



## Alfalfa County Cooperative Extension News

### Oklahoma 4-H'ers learn gratitude through membership

As 2025 draws to a close, Oklahoma 4-H'ers and their families are gathering to reflect on the year, cherish the moments they shared and focus on one of the most important life skills – gratitude.

Gratitude is a mindset that encompasses more than saying “thank you.” Gratitude enables club members to not only be grateful for what they have, but also inspires them to give back to their communities, said [Cathleen Taylor](#), state leadership and civic engagement specialist with the state 4-H office at Oklahoma State University.

“Gratitude fits right in with the philosophy of head, heart, hands and health,” she said. “When they recite the 4-H pledge, they aren’t just saying the words – they live the words through everything they do in 4-H. Gratitude is woven into the fabric that is 4-H. Showing gratitude and giving back is something we do well in Oklahoma.”

By practicing gratitude, research shows youth build resilience,

lower stress levels and develop positive coping skills. Gratitude also shows others that you’re loyal and understanding. Club members express gratitude to their club and project leaders for sharing their time and helping them develop into productive and caring leaders themselves.

“Project work encourages youth to be involved in their communities,” Taylor said. “As they work alongside other 4-H'ers, caring adult mentors and members of the community, they get a sense of belonging and appreciation for everyone’s involvement. They also get a sense of pride in seeing how their efforts benefit the community.”

Gratitude also shows up in small ways, such as writing a thank-you note to a scholarship donor or a contest judge, older 4-H'ers mentoring younger ones or stepping up to help at the last minute. There are many ways in which gratitude is expressed in 4-H.

The Oklahoma 4-H Youth Development program relies on

caring adults to mentor and share their knowledge with club members. Taylor said club members are grateful to these leaders, along with county Extension educators, for the things they learn and the knowledge they gain.

“In turn, club members carry this forward by sharing what they’ve learned through their project work and community involvement,” she said. “It’s a win-win for everyone.”

Gratitude is something people tend to think about more during the holiday season. But, Oklahoma 4-H'ers know the importance of showing gratitude every day of the year.

“The 4-H program will continue to nurture thankful and thoughtful young people as they share their time and talents within their communities and beyond,” Taylor said. “As we are on the brink of a new year, look back at all there is to be grateful for and look forward to the things we will be grateful for in 2026.”

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# 4-H Christmas Break Workshops



**DECEMBER 22<sup>ND</sup>**  
**10AM-2PM**

**CRAFTS-STEM-  
BAKING-FUN!**

RSVP by Dec 15<sup>th</sup> by calling the  
Alfalfa County Extension Office  
(580)596-3131



at the Alfalfa County  
Fairgrounds  
602 W 5<sup>th</sup> Street  
Cherokee, OK 73728

\$5 Registration  
fee. Lunch  
provided.



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



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 Affirmative Action, Equal Opportunity, E-Verify Employer.

# COMMUNICATIONS CONTEST PREP WORKSHOP



Want to do a speech, digital presentation or illustrated presentation but not sure where to start?



**Come & Go**  
**January 2<sup>nd</sup> 2026**  
**9:00am-4:00pm**  
**at the Alfalfa County**  
**Extension Office**

RSVP BY DECEMBER 31<sup>ST</sup> TO  
THE EXTENSION OFFICE  
(580) 596-3131 OR  
ERIN.METCALF@OKSTATE.EDU

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.  
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# Christmas Cloverbud Workshop



**Tuesday, December 23, 2025  
Alfalfa County Fairgrounds  
from 10:00AM-12:00PM**

**Join the Fun and go home  
with Christmas crafts and  
yummy snacks!**

**RSVP by December 19<sup>th</sup> to the  
Extension office 596-3131**



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

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# PARENT VOLUNTEER Meeting



**JANUARY 21<sup>ST</sup>, 2026**

**4 PM**

**AT THE ALFALFA COUNTY EXTENSION OFFICE**

All adults involved in or wanting to be involved in Alfalfa County 4-H are welcome to attend!



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

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GRANT COUNTY  
EXTENSION

# STATE RECORD BOOK WORKSHOP

State 4-H Specialist: Cathleen Taylor

**JANUARY 21<sup>ST</sup>, 2025 AT 5:30PM**

**Pond - Creek Fairgrounds**

*"Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Emily Franke at 580-395-2134 at least two weeks prior to the event."*

Want to do a speech, digital presentation or illustrated presentation but not sure where to start? Join us for a contest preparation workshop on January 2nd!

