

# Alfalfa County

## **Cooperative Extension News**

#### Festive Food, Fun, 4-H enrollment opening soon Nothing brings family and friends together like sharing good food. In keeping with the spirit of generosity and gratitude, Oklahoma 4-H'ers and youth third grade through 12th grade are invited to participate in the onetime Festive Food, Fun, 4-H. Address Born during the COVID-19 pandemic, the Food, Fun, 4-H program has been wildly successful, with hundreds 502 W. 5th St of families finding themselves in the kitchen preparing themed main dishes, sides and desserts over the last Cherokee, OK 18 months, said Cathy Allen, Oklahoma 4-H Youth Development curriculum coordinator with Oklahoma State 73728 University Extension. Phone "Our Festive Food, Fun, 4-H program will operate similarly to the previous programs but will feature a onetime mailing focusing on generosity and gratitude," Allen said. "We'll have recipes that can easily be shared 580-596-3131 or given as a gift this time of year. It won't be a complete meal like we've done in the past. We want participants to be thinking about ways they can say 'thank you' or show appreciation to others, and possibly add a Website new food to their family's special meals." https:// exten-Enrollment in Festive Food, Fun, 4-H will begin in November and details soon will be available on the Food, sion.okstate.edu/ Fun, 4-H website and through local OSU Extension offices. county/alfalfa/ Allen said the mailing will include a recipe for soup in a jar, healthy snack/cereal mix, meatballs and more. In Social Media addition, members of the State Leadership Council will be submitting their favorite recipe or holiday tradi-Facebook: / tion. Alfalfa County Oklahoma Coop-Supplemental information will include lessons about using the microwave, preventing burns while cooking, erative Extension science experiment with the microwave, setting a festive table, mealtime manners, conversation starters, Services easy craft ideas and healthy holiday food swaps. Participants also will receive a special mailing to their mailboxes that will coincide with Festive Food, Fun, 4-Н. "Food has long been a way for people to bond or show appreciation. This is an opportunity for participants to get in the kitchen with grandma or another family member and make a traditional family cookie recipe or experiment with a new one. You might even create a new family tradition," Allen said. "Not only will this help ensure the family recipe is passed along from generation to generation, but also provides an opportunity for a young family member to have a conversation with and learn from an older family member and create new memories." Participants and their families can pick and choose which recipes and activities to try on a weekend or during the upcoming holiday season. "Even if you've participated in Food, Fun, 4-H before, enrollment in this program is still required," Allen said. Fun, Food, 4-H has been highlighted by the National 4-H Council and is sponsored by a Walmart Healthy Hab-

its Grant.

## COMMERCIAL PEN OF CALVES Alfalfa County SPRING LIVESTOCK SHOW 2021-2022

Open to any student in Alfalfa County schools or home schooled. Ages: Jr. 8-13: Sr. 14-19, enrolled in 4-H or FFA.

Weigh-in will be October 30, 2021 at the Cherokee Sales Company Facilities, 9:00-11:00 am.

Each entrant may weigh in **3 or 4** animals (heifers or steers).

May have no more than 2 entries

Ear tags will be assigned to each calf and calves will be tagged at the weigh-in.

Calves will be evaluated and priced with an average of the 3 animals determining the weigh-in value.

Weigh-out will **be February 18<sup>th</sup>, 2022** at the Cherokee Sales Company Facility **4:30-5:00 pm**.

Each pen will return with 3 of the animals only.

Calves will be valued with the average of the three being the weigh-out value of the pen.

Minimum weigh-in weight 350#, maximum weigh-in weight 650#.

Proof of ownership must be established by weigh-in (cancelled check, bill of sale).

Final placings will be determined by:

#### 1/3 on value gained. (Values weigh-in to weigh-out)

1/3 on records. Excel spreadsheet provided for record keeping. (Plus receipts, bill of sale, cancelled checks, etc.)

1/3 on oral or written interview. (Choice of entrant)

Value gained equals value weigh-out less value weigh-in.

All entries will be placed with a Champion & Reserve Champion Pen of Steers and Heifers.

All entries placed **will be eligible** for the Alfalfa County Spring Livestock Show Premium Sale.

Records must be turned in between 9-11am, February 21, 2022.

