



Alfalfa County Cooperative Extension News

Prussic Acid Poisoning is a Concern After a Light Frost

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Social Media

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Extension Services

Agriculture:

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- OQBN Info

OHCE:

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- Dates to Remember
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It was discovered in the early 1900s that under certain conditions sorghums are capable of releasing hydrocyanic acid (HCN) or commonly called prussic acid. Prussic acid when ingested by cattle, is quickly absorbed into the blood stream, and blocks the animal's cells from utilizing oxygen. Thus the animal dies from asphyxiation at the cellular level. Animals affected by prussic acid poisoning exhibit a characteristic bright red blood just prior to and during death. Lush young re-growth of sorghum plants are prone to accumulate prussic acid especially when the plants are stressed such as drought or freeze damage. Light frosts, that stress the plant but do not kill it, are often associated with prussic acid poisonings. Producers should avoid grazing fields with sorghum type plants following a light frost. The risk of prussic acid poisoning will be reduced, if grazing is delayed until at least one week after a "killing freeze". As the plants die and the cell walls rupture, the hydrocyanic acid is released as a gas, and the amount is greatly reduced in the plants. One can never be absolutely certain that a field of sorghum is 100% safe to graze. Sun-curing of hay will reduce HCN, especially if the hay is crimped. The complex that binds the HCN is

hydrolyzed and the HCN evaporates in gaseous form. A field test procedure is available in some areas of Oklahoma. It will not give quantitative levels for a sample, but rather an indication of the presence of cyanide. In this test "Cyantesmo Paper" is utilized to detect the presence of hydrocyanic acids and cyanides in freshly cut plant material. In the presence of cyanide, the pale green paper turns blue. Refer to your County OSU Extension Educator—Agriculture for assistance with the test. Cattle that must be grazed on sorghum pastures during this time of year should be fed another type of hay before turning in on the field, and should be watched closely for the first few hours after turn in. If signs of labored breathing, such as would be found in asphyxiation, are noted, cattle should be removed immediately. Call your local veterinarian for immediate help for those animals that are affected. Be certain to read OSU Fact Sheet PSS-2904 (Prussic Acid Poisoning) before turning cattle to potentially dangerous fields.



Landscape Maintenance



October

- Plant spring flowering bulbs now in well-drained soils with good sunlight. Planting depth is two times bulb diameter.
- Plant pansies, kale, and cabbage.
- Dig and store tender bulbs and tubers in a cool dry place.
- Container-grown shade trees and pines are most successfully planted in the fall. Broadleaf evergreens or bare-root plants are best planted in the spring. (HLA-6414)
- In mid-month, fertilize cool season lawns. (HLA-6420)
- Seeding of cool-season grasses for perennial lawns can continue through mid-October. (HLA-6419)
- Over-seeding of warm-season lawns with cool-season grasses for winter should be performed late this month.

Warm-season lawns are healthiest if winter over-seeding is not performed! (HLA-6419)

- Continue mowing cool-season lawns on a regular basis, even if warm-season grasses have quit growing. (HLA-6420)

- Remove leaves from cool-season grasses or mow with mulching mower. (HLA-6420)
- October is an excellent time to control broadleaf weeds in well established warm or cool-season lawns with a post-emergent broadleaf weed killer. Don't apply to seedling fescue. (HLA-6421)
- Mow and edge neatly before killing frost.
- Clean up marginal water garden plants after first frost kills the tops.
- Place a net over the water garden to prevent leaves from falling in the water.
- Remove diseased plant material from the landscape to reduce disease problems next year.