# ALFALFA COUNTY 4-H COMMUNICATION CONTEST



FEBRUARY 16<sup>TH</sup>, 2026 AT 5:30PM

ALFALFA COUNTY FAIRGROUNDS

Power Point  
Speech  
Illustrated Presentation  
Job Readiness  
Graphic Design  
Photography



Entries due by Feb 11th to the  
Alfalfa Co Extension Office

Entry forms available at  
the Alf Co Extension  
office, on Zsutes, Alf Co  
FB page or can be  
emailed



**ALFALFA COUNTY 4-H**

# **HORSE**

**CLUB MEETING**

**FRIDAY  
DECEMBER 19<sup>TH</sup>, 2025  
6PM**

**Alfalfa County Extension Office  
602 West 5th Street Cherokee, OK 73728**



**SHOWMANSHIP &  
GROOMING CLINIC**

**FRIDAY  
JANUARY 23, 2026 6-8PM**

**Alfalfa County Fairgrounds Arena**

**Call the Alfalfa Extension Office (580)596-3131  
for more information.**



**ALFALFA COUNTY  
EXTENSION**



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# YOUTH BEEF INDUSTRY TOUR

OPEN TO ALL 4-H & FFA Members

**April 3rd, 2026**

STARTS AT THE ALFALFA COUNTY EXTENSION OFFICE AT 8:00AM

LEARN MORE ABOUT THE BEEF CATTLE INDUSTRY  
BY TOURING DIFFERENT OPERATIONS AND  
SEGMENTS OF THE INDUSTRY!

To participate in the tour call the Alfalfa County Extension Office at  
(580)596-3131 or email [erin.metcalfe@okstate.edu](mailto:erin.metcalfe@okstate.edu) by March 25th, 2026



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

# Alfalfa County Livestock Skillathon Practices



Open to all 4-H & FFA members  
**January 20<sup>th</sup>, 2026**  
**January 27<sup>th</sup>, 2026**  
**February 3<sup>rd</sup>, 2026**  
**February 5<sup>th</sup>, 2026**

Come & Go

3:30pm-5:30pm

at the Alfalfa County Extension Office



**Alfalfa County  
Livestock  
Skillathon Contest  
February 9<sup>th</sup>, 2025**

Call the Alfalfa County Extension office for more information (580)596-3131.



**ALFALFA COUNTY  
EXTENSION**

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# Strengthening Oklahoma Families

## Keep food safety on the menu this holiday season

It's the time of year when ingredients for treasured family recipes top the shopping list, table decorations come out of the cabinet and great-grandma's china set adorns the table. These preparations are in anticipation of a memorable holiday meal shared with family and friends.

While ensuring everything has a festive flair, don't forget about food safety, said [Christi Evans, Oklahoma State University Extension](#) food safety specialist.

"For most families, turkey is the star of the meal," she said. "No matter what your secret is for a succulent and tasty main dish, proper handling of the turkey – from shopping, storing, thawing and cooking – must be a priority."

One key is to plan ahead. If purchasing a frozen turkey, remember it will take time to thaw. Evans suggests the following thawing methods to ensure food safety.

- Refrigerator thawing is the safest and most recommended thawing method, as it allows the bird to defrost slowly and evenly. Count on 24 hours for every 4-5 pounds of turkey. For example, a 15-pound bird will take three to four days to thaw completely. It can then be stored for an additional one or two days before cooking.
- Cold-water thawing is a faster option than refrigerator thawing. Submerge the turkey in cold water. Allow 30 minutes per pound. To ensure the turkey stays at a safe temperature, change the water every 30 minutes. Once thawed, cook the turkey immediately.
- Microwave thawing is less common since most turkeys are larger than the microwave, but it can be done with smaller turkeys. Use the defrost setting and follow the manufacturer's instructions. Cook the turkey right away after thawing.

As the meal is being prepared, use a food thermometer to ensure all foods reach proper internal temperatures. Cook the turkey to an internal temperature of at least 165 F.

"One of the best things about a big Thanksgiving meal is all the great leftovers," Evans said. "Although everyone may want to catch a quick nap after the meal, refrigerate the leftovers within two hours of serving," she said. "It's best to divide large amounts into smaller, shallow containers, which allows foods to cool more quickly."