Interviews will be 2-4pm, February 21<sup>nd</sup>.

\*The Alfalfa County Cattleman's Assn. will award the following additional premiums &/or awards in each division.

Junior Champion pen of steers = \$250 Junior Champion pen of heifers = \$250 Senior Champion pen of steers = \$250 Senior Champion pen of heifers = \$250

Alfalfa County Cattleman's Assoc. President: Bo Ferrell (405) 612-4488 Alfalfa Co. Cooperative Extension 602 W. 5<sup>th</sup> St, Cherokee OK Tommy Puffinbarger (580) 596-3131 Cherokee Sales Co. 60902 Harmon Rd Cherokee OK Owner: Jarrid Herrmann (785) 564-0869



## Farney Places in the 4-H Junior Wheat Show

Remington Farney placed 10th visually and 2nd in mill & bake, earning her 8th place for the 4-H Junior Wheat Show.

According to Kim Anderson, Oklahoma Cooperative Extension Service grain marketing specialist; "Participating students learn what it takes to produce milling quality wheat." He also stated that "The purpose of this program is to promote the production of quality wheat and teach 4-H and FFA youth about wheat production, marketing, and management."



## **Turkey Benefit Dinner**



Alfalfa County 4-H and its members would like to say, "Thank You" to everyone who supported this year's "4-H Turkey Dinner"!! Individuals and businesses have truly been a blessing to our 4-H youth and the 4-H organization.

# **4-H Has Talent Contest Results**



Champion Junior Large Group- "Best Days of our Lives" Champion Junior Small Group- "4-H Toothpaste" by Rylee Sims & Garrett Sims Champion Senior Individual- "Money Trick" by Mylee Sims Reserve Champion Senior Individual- "I've Got Music" by Emma Schupbach Champion Junior Individual- "Speechless" by Savelina Ofiu Reserve Champion- "Over the Rainbow" by Lauren Thomason Blue Ribbon Award- "Malaguena" by Hudson Schupbach Cloverbud Participation Large Group- "Taco Bot 300" Cloverbud Participation Small Group- "The Pledge of Allegiance" by Emmett Morgan & Merritt Morgan Cloverbud Participation Individual- "Astronaut Dancer" by Lisiate Ofiu

# **Impressive Dress & Fashion Revue Results**

#### **FASHION REVUE**

Top Taylor & Champion Chef or Work Apron Junior Division - *Garrett Sims* Champion Senior Top Model & Champion Fun Item Senior Division - *Mylee Sims* Champion Junior Top Model & Champion Elastic Waist Skirt Junior Division - *Kortney Campbell* Champion Fun Item Junior Division - *Rylee Sims* 

#### **IMPRESSIVE DRESS**

Overall Grand & Reserve Grand Champion Senior - Mylee Sims	
Overall Grand & Reserve Champion Intermediate - Emma Schupbach	
Overall Grand Champion Junior - Kortney Campbell	Champion Senior Dress Wear - Mylee Sims
Overall Reserve Grand Champion Junior - Savelina Ofiu	Champion Intermediate Dress Wear - Emma Schupbach
Champion Senior Casual Wear - Mylee Sims	Champion Junior Dress Wear - Carlee Graham
Champion Intermediate Casual Wear - Emma Schupbach	Reserve Junior Champion Dress Wear - Hudson Schupbach
Champion Junior Casual Wear - Kortney Campbell	Blue Ribbon Award - Mylee Sims
Reserve Junior Champion Casual Wear - Hudson Schupb	bach Blue Ribbon Award - Emma Schupbach
Blue Ribbon Award - Mylee Sims	Blue Ribbon Award - Kortney Campbell
Blue Ribbon Award - Emma Schupbach	Blue Ribbon Award - Hudson Schupbach
Blue Ribbon Award - Kortney Campbell	Blue Ribbon Award– Carlee Graham
Blue Ribbon Award - Hudson Schupbach	Cloverbud Participation-Merritt Morgan
Blue Ribbon Award - Rylee Sims	Cloverbud Participation-Mazie Ferrell
Blue Ribbon Award - Lauren Thomason	Champion Senior Formal Wear– Mylee Sims
Blue Ribbon Award - Remington Farney	Champion Junior Formal Wear - Savelina Ofiu
Cloverbud Participation - Mazie Ferrell	Reserve Champion Formal Wear - Lauren Thomason
Cloverbud Participation- Aidan Graham	Blue Ribbon Award - Mylee Sims
Champion Senior Sportswear-Mylee Sims	Blue Ribbon Award - Lauren Thomason
Champion Junior Sportswear - Garrett Sims	Blue Ribbon Award– Savelina Ofiu
Reserve Champion Junior Sportswear - Rylee Sims	Blue Ribbon Award– Rylee Sims
Blue Ribbon Award - Mylee Sims	
Blue Ribbon Award - Garrett Sims	
Blue Ribbon Award - Rylee Sims	
Blue Ribbon Award - Zoey Graham	