November

- Continue to plant spring flowering bulbs, pansies, kale, and cabbage.
- In the first week, fertilize cool season grasses again. (HLA-6420)
- Continue mowing cool-season lawns on a regular basis. (HLA-6420)
- Remove leaves from cool-season grasses or mow with a

mulching mower. (HLA-6420)

- Continue to control broadleaf weeds in well established warm or cool-season lawns with a post-emergent broadleaf weed killer. (HLA-6421)
- Now is a good time for a soil test to correct nutrient deficiencies before winter.
- Dispose of pine cones of pines infested with *Diplodia* and *Dothistroma*. Prune out dead tips. (EPP-7618)
- Compost annual debris and leaves but do not compost diseased plant parts.
- November 15 to March 15 is the best time to prune most trees and shrubs. (HLA-6409)
- Prepare the landscape for winter. (HLA-6404)
- Scale insects can be controlled with dormant oil sprays applied when the temperature is above 40oF in late fall and winter. Do not use "dormant" oils on evergreens. (EPP-7306)
- Drain gasoline from power equipment or use fuel stabilizer before winter storage. Drain and store water hoses and wrap hydrants. Clean up all tools. Coat metal surfaces with a thin film of oil to prevent rust.

Horticulture Tips



Turfgrass

- You can continue to replant or establish cool-season lawns like fescue.
- The mowing height for fescue should be lowered to approximately 2½ inches for fall and winter cutting.
- Broadleaf weeds like dandelions can be easily controlled during October ([HLA-6601](#)).
- Mow and neatly edge warm-season lawns before killing frost.

Ornamentals

- Plant cool-season annuals like pansies, ornamental cabbage or kale, snapdragons and dusty miller when temperatures begin to cool.
- Begin planting spring-flowering bulbs like tulips, hyacinths, crocus and daffodils.
- Good companion plants for bulbs are ground covers such as ajuga, vinca, English ivy, alyssum, moneywort, thrift, phlox, oxalis and leadwort.
- Peonies, daylilies, and other spring-flowering perennials should be divided or planted now.
- Dig and store tender perennials like cannas, dahlias, and caladiums in a cool, dry location.
- Purchase trees from nurseries and garden centers during this time to select the fall color you prefer.
- Many perennials can be planted at this time and the selection is quite nice.
- Plant fall mums and asters and keep them watered during dry conditions. Don't crowd since they take a couple of years to reach maturity.
- Plant container-grown trees and shrubs this month.
- Check and treat houseplants for insect pests before bringing them indoors and repot rootbound plants.

Fruits & Vegetables

- Dig sweet potatoes and harvest pumpkins and winter squash.
- Remove green fruit from tomato plants when frost threatens.
- Harvest oriental persimmons and pawpaws as they begin to change color.
- There is still time to plant radishes and mustard in the fall garden.
- Use a cold frame device to plant spinach, lettuce and various other cool-season crops for production most of the winter.
- Plant cool-season cover crops like Austrian winter peas, wheat, clover, and rye in otherwise fallow garden plots.
- Remove all debris from the garden to prevent overwintering of various garden pests.
- Start new planting bed preparations now with plenty of organic matter.

Water Gardens

- Take tropical water garden plants indoors when water temperatures near 50 degrees Fahrenheit.
- Close the water garden for the winter by placing hardy plants in the deeper areas of the pool. Stop feeding the fish.
- Cover water gardens with bird netting to catch dropping leaves during the winter months.

Fall Calving

1. Semen evaluate bulls and trim feet, if necessary.
2. Purchase new bulls using EPD's as major selection criteria. Check history on health, including immunizations and diseases on the farm of origin.
3. Monitor cows for possible calving problems.
4. Start feeding supplement during winter to lactating mature cows using the following guidelines. Amount depends on the quality and amount of forage available and the condition, age, weight, and milk produc-

	lb. Supplement/day 40% crude protein	lb. Supplement/day 20% crude protein
Dry grass	3-4	6-7
Dry grass + 10 lbs. good nonlegume hay	2-3	4-5
25 lbs. good nonlegume hay	None	None
Dry grass + 10 lbs. alfalfa or other legume hay	None	None

Young, lactating cows have 20 to 25 percent greater supplemental needs than indicated above. If vitamin A deficiency is likely (i.e., dry year, lactation), provide in supplement or by injection. Green pasture during the fall and winter can replace much of the purchased protein supplement.