When reheating leftovers, most foods need to be reheated to at least 165 F. OSU Extension offers additional food safety information in fact sheet [L-474 Keep food safe](#).

Even though the turkey may be the star of the show, pies are another holiday favorite. Food safety protocols are essential because many pies contain eggs or dairy. Some homemade pies contain milk, cream cheese, cheese or eggs and should be kept refrigerated. These pies are high in protein and moisture content, which provides a desirable environment for bacterial growth at room temperature.

Evans said fruit pies typically contain enough sugar and acid that they don't need to be kept refrigerated, although refrigerating them can extend their shelf life.

"With some planning and a few simple precautions, everyone can enjoy a delicious and safe Thanksgiving meal," she said.



# 2026 OHCE LEADER LESSONS

*NEW QUARTERLY  
TRAININGS*

*Lunch provided*

**DEC  
19TH  
2025**

**January- Brain Blitz**

**February- Companion Planting in the Garden**

**March- Cooking for 1 or 2 on a budget**

**Winter Wonderland-Soup in a Jar Workshop \$10**

**RSVP by Dec. 15<sup>th</sup>**

10:00AM-2:00PM DEWEY CO. FAIRGROUNDS- TALOGA, OK



**MARCH  
20TH  
2026**

**April- Mole & Gopher Control**

**May - AI- The Truth about Artificial Intelligence**

**Flower Arrangement Workshop -RSVP March 16<sup>th</sup>**

10:00AM-2:00PM MAJOR CO. FAIRGROUNDS- FAIRVIEW, OK

**JUNE  
12TH  
2026**

**July - Garden to Table: Small Space Gardening**

**August- OK Native American Traditions & Food**

**Sept.- Relax your way to better blood pressure**

**Workshop: Mini 12x12 Barn Quilt -RSVP by June 7**

10:00AM-2:00PM ALFALFA CO. FAIRGROUNDS-CHEROKEE, OK

**SEPT  
18TH  
2026**

**October- German Food & Culture**

**Nov- Family Traditions: Cultivating Family History**

**Workshop: TBD**

10:00AM-2:00PM WOODS CO. FAIRGROUNDS- ALVA, OK

Lesson trainings will be in the morning. Lunch is provided by the host county and workshops are after lunch. The only fees charged are for workshop supplies. Registration is required for workshop and lunch supplies.

PERSONS WITH DISABILITIES WHO REQUIRE ALTERNATIVE MEANS FOR COMMUNICATIONS, PROGRAM INFORMATION OR REASONABLE ACCOMMODATIONS, NEED TO CONTACT MEGAN FERRELL AT (580)596-3131 AT LEAST TWO WEEKS PRIOR TO THE EVENT. OSU IS AN AFFIRMATIVE ACTION, EQUAL OPPORTUNITY, E-VERIFY EMPLOYER.

# ALFALFA COUNTY OKLAHOMA HOME & COMMUNITY EDUCATION



# WINTER NEWS



DECEMBER/JANUARY

## Upcoming Calendar Events:

- December 4th- Blood Drive - Alfalfa Co. Fairgrounds
- December 7<sup>th</sup> - Housing Tour- see flyer
- December 8<sup>th</sup> - OHCE Executive Committee meeting
- December 19th- Quarterly Leader Training- Taloga, OK
- December 25th-December 26<sup>th</sup> - Christmas -Office closed
- January 1<sup>st</sup> - New Year's Day -Office Closed
- January 15<sup>th</sup> - Awards due in county
- January 19<sup>th</sup> -M.L.K. Day- Office Closed
- February 9th-10th- Alfalfa Co. Spring Livestock Show
- February 11<sup>th</sup> - Alfalfa Co. Premium Auction
- February 16<sup>th</sup> -President's Day- Office Closed
- February 24<sup>th</sup> - One Dough- 3 Breads workshop
- March 6th - Quarterly Leader Training- Fairview, OK
- March 28- West District OHCE Meeting- Seiling, OK
- March 29th- Family Fun Fair 11:00AM-2:00PM
- May 3-9- OHCE WEEK
- May 6th- Alfalfa County Flower Show

## OHCE Awards due Jan. 15th

Our annual OHCE Member Award: **Young Member, Rookie of the Year, Member of the Year, Heart of OHCE and Membership Recruitment Award** nominations are due January the 15th to the Alfalfa County Extension Office. These forms can be found on the OHCE website:

<https://extension.okstate.edu/programs/oklahoma-home-and-community-education/>

You may also pick these forms up from the Extension Office or request an email. It is important that you use the current forms to complete your applications so they can be judged for District Awards.