Cloverbud Participation - Emmett Morgan

**Cloverbud Participation - Mazie Ferrell** 



## Holidays can be a mix of emotions

FAMILY AND CONSUMER SCIENCES



'Tis the holiday season and everything is merry and bright. But for many, the buzz of family gatherings, managing travel logistics, questioning interpersonal safety and responsibility and heading off the shortfall of potential gift buying, the holidays can be quite stressful.

The holidays are also a time to reconnect with one another in meaningful ways; especially recognizing the significant stress we have all endured as a result of another year of pandemic and the strain of isolation, role and rule ambiguity and even dealing with losses, said Matt Brosi, Oklahoma State University Extension family sciences specialist.

"When things get hectic, some people often bury their emotions, put on their 'survival' hat, and simply go through the motions of celebrating the holidays without taking a moment to cherish those around us and some of the things we take for granted," Brosi said. "If how you may have felt alone this not already there, the level of stress often tips over into the 'chronic' realm, leaving us numb, burnt out and coping in maladaptive and unhealthy ways."

All of these emotions keep individuals feeling isolated and disconnected from one another, and over time, even leads to feeling depressed. At the same time, it also keeps us from utilizing the moments together to not only release

some of the buildup, but to also engage in meaningful ways and truly connect with one another.

"As we enter into the holiday season and begin to engage with our kith and kin – whether it's by setting up decorations, cooking a turkey or traveling to have a meal with distant relatives - take a few moments to truly connect in vulnerable ways with one another," he said. "These vulnerable connections are best described as 'Istatements,' in which the sharer simply makes a statement about something they think or feel with no expectation for reciprocity by the listener and without making concessions/excuses or blaming others for how you think or feel. Since you are the one reading this, you can't wait for others to begin the process-it requires you to take the lead in establishing the connections with others by sharing first."

With an intimate partner, share year at work and distracted at home; how you may have taken your marriage for granted or forgotten to say thank you for how much your partner does for you and the family; or how blessed you are in your partner's willingness to put up with you!

With your children, tell them it's ok to express themselves and how much you appreciate them opening up to you, or how proud you

are of them – for their character (such as their giving/caring nature) or simply for being such a cool person (rather than for 'doing' something).

Tell an elderly family member how much you value their wisdom, leadership and nurturance for the family or how they are a model for you for how to live well.

"For my own parents, I'd consider them to still be 'new' to the state (they've been here for about 6 years now), but they make instant friends everywhere they go. I believe this year, I will tell my parents that I truly admire them for the way they treat people and how much they give to others," Brosi said.

All of these statements are 'openers' to building deeper relationships and are the building blocks for conversations that heal the soul and aim to alleviate the stress that we feel when we are alone. It helps us feel connected with one another, helps to validate and normalize some of the stress we carry and just might help someone open up a bit more to address ways the isolation has affected daily life and mental health issues exacerbated by the pandemic.

# **OHCE News & Notes**



## January Leader Lesson

## "5 Financial Behaviors to Increase Saving & Decrease Spending"

The leader training lesson, will be held on Friday, December 17, 2021 at the Extension Office.

## February Leader Lesson January 28, 2022

All are welcome to attend. Invite a Friend!

## Attention New OHCE Group Secretaries!

Secretary's Books for the year 2022 are available in the Extension Office, and online at: extension.okstate.edu/programs/ oklahomahomeandcommunityeducation.

## THANK YOU!!



## **Blood Drive**

 Thank you for all you did to make the Blood Drive on Nov.
30th a great success!! Your blood save lives!