General Recommendations:

1. October 15 is the last date for treating cattle with grubicide.
 2. Beginning in late October or November, provide supplemental feed for bulls on dry grass according to age and condition: a) feed mature bulls three to four pounds of a 40 percent crude protein supplement per day; b) feed young bulls eight to 10 pounds of a high-energy, 20 percent protein supplement; and c) additional concentrates may be needed during the first month of the breeding season.
1. Overseed bermuda grass with small grains.
 2. Evaluate cows' body condition score at weaning. Develop winter nutrition program to have cows in BCS of five or six at calving to enhance rebreeding performance

Spring Calving

1. Wean calves. If green winter pasture is available for cows, delay weaning summer-born calves a few months.
2. Pregnancy check cows and bred heifers. Consider cull-ing females that are open, old, poor producers, or have feet, leg, eye or udder problems.
3. Vaccinate newly weaned calves kept as stockers or replacements with Leptospira bacteria and IBR, PI3, BRSV, and BVD vaccine. Consult a veterinarian about this vaccination program and other diseases that are a local problem.
4. Treat cows and calves for internal parasites and lice, as necessary.
5. Complete selection and culling outlined in September.
6. In late October or November, start feeding supplement to mature cows using these guidelines.

	lb. Supplement/day 40% crude protein	lb. Supplement/day 20% crude protein
Dry grass	1 1/2-2	3-4
Dry grass + 10 lbs. good nonlegume hay	None	None

Heifers require more supplemental feed than indicated above.

7. Heifer calves should gain a minimum of one pound per day during winter, and pregnant yearlings a minimum of a half pound per day. Steer calves carried over to yearlings should gain one half to one pound per day. All these groups should be managed separately.
8. If ample forage is available (six inches or more), limit-graze small grain pastures to supplement cows on low-quality roughage. Graze small grain pastures one to two days per week with dry cows, and three to four days per week with lactating cows (for example, graze every other day and skip Sunday).

Beef Cow Herd Calendar—November

Fall Calving

1. Continue feeding program begun in October. Lactating cows need to be in good condition for breeding.
2. Begin breeding heifers 20 to 30 days before the rest of the cow herd (late November or December).
3. Treat cattle for lice if needed.
4. If not previously done, complete herd sire selection and the culling of replacement heifers. Base decisions on performance records as outlined in the August, September, and October sections.



Spring Calving

1. Continue feeding program begun in late October or begin according to guidelines listed in October, if not previously started.
2. Check the weaned steer and heifer calves regularly for health problems and feed adequately to produce desired gains. Two to four pounds of protein supplement per head per day is needed to produce a half- to one-pound gain per day, depending on the quality of forage available and weather conditions.
3. Treat cattle for lice if needed.

If culling is not completed in September and October, it should be completed this month.

General Recommendations:

1. Discontinue feeding tetracycline for anasmosis control after the end of the vector season (30 to 50 days after a hard freeze).
2. Check with your Extension office for information on educational meetings about livestock and forage production practices.
3. Graze native hay meadows after frost.
4. Use prescribed fire every other year in dry leaf litter to control hardwood sprouts (less than four inches).

OKLAHOMA QUALITY BEEF NETWORK

OQBN

SALE DATE

November 3, 2021

VAC-45 SALE

LOCATION

Cherokee Sales Company - 580-596-3361

FOR MORE INFORMATION

Tommy Puffinbarger • 580-596-3131 • oqbn.okstate.edu

Leasing Land for Wildlife and Recreation

Trent Milacek, Extension Area Ag Econ Specialist

If producers are interested in increasing revenue from land assets, one way is to explore recreational leasing. One of the most common recreational leases in Oklahoma are hunting/fishing leases. It is important to determine the landowner's liability and to protect their assets when allowing outside parties access to their land. If a tenant is interested in subleasing land for recreation, they must determine if they have that right in their current lease with the landowner before engaging with a third party.