Keep in mind, these are for your fellow group members -they aren't going to volunteer themselves to fill these out. Group members need to nominate to fill one out for their fellow group member that is deserving of the award and then work with them to get it filled out. I would be happy to help you fill them out. We need to continue to have county and district representation for these awards. Don't hesitate to reach out to Megan for help. Thank you for encouraging your members and helping them to apply for these awards.

## Wilda Flaming Community Project Award

The Wilda Flaming Community Project Award is sponsored annually by ACB Bank. Applications are due January 15th, 2026 to the Extension Office. Did you know that each submission receives \$25 from ACB Bank? That's not mentioning the award money if you win 1st-3rd place. We know that you all are doing outstanding work in your communities within your groups around the county and you deserve to be recognized so be sure to fill out your reports. The Executive Committee will be meeting on Dec. 8<sup>th</sup> - each group representative will receive copies of this award form then.

# Christmas Housing Tour

Sunday, December 7th  
1:00 - 5:00 PM

Tickets \$8.00 - 10 & Under Free

## Amorita/Byron Homes:

Jay & Becky Smith - 35046 CR 660, Amorita  
C.T. & Brenda Clark - 65890 Leflore Rd, Amorita  
Aaron & Kandi Smith - 67178 Latimer Rd, Byron

## Cherokee Homes:

Malachi & Kelsi Claflin - 1125 South Pennsylvania  
Mary (Korf) Dodgen - 216 West 12th Street  
Kolby & Kelli Arnold - 23642 CR 620  
Colby & Niki Wyatt - 21182 CR 600

Advanced tickets may be purchased at Cherokee Floral & Gifts, Smith Drug, Burlington Town Hall, Alva State Bank (Burlington Branch), or from any Farmerette OHCE member. They can also be purchased at the homes listed on the day of the tour.

The Rainbow girls will be serving chili, potato soup, and homemade desserts as a fundraiser on December 7th from 11:30 - 1:00 at the Baker Building.

Sponsored by:  
Farmerettes OHCE





ALFALFA COUNTY  
EXTENSION

# Agricultural News



## Winter Grassy Weed Management

Josh Bushong, Area Extension Agronomist

Weeds continue to have the most economic impact on wheat grown for grain, compared to the other pests commonly found in the crop. They directly impact the crop due to competition and will also cause implications at harvest with weight deductions, with dockage, and with price reductions with foreign material. Weeds also can impact a field for years to come. Fall herbicide applications have been proven to save the most yield. Management options depend on which weeds are present and, whether or not you are growing conventional wheat or one of the two herbicide-tolerant trait systems.

Grassy weeds such as feral rye, ryegrass, jointed goatgrass, and rescuegrass are prime examples where fall applications might be warranted mainly due to how difficult it is to manage them especially in conventional wheat or with the herbicide-tolerant wheats. Cheat, other bromes, and jointed goatgrass issues will depend on how much actually came up this fall.

The two herbicide-tolerant trait systems are Clearfield, which uses the Beyond herbicide, and CoAXium, which uses the Aggressor AX herbicide. For both systems the herbicide applications need to be applied when both weeds and the wheat are actively growing to ensure adequate weed control and crop safety. Under an ideal growing season, both systems will provide better weed control when sequential fall and spring applications are made. If the wheat continues to have drought stress and the weeds remain small this fall, I would defer to focusing just on a spring herbicide application.

Italian ryegrass continues to gain more acreage year after year. Most of the past decade populations have been centered along the highway 81 corridor, but now I'm seeing it further west from Altus to Watonga. Heavy reliance on Axial, a Group 1 type herbicide, has resulted in intensified selection of herbicide resistance. Dr. Misha Manuchehri, previous OSU Small Grains Extension Weeds Scientist, has confirmed Group 1 resistance in Kingfisher, Caddo, Grady, Comanche, and Cotton counties.

Widespread Acetolactate Synthase (ALS), Group 2, herbicide resistance was confirmed in 2008 around the time when PowerFlex was hitting the market. Our best recommendation now relies on delayed pre-emergent herbicides such as Zidua, Anthem Flex, and Axiom (not to be confused with CoAXium).

