust your budget accordingly," she said. "Prioritize expenses and clearly define your wants versus your needs. Stay informed about spending and adjust accordingly. Prioritize expenses. Determine wants and needs. Smart



Address

602 W. 5th St
Cherokee, OK
73728

Phone

580-596-3131

Website

<https://extension.okstate.edu/county/alfalfa/>

Social Media

Facebook: /Alfalfa County Oklahoma Cooperative Extension Services

Home Food Preservation

These are water bath canning classes.
Classes are open to all.

Pickle Making

Wednesday, August 20, 2025

1:00-5:00PM at the Alfalfa County

Fairgrounds, \$15 fee

RSVP by August 15th

We will can dill and sweet pickles.



Preserving Apples

Tuesday, September 30, 2025

4:00-8:00PM at the Alfalfa County

Fairgrounds, \$15 fee

RSVP by September 26th

We will make apple pie filling, apple butter and more.



2025 Holiday Happenings

Thursday, November 13, 2025

10:00am-3:00pm at the Major County Fairgrounds

RSVP by November 5th. Watch for more details to come.



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Megan Ferrell at 580-596-3131 at least two weeks prior to the event.

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination. 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, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions.

OHCE Fair Info

Fair Workers

Each group is asked to provide workers. See assignments below. Workers need to be there at 8:45 a.m. Wednesday Sept 3rd to check entries and judging will begin at 10:30 a.m.

Clothing

- 1 – Jet Industrious
- 1– Domes-Ti-Kates

Food

- 1– WheatHearts
- 1 - Farmerettes

Home Improvement

- 1– Jet Industrious
- 1- Farmerettes

Fair Watchers

Groups please provide two fair watchers per shift. Thank you.

Wednesday, Sept. 3rd

- 4:30 p.m. - 7:00 p.m. DTK
- 7:00 p.m. - 9:00 p.m. Farmerettes

Thursday, Sept. 4th

- 9:00 a.m. - 12:00 p.m. DTK
- 12:00 p.m. - 3:00 p.m. WheatHearts
- 3:00 p.m. - 6:00 p.m. Jet Industrious
- 6:00 p.m. - 9:00 p.m. Farmerettes

Friday, Sept. 5th

- 9:00 a.m. - 11:00 a.m. Jet Industrious
- 11:00 a.m. - 1:00 p.m. WheatHearts

One change in the fairbook I want you to notice is under Home Improvement, there is an additional class- 1 Finger Knitted Article, must be for the home.

Megan Ferrell

Pick up your Fair book at the Extension office or other local businesses.

Megan Ferrell



News & Notes

Alfalfa County OHCE

Upcoming Dates...

- August 20- Pickle Making 1:00-5:00pm
- August 22- Pick-up Leader lesson- How walkable is our community?
- Sept. 2 at 2:30pm- Fair Superintendents/Assistants meeting
- September 3-6th- Alfalfa County Fair
- Hawaiian Foods Lesson-
- Sept. 26 at 2:00PM
- Preserving Apples- Sept. 30

Membership Dues

Membership dues need to be collected by local treasurer and sent to the County Extension office by Oct. 20th, 2025. Dues for the 2026 year: County: 4.50, State: 12.50= \$17.00

Please turn in in a list of members along with your dues. However, all NEW members need to fill out a form. Also, if members choose not to renew, please let us know. Your dues must match the number of members you provide.

Membership forms can be emailed at your request or copies made at the Extension Office. Please provide the Extension office your list of local officers by in October sometime. They may be emailed to Megan at megan.ferrell@okstate.edu

Please consider donating to the Norma Brumbaugh scholarship and Pennies for Friendship when you submit your dues. We add funds to the state treasurer form.

The state OHCE council is calling for all local and county groups to consider giving a separate donation to the Norma Brumbaugh scholarship.

Three (3) \$500 scholarships are paid directly by the Oklahoma Home and Community Education to qualified FCS Extension Educators for professional development and continued education. The funds are low, therefore less scholarships were awarded this year. For more information and other things you can support like others across the state as "pennies for friendship," please see your yearbooks under cultural enrichment or visit ohce.okstate.edu.

Agriculture

Wheat Pasture Decision Includes Many Factors

Josh Bushong, Area Extension Agronomist

As wheat harvest comes to an end, making plans for wheat pasture this fall starts now. Hopefully farmers are making variety selections promptly and basing their selections on traits best suited for their operations. There are many agronomic traits one needs to consider when selecting a variety, especially for early sown wheat. These include forage potential, hot soil germination, coleoptile length, disease tolerance, insect tolerance, grazing recovery, grain potential, drought tolerance, and the list can go on and on.