Hunting leases are a form of recreational leasing. Those interested are encouraged to read the OSU factsheet NREM-5032 for detailed information on developing and marketing a hunting lease. The factsheet can be found at the following web address: <http://factsheets.okstate.edu/documents/nrem-5032-lease-hunting-opportunities-for-oklahoma-landowners/>. It is important to seek legal counsel before entering into any lease to ensure your rights are protected.

A good hunting lease outlines appropriate use of the land and facilities so that the lessor and lessee are aware of each party's expectations. Native wildlife are publicly owned, so hunting leases only grant access and use of the property in which these resources can be pursued. This makes it understood that a landowner does not guarantee any wildlife to be present on the property. A "hunting lease" only grants the lessee the right to make specific and limited use of the property. Therefore, this lease is more easily revoked if the need arises.

There is no "standard" hunting lease. Multiple-year leases are less common than one-year leases. Multiple-year leases may be more attractive to organizations or groups and could be more valuable to lessees looking for consistency. One-year leases are flexible for landowners if they are unsure of their future intentions or if they want to change the use of the land in the future.

Reducing liability to landowners when leasing land for hunting is a serious consideration. From NREM-5032, "Oklahoma's recreational use statute and Oklahoma Limitation of Liability for Farming and Ranching Act may offer protection from liability for landowners when guests use their property without fees, when lessees pay less than \$10 per acre, or when the lessees and guests sign a properly executed liability waiver."

Hunting leases can be a good way to gain revenue from agricultural land. They can also help reduce trespassing, vandalism and theft due to increased activity through the presence of lessees. However, landowners will need to consult an attorney when developing a lease and must work with lessees throughout the lease. Landowners may also lose some use of their land as is necessary for lessees to utilize the land. If these potential positives outweigh the negatives, both parties can benefit. For more information or to obtain a copy of the factsheet NREM-5032, please contact your local county extension educator.

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Management Practices for Winter Annual Grasses

Josh Bushong, Area Extension Agronomist



EXTENSION

Grassy weeds continue to be problematic in winter crop systems in the region.

Obviously, that's not new, but it seems as if the situation continues to only worsen with specific weed species. I would put feral rye, Italian ryegrass, and rescuegrass towards the top of the list with cheat and jointed goatgrass not too far behind. Bromes were thick last year, but we seem to still achieve adequate control with timely applications. Wild oats as a whole are few, but can be found in northwest isolated parts of the state.

Italian ryegrass continues to gain more northern acreage year after year. Heavy reliance on Axial XL and Bold, Group 1 type herbicide, has resulted in intensified selection of herbicide resistance within the central corridor of the wheat belt of the state. Dr. Misha Manuchehri, 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 preemergent herbicides such as Zidua, Anthem Flex, and Axiom (not to be confused with CoAXium).

True cheat is a 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 are continuing to be reported throughout north central Oklahoma.

The herbicide chemical families of Sulfonyurea (SU) and Imidazolinone (Imi) both belong to the ALS herbicide group (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 prove to have resistance. Meaning that if the SU herbicides are not controlling the cheat, using Beyond in a Clearfield production system will not work either.

Here are some management practices for this scenario in no particular order 1. use the new herbicide trait system CoAXium with the group 1 herbicide Aggressor 2. Go winter fallow (with or without a summer crop rotation) 3. Rotate to canola 4. Graze-out or hay-out the next wheat crop. Other management practices that can reduce cheat and other winter grasses include cleaning tillage and harvest equipment to avoid spreading, planting weed-free seed wheat, delay sowing, increase seeding rate, deep tillage, narrower row spacing, using a competitive wheat variety, and burning wheat stubble.

Feral rye was plentiful in all too many wheat fields last year. The Clearfield Plus system has shown improvement with the addition of Metholated 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 consistence 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.