True cheat is an old enemy of wheat. ALS products such as Outrider (previously named Maverick) and Olympus have been excellent products to keep cheat managed. Unfortunately, these days are numbered. ALS herbicide

resistant cheat was first confirmed in Kay county in 2010. Strong suspicion of resistance is continuing to be reported throughout north central Oklahoma.

Dr. Liberty Galvin and her research team collected weed samples from about 80 fields throughout the wheat belt in Oklahoma in 2024. They conducted herbicide screening for quizalofop (Group 1), imazamox (Group 2), and glyphosate (Group 9) herbicides on both ryegrass and cheat. Unfortunately, her team confirmed that there are ryegrass populations resistant to all three herbicide groups. Some of the cheat populations tested had resistance to either Group 2 or 9, with none of them showing resistance to Group 1 herbicides.

The herbicide chemical families of Sulfonyurea (SU) and Imidazolinone (Imi) both belong to the ALS herbicide group 2 (same site of action). As such, what we've observed is that once cheat becomes resistance to SU products the Imi products, like the herbicide Beyond, will also likely have resistance. Meaning that if the SU herbicides are not controlling the cheat, using Beyond in a Clearfield production system will not work either.

Feral rye was plentiful in all too many wheat fields last year. The Clearfield Plus system has shown improvement with the addition of Methylated Seed Oil (MSO) adjuvants. It's not perfect by any means, but can still be a viable option to greatly reduce rye if applied correctly. Sequential applications of 4oz/a of Beyond tank-mixed with MSO and a nitrogen source applied in the fall and spring also has shown more consistent results. Applications made prior to the rye reaching the tillering stage usually results in better efficacy and the second application in early spring helps reduce any escapes and late emerged rye.

Integrated weed management uses all the tools in our toolbox. We are currently at a time when it takes every management practice to produce clean wheat. Many cultural practices, as mentioned earlier, and continuing to rotate crops and herbicide sites of action will always be the foundation. Using new tools and traits greatly helps but can't be solely relied upon for the future of your farming operation.

Contact your local OSU Extension Educator to discuss weed management options for your operation.



# STATEWIDE PESTICIDE APPLICATOR ZOOM

hosted by Alfalfa County Extension

## DECEMBER 10, 2025

**1** CROPS 9 AM-12PM (3 CEUS).

**2** GENERAL 1PM-4PM (3 CEUS).

**3** FORAGE 6PM-8PM (2 CEUS).

PRIVATE, 1A, 6, 10, AERIAL APPLICATOR AND CCA CEUS AVAILABLE

Please RSVP to the Alfalfa County OSU Extension office by Dec 8<sup>th</sup> (580)596-3131



**ALFALFA COUNTY  
EXTENSION**

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*Stop by and check out our*

# SMALL GRAINS FORAGE TRIAL



## IN BYRON, OK

PLOT MAPS AVAILABLE AT THE  
ALFALFA CO OSU EXTENSION OFFICE



# GETTING STARTED WITH **SMALL RUMINANTS** SERIES

**JANUARY 22<sup>ND</sup>, 2026 6PM**

Alfalpa County Fairgrounds

**APRIL 30TH, 2026 6PM**

Major County Fairgrounds

**JULY 16TH, 2026 6PM**

Woods County-NW Tech Center

**OCTOBER 2026 TBD**

QUESTIONS? CONTACT THE ALFALFA COUNTY EXTENSION OFFICE AT (580)596-3131.  
PLEASE RSVP 1 WEEK BEFORE EACH MEETING. MEAL WILL BE PROVIDED.



ALFALFA COUNTY  
EXTENSION



MAJOR COUNTY  
EXTENSION

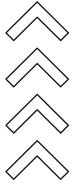


WOODS COUNTY  
EXTENSION



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**PAST PERFORMANCE DOES NOT GUARANTEE FUTURES SUCCESS:**

# FUNDAMENTALS OF AG FUTURES MARKETS

**JANUARY 27<sup>TH</sup>, 2026  
6PM**

**AT THE ALFALFA COUNTY FAIRGROUNDS  
602 W 5<sup>TH</sup> STREET CHEROKEE, OK 73728**

**SPEAKER:  
DR. TODD HUBBS  
OKLAHOMA STATE UNIVERSITY  
SMALL GRAINS ECONOMIST**



**ALFALFA COUNTY  
EXTENSION**

**Please RSVP to the Alfalfa Co OSU Extension office (580)596-3131 by Jan 23rd**

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