Even though popularity of a variety shouldn't be the sole decision factor, one could assume that is popular for good reasons. The number one seeded wheat variety in Oklahoma the past four years was Doublestop CL+. Green Hammer was once again second in acres but now followed by Smith's Gold, Showdown, and OK Corral. These "Top-Five" sown varieties were all bred at OSU and available through Oklahoma Genetics Inc..

Choosing a variety can be a challenge as there are over 100 different varieties to select from. Discussions with your Extension educator, agronomist, and seed dealer can help narrow down the list. A great resource is wheat.okstate.edu to find current research reports.

There are two OSU Wheat Variety Trials located side by side near El Reno. One managed as a dual-purpose (DP) and the other as a grain-only (GO). The DP trial was sown late-September, seeded at a higher seeding rate, and grazed. The GO trial was not harvested this year due to poor emergence caused by excessive rain after planting. Of the 40 varieties, Showdown and Doublestop CL+ had the highest grain yields over the past three years in the DP trial. For a CoAXium wheat traited variety, Crescent AX was the highest yielding the past two years in the DP trial.

When growing wheat for forage one of the easiest ways to get more tonnage is to plant early. Research conducted from OSU has shown that more forage is produced the earlier we plant. Some trials show that sowing wheat the first week of September yielded about twice as much fall forage as a mid-late September planting date. When sowing wheat this early we can sacrifice some grain potential and some pest issues can occur.

These pests include many viruses, root rots, foliar diseases, hessian flies, wheat curl mites, wireworms, army cutworms, and weeds. Some aid can be made through the use of seed treatments that include an insecticide and/or a fungicide. These seed treatments can reduce root/foot rots, bunt, smut, leaf rust, powdery mildew, hessian fly as well as reduce aphids that can transmit barely yellow dwarf virus. When selecting a seed treatment be cautious of grazing restrictions, which can range from 0-45 days depending on product used.

Mite-transmitted diseases (wheat streak mosaic, high plains disease, or Triticum mosaic) can greatly reduce spring forage and grain production when an early fall infection occurs. The best management practice would be to prevent a "Green Bridge" prior to sowing the wheat. A minimum of two weeks of nothing green (including corn, sorghums, volunteer wheat and other grassy weeds) is needed to allow the wheat curl mite to starve out prior to wheat seeding. The wheat curl mite still might vector these viruses when invading from neighboring fields, but the viruses will cause less of an impact due to a later infection.

Farmers can use seed wheat harvested from fields that tested positive for Wheat Streak Mosaic Virus. The virus can only persist on living plants and in the wheat curl mite. The virus will not persist in ripened grain or dead grasses.

The next easiest way to increase fall forage would be to increase your seeding rates. Several field trials have shown that fall forage will increase with increasing seeding rates up to five bushels to the acre. Fall forage can be increased with higher seeding rates, but the economics start to become a little less favorable after a rate of two bushels to the acre due to seed costs. Increasing seeding rates as the planting season progresses can also assist in producing more forage due to less tiller development, but increasing seeding rates hardly ever makes up for lost forage potential compared to sowing earlier.

Managing soil fertility starts with a soil sample. Acidic soils can limit forage production as much as anything else. The only solution to fix acidic soils is to apply lime, but variety selection and banding phosphorus fertilizer in-furrow can help offset the loss in forage production. Banding fertilizer with our grain drills is more efficient and economical because it is placed right with the seed and rates can be greatly reduced.

To find out more about variety selection and how to produce decent wheat pasture economically visit your local OSU Extension office.



Alternative Winter Forage Crops

August 26th, 2025 12PM

at the Alfalfa County Fairgrounds
602 W 5th St Cherokee, OK 73728

Learn about different options for winter grazing crops to fit your enterprise.

Call Erin at the Alfalfa County Extension office to sign up & for more information (580)596-3131



**ALFALFA COUNTY
EXTENSION**

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OSU is an Affirmative Action, Equal Opportunity, E-Verify Employer.

4-H Clover Connection

4-H'ers compete in national shooting sports competition

A group of Oklahoma 4-H'ers and volunteers were among representatives from 40 states participating in the 2025 Shooting Sport National Championships in Grand Island, Nebraska.

Oklahoma's delegation was 45 members strong, including 36 club members and nine volunteers, said Ruth Pratt, Oklahoma State University Extension specialist and statewide coordinator for the Oklahoma 4-H shooting sports program.

"This is the major shooting sports competition in the nation," Pratt said. "Our 4-H members work hard and set goals year after year to be a part of the National 4-H Shooting Sports team. We send the top four participants from our qualifying contests to the national competition, where they compete against the best youth from around the country. We'd set a goal of being able to take a full team of 36 and we were able to meet that goal in the qualification events."