# **Award and Report Forms Updated!!!**

Annual Member Awards, Young Member, Rookie of the Year, Member of the Year and Heart of OHCE award nominations are **due January the 14**<sup>th</sup> to the Alfalfa County OSU Extension Center, 602 West 5th, Suite 2, Cherokee, OK 73728. It is extremely important that you use the current forms to complete your applications. If you need more forms contact the extension office. These forms can also be found on the **OHCE web site**.

To recognize local group awards (Rookie, Member, Young and Heart of OHCE) at the Spring Association please submit the names of your winners to the extension office by January 14<sup>th</sup>.

#### Reports are due January 14th.

Community Project Awards are **due January 14th, 2022** to the Extension Office. Several projects from around this county deserve to be recognized by reporting their outstanding community service. For the Community Project Award sponsored by the ACB Bank. Call the Extension Office for details or questions. 580.596.3131

Local Group and County award booklet entries are **due January the 15**<sup>th</sup> to Alfalfa County Extension Office.

## **Upcoming OHCE Events and Activities**

- December 17 Leader Lesson
- January 28 Leader Lesson
- February 25 Leader Lesson
- OHCE Week May 1-7, 2022



Months listed are when groups will have the lessons at their meetings, leaders trainings will be the month prior.

Alfalfa - 4th Friday @ 2:00 p.m. Blaine - 4th Thursday @ 10:00 a.m. Major - 4th Friday @ 10:00 a.m. Woods - 4th Thursday @ 1:30 p.m.





# **Agricultural News**



## Navigating Rising Input Costs Trent Milacek, Extension Area Ag Econ Specialist

There has been a lot of concern in the farming community recently as it relates to input costs. Herbicides and fertilizer inputs have skyrocketed, and availability is scarce. Being a proactive manager will mitigate the negative effects of this development.

It comes down to marginal economics. Does an additional input result in a profitable output? We massage the equation adding more and removing some until we reach a breakeven scenario. That is the textbook definition, and it will help a producer understand what is happening as input costs rise.

You may be thinking that you cannot afford to fertilize wheat this year. The long-term average wheat yield on unfertilized ground is somewhere around 10 bushels for the state. That will not be profitable, so I think that is a foolish stance. What does the fertilizer for a bushel of wheat really cost?

It is hard to determine fertilizer requirements without a soil test so that is step one. If you need phosphorus, then apply. This nutrient is reported on a sufficiency basis and indicates what the crop can accomplish given the nutrient limitation. If soil P levels are at 50% sufficiency, then the crop will never produce more than 50% of its top yield potential. If you could have raised 50-bushel wheat, the P level would have limited that to 25 bushels.

Nitrogen is more black and white. It takes 2 pounds of nitrogen on average to produce one bushel of wheat. I recently priced liquid UAN 28-0-0 and it costs \$1/unit of actual nitrogen. Using this source, it will cost \$2 for every bushel of wheat produced. Wheat is trading north of \$7.50/bushel on the board so that is simple math to me. You should fertilize.

The problem comes from unrealistic expectations. If you fertilize for a 100-bushel wheat crop in August and have no idea what the yield potential of the crop is going to be, you could waste money. If it is dry this winter and we topdress in the spring expecting above average yield, then that is not an educated decision. If we apply 120 pounds of nitrogen and the crop only yields 50 bushels, then we cost ourselves \$20/ acre in extra N costs for fertilizer that was not utilized.

This is where good managers win. This is the opportunity to realize the benefits of Nrich strips and forward contracting. Take advantage of early purchase programs and secure supplies of nitrogen and chemical before you need them. Supply chain issues and increased costs are here to stay for the foreseeable future.

# **Beef Cow Herd Calendar**

## <u>December</u>

### **Fall Calving**

1. Continue winter feeding program. Vacinate cows 30 days before breeding season with Leptospira/Campylobacter bacterins, IBR, BVD, PI3, BRSV vaccine depending on the local veterinarian's recommendations.

2. Castrate, dehorn, implant, and vaccinate new calves with 7-way Clostridial bacterin and Intranasal IBR, PI3 vaccine. Don't implant replacement heifers.