The new herbicide tolerant trait system, CoAXium, is another great tool to control feral rye, jointed goatgrass, and bromes including rescuegrass and cheat. There are some differences when comparing the cost of the Clearfield and CoAXium systems. As of right now, the seed cost is less expensive in Clearfield but the herbicide is more expensive. Conversely, CoAXium seed wheat is more expensive but the herbicide is less. At a 90lb/a seeding and sequential fall and spring applications with full rates of products and adjuvants, the seed and chemical cost of the Clearfield Plus system will be around \$70/a and the CoAXium system about \$50/a. When using a single max use rate the seed and chemical cost for the Clearfield Plus system will be around \$55/a and the CoAXium system about \$40.

Integrated weed management is using all the tools in our toolbox. We are currently in 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.

State -Line

Goat and Sheep Conference

K-STATE
Research and Extension

Barber County

November 10, 2021
10:00 AM - 2:00 PM



ALFALFA COUNTY
EXTENSION

RSVP for Conference and Meal by November 5, 2021 @ (580)596-3131

Alfalfa County Fairgrounds
602 West 5th Street Cherokee, OK 73728

10:00 Welcome

Tommy Puffinbarger, Alfalfa County Oklahoma Extension

10:15 Housing and Fencing

Justin Goodno, Barber County Kansas Extension

10:45 Rangeland Goats with Patch Burning

Dr. Laura Goodman, OSU Rangeland Specialist

11:15 Breeding, Kidding and Predator Protection on Pasture

Cooper Sherrill, OSU Ext. & Research Asst. NREM

12:00 Meal Sponsored by: Kiowa Locker, Kiowa, Kansas

Meal by Cindy's Catering

12:30 Co-Species Grazing Cattle/Sheep

Alison Crane, Asst. Professor Ext. Spec. Kansas

1:00 When & Where: Marketing Meat Goats

Steve Kraich, Texas County Goat Producer

1:30 Vaccine Handling

Tommy Puffinbarger, Alfalfa County Oklahoma Extension

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Alalfa County Cooperative Extension News

Strengthening Oklahoma Families



Pumpkin offers more than traditional pumpkin spice in the fall

The air is starting to feel crisp now that the fall season is underway. As we move into the holidays, pumpkins can have the spotlight.

Pumpkins can be so much more than jack-o-lanterns for Halloween or a flavoring in a latte. The seeds can be roasted for a tasty snack, and the meat of the pumpkin can be used for pumpkin pies and other delicious vitamin-packed treats.

Pumpkins are a great source of vitamins, said Candy Gabel, associate state Extension specialist with Oklahoma State University Extension and statewide coordinator of the Community Nutrition Education Program.

“Just 1 cup of pumpkin contains 245% of the Reference Daily Intake of vitamin A,” Gabel said. “In addition, pumpkin contains vitamin C, vitamin B2 and vitamin E, as well as minerals such as potassium, copper, manganese and iron. It also is very high in beta-carotene, a carotenoid that our body turns into vitamin A.”

There are many ways to add this fall favorite into a healthy diet. Add pumpkin to your favorite smoothie recipe or stir a spoonful or two of pumpkin puree into a steaming bowl of oatmeal for a great-tasting breakfast. Top the oatmeal with some cinnamon and toasted almonds for even more flavor. Whip up this 30-minute pumpkin soup for a warm and tasty meal. For those who are adventurous in the kitchen, add pumpkin to your favorite chili recipe.

“You can easily transform a common dish into something spectacular,” she said. “Get your kids involved in the kitchen by trying some low-sugar options of pumpkin muffins, pumpkin bread, pumpkin cookies, pumpkin donuts and pumpkin pancakes. Kids love to help in the kitchen and will be excited to try these tasty treats.”

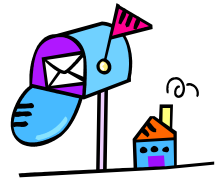
For many families, tradition runs deep when it comes to favorite holiday foods. You still can stick with your family favorites but try surprising your family with a new side dish this year. Consider a new super-food salad such as roasted pumpkin and quinoa. Another option would be this tasty creamy maple bacon pumpkin risotto.