In all, 740 youth, ages 14-18, from 40 states participated in the competition. As a team, Oklahoma placed eighth. The shotgun-trap team placed first and the shotgun team placed fifth.

"Our delegates had a full schedule while in Nebraska competing, and they learned so much and had a chance to make new friends," she said. "I'm so proud of them and their hard work to make it to this national competition."

As with other 4-H clubs and teams, human growth and development is the primary focus of the Oklahoma 4-H shooting sports program. Participants can use the life skills they've learned in all areas of life.

"All of our shooting sports coaches are certified and go through extensive training to prepare them for introducing safe and responsible use of firearms and archery equipment to Oklahoma youth," Pratt said. "These leaders also help instill self-discipline, sportsmanship, ethical behavior and an appreciation for the outdoors."

Contact Pratt at 405-744-8886 or ruth.pratt@okstate.edu to learn more about the 4-H Shooting Sports program.

"It's all about education, positive youth development, working with caring adult volunteers and having fun," she said.





2025

ALFALFA COUNTY FREE FAIR

TUESDAY, SEPTEMBER 2ND

8am-7pm Set-up Commercial Booths
8am-7pm Set-up OHCE Booth Backgrounds
8am-7pm Compile Department Books & Awards
2:30pm Superintendents & Assistants Meeting

WEDNESDAY, SEPTEMBER 3RD

7:30am Entries open to all exhibits except livestock.
8am Livestock in place
9-10am Weigh swine, sheep, steers, and goats.
Check heifer papers.
Pre-Enter Horse Show
Check-in Poultry, Fowl, and Rabbits
Sign up for Showmanship – indoor arena

10am Close OHCE Entries
10am Check-in Bucket Calves
10am Close Livestock Entries
10:30am Judge OHCE Entries
12pm All entries closed.
1pm Judge All Exhibits
2:30pm Dog Show
3pm Judge OHCE Booths
5pm Bucket Calf Show
Dairy Heifer Show
Beef Heifer and Steer Show

THURSDAY, SEPTEMBER 4TH

9am Swine Show
10:30am Alfalfa County Star Show
12pm Goat Show
1:15pm Crockpot Meal Entries
1:30pm Crockpot Meal Judging
2:15pm Death By Dessert Contest Entries
2:30pm Death By Dessert Contest Judging
4:00pm Farm Bureau YF&R Farm Hand Olympics
5:15pm Homemade Ice Cream Contest Entries
5:30pm Homemade Ice Cream Contest Judging
5:15-6pm Apple Peeling Contest
6:30 pm Sheep Show

FRIDAY, SEPTEMBER 5TH

8am 4-H and FFA Livestock Judging Contest
9:30am Open Class & OHCE Evaluation
12pm Release of all Exhibits and Commercial Booths

SATURDAY, SEPTEMBER 6TH

9:00am Horse Show (Must Pre-Enter)

September 2nd-6th
Alfalfa County
Fairgrounds
CHEROKEE, OK

**PICK UP A COMPLETE
FAIR BOOK AT THE
OSU EXTENSION OFFICE
AT THE ALFALFA CO
FAIRGROUNDS**

FIND THE DIGITAL COPY HERE



Must be an Alfalfa County
resident or attend school in
Alfalfa Co to participate

**No Entry Fees
FREE ADMISSION
TO THE FAIR**
Premiums Awarded

FOR MORE INFORMATION:

FAIRGROUNDS OFFICE

(580)596-3102

OSU EXTENSION OFFICE

(580)596-3131



2025-2026 Alfalfa County 4-H Officer Team

President

I am Kord Campbell from the Timberlake 4-H Club, and I will be serving as the Alfalfa County President this year. My project areas are beef, livestock judging, leadership, citizenship, public speaking, and vet science. I was fortunate to be selected as a 4-H Ambassador which has been a goal of mine. We had a great county officer team last year, and I can see it being another great year of serving our county in various ways!



Vice President

I am Kortney Campbell from The Timberlake 4-H Club, and I was just appointed as Alfalfa County's 2025-2026 4-H Vice President!

My main project areas include fabrics and fashion, food and nutrition, livestock judging, showing cattle, vet science, and dog grooming. I was on the previous officer team, and we focused on community service. I would like to continue that as well as getting more kids involved in this amazing program! I can't wait to see what my colleagues, and I accomplish in the upcoming 4-H year!