- 3. Treat cows for internal parasites and lice, if needed.
- 4. For wheat or other small grain pasture:

A. Limit-graze cows for protein needs. .B. Provide a special area for calves to creep graze. 5. Watch the herd continuously for health problems. Pay particular attention to cattle grazing fescue for signs of fescue foot.

6. Provide OSU Silver creep for calves.

#### **Spring Calving**

1. Continue feeding program which was begun in October and November.

2. Limit-graze dry cows on fescue three to four days per week.

3. Watch the herd continuously for health problems. Pay particular attention to those grazing fescue for signs of fescue foot.

4. Continue to monitor herd for lice infestation. Implement control program as needed.

5. Identify the purebred herds and test stations at which you want to look for herd sires. Check sale dates and review performance criteria to use.



### Fall Calving

1. If a high percentage of cows return to heat after 40 days of breeding, have bulls rechecked for fertility and cows and bulls examined for reproductive diseases by a veterinarian. Change bulls if necessary, and re-evaluate the nutrition program.

2. Assign yearling bulls 15 to 20 cows, two- and three-year-olds 20 to 25, and aged bulls 25 to 40.

3. Continue supplemental feeding of bulls, cows, and calves. If small grain pasture is available, adjust supplemental feeding to requirements of cows.

4. If a creep feeding program is desired, limit-feed a high protein (30-40%) supplement, such as recommended in the Oklahoma Silver program. See your local Extension Agricultural Educator for further details.

### **Spring Calving**

1. Continue supplemental feeding of pregnant females, so that they will be in good condition at calving.

2. Check first calf heifers (due to calve) several times daily for possible calving difficulties.

3. Feed in evening to encourage daytime calving.

4. Weigh yearling heifers, adjust weights, and calculate ratios. Base selection on both weaning and yearling information. Also select for good disposition and temperament, sound feet and legs, and dam's udder structure.

- 5. Purebred breeders should send performance data to the national breed association office.
- 6. Review details listed under March for herd sire selection.
- 7. Check body condition score on heifers and cows.

### Wheat and Canola Nitrogen Management Josh Bushong, Area Extension Agronomist

Nitrogen (N) is a vital component for building forage biomass and grain yield, management of nitrogen is critical for a successful crop. N is a



mobile nutrient and can be lost or become unavailable to plants. Due to these risks, the best management practice is to split apply N. These split applications typically occur at planting and prior to spring green up for winter crop like wheat and canola. Different production systems will require more or less nitrogen up front than others.

In a dual-purpose or grazeout wheat system, more N is needed early compared to a grain only system. A grain only system needs about 2 pounds N per bushel of seed produced, or 80 pounds N for a 40-bushel grain yield. Producing wheat forage is greatly influenced by available N to the wheat crop, so more N is needed in a dual-purpose or grazeout system to produce adequate forage. It takes about 60 pounds of N to produce one ton of wheat forage. So, in a dual-purpose system 60-70 pounds of N will be needed at planting compared to 30-40 pounds of N for a grain only system. The second application of N is typically applied late fall to early spring.

For grain only producers, does the old rule of thumb of 2 pounds N per bushel still hold true when reviewing recent long-term data? When looking at 15 years of field trial data from the OSU North Central Research Station near Lahoma, the optimum pounds of N per bushel ranged from 0 to 3.2. The average pounds of N per bushel to reach an economic optimum N rate was 1.6, however if 2 pounds per bushel was applied the grain yield would have been maximized 13 out of those 15 years.

Split application is often a best management practice in canola as well. The canola crop needs enough N to produce a healthy crop to better withstand the winter. Too much N in the fall or at planting can result in excessively large plants going into winter. Excessive N and prolonged warm growing conditions can lead to winter survival issues if the plants growing point starts to vertically elongate. Canola needs about 2.5 pounds N per bushel of seed yield, or 100 pounds N for a 40-bushel yield.

It is almost impossible to determine the total N needs at the time of planting. Topdressing N on wheat and canola is a good management practice because it decreases the risk of N losses as well as benefiting from influencing late season N recommendations based on the potential of the crop. Topdress application rates can be impacted by current expectations of the crop and weather forecasts. Basically, estimating the yield potential becomes more accurate as the season progresses.

Utilizing tools at hand can dramatically influence N recommendations. Applying N-Rich strips in early fall can help estimate N demands throughout the year. This management tool can assist in determining N deficiencies or sufficiency. The N-rich strips can be as simple as hand spreading a few cups of urea (46-0-0) or using custom built applicators on UAV's or tractors. The strips can be used to visually determine if there is enough N or not. If the strip cannot be seen, then there is no need to apply N at that time. If the strip can easily be seen, then more N is needed.

In addition to using N-Rich strips, all OSU Extension offices have access to a GreenSeeker® crop sensor. The handheld sensors estimate the biomass and greenness of the crop both in and out of the N-Rich strip. Using the data from the sensor and an online calculator, yield estimates can be computed. This tool can help producers determine the yield potential of their crop with and without added N to make economic decisions on if or how much N needs to be topdressed. From past on-farm data, utilizing N-Rich strips with a handheld sensor averaged a net profit of \$10 per acre or more.

# **Horticulture Tips**

David Hillock, Consumer Horticulturist

#### Lawn & Turf

Remove leaves from cool-season grasses or mow with a mulching mower. (HLA-6420)

Continue mowing cool-season lawns on a regular basis. (HLA-6420) Continue to control broadleaf weeds in well-established warm- or coolseason lawns with a post-emergent broadleaf weed killer. (HLA-6421)

#### **Tree & Shrubs**

Select a freshly cut Christmas tree. Make a new cut prior to placing in tree stand. Add water daily.

Live Christmas trees are a wise investment, as they become permanent additions to the landscape after the holidays.

Light prunings of evergreens can be used for holiday decorations. Be careful with sap that can mar surfaces. Flowers

٠ Apply winter mulch to protect rose bush bud unions and other perennials. Wait until after several early freezes or you will give insects a good place to winter.

## December

Poinsettias must have at least six hours of bright, indirect light daily. Keep plants away from drafts. (HLA-6413)

Watch for and control pests on indoor houseplants. (HLA-6411)

Make sure indoor plants are receiving enough light or set up an indoor fluorescent plant light. (HLA-6411)

#### Fruits & Nuts

Cover strawberry plants with a mulch about 3-4 inches thick if plants are prone to winter injury. (<u>HLA-6214</u>) Wait to prune fruit trees until late February or March. (HLA-6228)

#### General

Keep all plants watered during dry conditions even though some may be dormant. Irrigate all plantings at least 24 hours before hard-freezing weather if soil is dry. (HLA-6404)

Order gardening supplies for next • season.

Now is a great time to design and make structural improvements in your garden and landscape. (HLA-6425, HLA

-6440, HLA-6441)

Send for mail-order catalogs if you are not already on their mailing lists. Christmas gift ideas for the gardener might include tools, garden books, magazine subscriptions or membership to The Botanic Garden at OSU. (http://botanicgarden.okstate.edu).

Clean and fill bird feeders.

Till garden plots without a cover • crop to further expose garden pests to harsh winter conditions.

• Visit your county extension office to obtain gardening fact sheets for the new gardening season.

• Join a horticulture, plant or urban forestry society and support community "greening" or "beautification" projects.

Review your garden records so you can correct past mistakes. Purchase a new gardening journal or calendar to keep the New Year's gardening rec-

ords.



## **Garden Tips for January!**

If precipitation has been deficient (1" of snow =  $\sim 1/10$ " of water), water lawns, trees, and shrubs, espe-• cially broadleaf and narrowleaf evergreens. Double check moisture in protected or raised planters.

Check on supplies of pesticides. Secure a copy of current recommendations and post them in a convenient place. Dilution and quantity tables are also useful.

Check that gardening tools and equipment are in good repair—sharpen, paint, and repair mowers, edgers, sprayers, and dusters.

Inspect your irrigation system and replace worn or broken parts. (HLA-6615)

Control overwintering insects on deciduous trees or shrubs with dormant oil sprays applied when the temperature is above 40°F in late fall and winter. Do not use "dormant" oils on evergreens. (EPP-7306)

A product containing glyphosate plus a postemergent broadleaf herbicide can be used on dormant bermudagrass in January or February when temperatures are above 50°F for winter weed control. (HLA-6421)