Secretary

My name is Teagan Rose. This is my 6th year to be in 4-H. The last 2 years I've served as Preseident and Healthy Living Ambassador for my local club. I decided now that I'm a freshman in high school to step outside my comfort zone and explore the opportunities we have in 4-H. I was elected to serve as the county Secretary . I look forward to working together with my team of officers and to continue to broaden the horizons for all future members.





Treasurer

My name is Treagan Rose. This is my 5th year to be in 4-H. The last 2 years I've served as Song Leader and Game Leader for my local club. I decided now that I'm an 8th grader I want to do more outside of my local club and step into the county officer team to help bring enthusiasm to 4-H I was elected to serve as the county Treasurer . I look forward to working together with my team of officers and to continue to broaden the horizons for all future members.

Reporter

My name is Remington Farney. I am a sophomore at Burlington High School. This is my 8th year in 4-H. I am excited to hold the secretary office for 2025-2026. 4-H gave me the love for animals of all kinds, but I especially enjoy my show pigs and cattle. Judging is my other passion that sprang up from 4-H. 4-H is taking me to many new adventures.



Song Leader

My name is Aileen Ordonez. This is my 3rd year in 4H. I enjoy being in 4-H because it gives me the chance to learn new skills, make great friends, and be involved in my community. It has also helped me become more confident, responsible, and proud of the difference I can make.



Game Leader

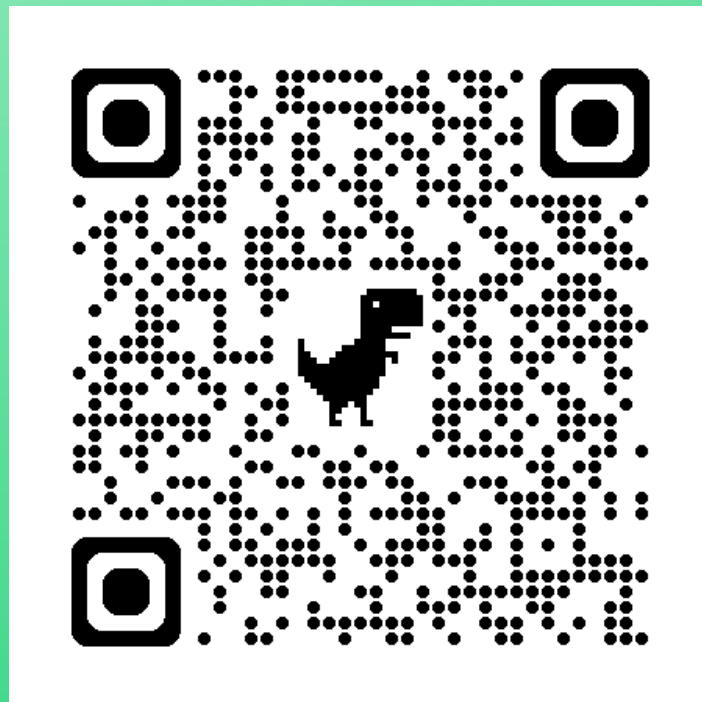
Hannah Lynn Hensley is 15 years old. She will be a Freshman this upcoming year. Hannah has many interests including cheer, softball, basketball, and track. Some organizations she is in include FCCLA, 4H and Rainbow for Girls. Hannah enjoys camping with family and hanging out with friends. Hannah's plans after high school include Design and Merchandising.





Alfalpa County Fair September 3-6th

**Get the 4-H
Fair Book here:**



You may request a printed or emailed copy as well.

CERTIFIED 4-H VOLUNTEER TRAINING: WORKING WITH MINORS & CIVIL RIGHTS

**AUGUST 19, 2025 AT 5:30PM
AT THE EXTENSION OFFICE**

Certified Volunteers that plan to drive 4-H members, chaperone overnight or work directly with 4-H members or Cloverbuds in an ongoing basis need to be trained annually. This is for both new and current certified volunteers.

Online Clover Academy in Zsuite is available for those that cannot attend this in person training.

Please RSVP by calling 580.596.3131



OSU EXTENSION
**ALFALFA COUNTY
4-H YOUTH DEVELOPMENT**

WEST DISTRICT

LEADERSHIP CONFERENCE

OCTOBER 15-17th, 2025

Reed Conference Center/ Delta Marriott
5750 Will Rogers Rd Midwest City, OK

OPEN TO ALL 4-HERS 7TH GRADE AND OLDER!

Registration due to the Alfalfa
County Extension office by Sept 12th

Conference Fee \$125*

*Alfalfa County Parent Volunteer Association reimburses ½ of the
registration cost to youth who attend the conference

Contact the Alfalfa County Extension Office
for registration forms





**OKLAHOMA 4-H 2025-2026
ENROLLMENT OPENS AUG. 1!**



SIGN UP USING



4h.zsuite.org

**Contact your local 4-H leader or the Alfalfa County OSU Extension office for more information
regarding how you and your family can be involved in 4-H. 580-596-3131**

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3rd Annual
Alfalfa County 4-H



Bake Sale

SATURDAY
AUGUST 23RD

9AM-12PM

at the Pocket Park
During the Rodeo Parade

- Cupcakes
- Cookies
- Cake Pops
- Lemonade
- Muffins
- Breads
- Pies
- and MORE!



*Proceeds help support the
Alfalfa County Food Pantry*

Persons with disabilities who require alternative means for communications, program information or reasonable accommodations, need to contact Erin metcalf at (580)596-3131 at least two weeks prior to the event.OSU is an Equal Opportunity, E-Verify Employer.



Alfalfa County 4-H

HORSE

Club Ride Night

August 24th, 2025

2-4PM at the Alfalfa County Fairgrounds Arena



For more information on the Alfalfa County Horse Club
contact the Alfalfa County OSU Extension office
(580)596-3131



OSU EXTENSION
ALFALFA COUNTY
4-H YOUTH DEVELOPMENT

Alfalfa County 4-H



Dog Club

August 25th, 2025

At the Alfalfa County Fairgrounds

6 PM

Bring your canine partner to learn basic dog obedience commands and be introduced to dog agility.



**Introducing the First
Alfalfa County Dog Show
at the Alfalfa County
Free Fair!**

September 3rd, 2025 at 2:30pm

More information can be found in
the Alfalfa County Free Fair
Book.

Questions? Call the
Alfalfa County Extension Office (580)596-3131

*** All canine's must be up to date on
vaccinations and deworming***

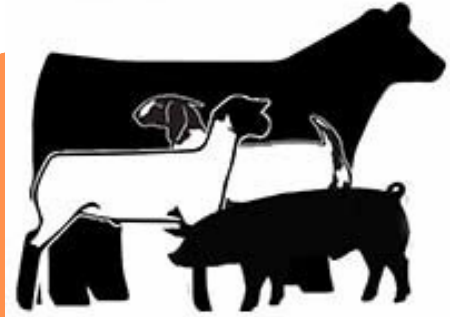


OSU EXTENSION

**ALFALFA COUNTY
4-H YOUTH DEVELOPMENT**



OSU EXTENSION
**ALFALFA COUNTY
4-H YOUTH DEVELOPMENT**



4-H LIVESTOCK CLUB

**Join us monthly for a chance to learn ALL things livestock with a
hands-on, engaging approach!**

**September 16th, 2025
4pm-5pm**

**at the Alfalfa County Extension Office
602 W 5th Street Ste 2 Cherokee, OK 73728**

**Call the Alfalfa County Extension office with questions (580)596-3131 or
email erin.metcalf@okstate.edu.**

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Join Burlington 4-H!

Register online at 4H.zsuite.org

Open to youth 8-19 yrs old & in 3rd-12th grade



Kickoff Party

Join us August 26th, 2025
For a pool party at
Mick & Sheila Ferrell's
3:30pm-5:30pm



CHEROKEE 4-H

Kickoff
PARTY

FRIDAY, AUGUST 29th
9AM-2PM @FAIRGROUNDS

RSVP BY:

Wednesday,
August 27th

OFFICER ELECTIONS

WORKSHOPS

PIZZA

IT'S TIME TO JOIN

TIMBERLAKE



4-H!

Open to youth 8-19 years old in 3rd-12th grade



FIRST MEETING

27 AUGUST
2025

At Elementary School Cafeteria
3:30-4:30PM

SIGN UP AT

4H.ZSUITE.ORG

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5K & 1 MILE FUN RUN IN CONJUNCTION WITH THE
CHEROKEE MAIN STREET OCTOBER STROLL

STROLLIN' FOR 4-H!

PRIZES AWARDED BY AGE GROUP!

**4 OCT
2025**

**8AM START TIME
AT THE CHEROKEE
SPORTS COMPLEX**

**\$20
INCLUDES
A T-SHIRT**

CHECK IN STARTS AT 7:15AM

Pre-registration to the
Alfalfa County OSU Extension office
required by September 18th for a T-Shirt.

**PRE-REGISTER
FOR A FREE
HYDRATION
DRINK FROM
BOHO FUNKY
FLAMINGO
NUTRITION!**

Race day registration is available.

QUESTIONS? CALL THE ALFALFA COUNTY EXTENSION OFFICE (580)596-3131



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