Of course, dessert always is the part of the meal everyone looks forward to, and this pumpkin cheese pie is a great option for cheesecake lovers. It has less fat than a traditional cheesecake, but it packs a punch of flavor everyone is sure to enjoy.

“While pumpkins do have their traditional role in this fall holiday season, think outside of the box this year and add some exciting new flavors to your dinner table,” Gabel said.



OHCE News & Notes



Holiday Happenings

Mark your calendars and get ready for an educational day of activities on Thursday, November 4, from 10:00 a.m. - 3:00 p.m. at the Major County Fairgrounds. For more info call 580-596-3131. You must pre-register to attend. This event is open to everyone, so bring a friend. Lunch and supplies will be included. See flyer for more details!

OHCE 2022 Enrollment

Membership dues of \$17.00 should be collected by local treasurer and sent to the Extension Office by October 22rd. Membership forms should be updated annually for anyone who's contact info has changed. Don't forget, local treasurers need to provide a copy of new member's enrollment to the Extension Office.

thank you!

**SPECIAL THANKS TO
SUPERINTENDENTS AND
ASSISTANTS FOR
MAKING THE 2021
ALFALFA COUNTY FREE
FAIR A GREAT
SUCCESS!**

NO LEADER LESSON IN NOVEMBER

Blood Drive~~November 30, 2021

We will be having a Blood Drive Tuesday November 30, 2021 at the Alfalfa County Exhibit Building. Each group needs to donate \$20.00 to help pay expenses and provide a worker. Please send \$20.00 to the Alfalfa County Extension Office. Blood Drive workers needed! Please Volunteer if you have time!

Work Schedule

If your group is not going to send a worker please notify the extension office or the blood drive chairman.

11:00 am—2:30 pm. ----- Domes-Ti-Kates

2:30 pm. – 6:00 pm ----- Farmerettes



SATURDAY, OCTOBER 23RD
11:00 AM - 2:00 PM

Alfalfa County Fairgrounds
Exhibit Building-602 W. 5th

LUNCH PROVIDED BY:
 UNITED SUPERMARKETS
 & BAR S FOODS

Free fun for everyone!




ALFALFA COUNTY EXTENSION




Christmas Open Housing Tour

Farmerettes OHCE group is planning a Christmas Open Housing Tour again this year on December 5th.

Watch for more details!


OHCE Membership Forms, Dues, & Leader Lesson Suggestions are needed in the Alfalfa County OSU Extension Office ASAP!

Thanks for your help with this!



It's Time to Elect Local Officers for the Year 2022

Please provide the Extension office your list of local officers by October 15, 2021



October Leader Lesson !

“Is Your Glovebox Prepared for an Emergency?”

The October leader lesson “Is Your Glovebox Prepared for an Emergency” will be held **October 22, 2021 at 2:00 pm** at the Alfalfa County Extension Office. Presented by Susan Holliday, Extension Educator FCS/4-H. All are welcome to attend. Bring a friend!



ALFALFA COUNTY
EXTENSION

Lunchtime Learning:

Quick & Fun Workshops at Lunch!

October 29

12:00-1:15 pm



Topic: Scarecrow Craft with Sami Kildow of Canyon Crafts! /

Home Safety

{ Cost is \$18 }

November 19

12:00 - 1:15 pm

Topic: Mini Pumpkin Cheesecake / Brain Activity



December 17

12:00 - 1:15 pm



Topic: Christmas String Art / Smart Finances

{ Join us for our end of year Lunchtime Learning Workshops! }

Each workshop will have a hands-on project or demonstration followed by a 15 minute program!

**** Cost is \$10 per workshop (unless otherwise noted). Light snacks provided!**

****Please RSVP one week in advance by calling the Alfalfa County OSU Extension Office @ (580)596-3131.**

2021 Holiday Happenings

**Thursday, November 4
10:00 a.m. to 3:00 p.m.
Major County Fairgrounds in Fairview**

**Sessions include:
Thankful Pumpkin Board, Joy Sign,
Snowman Door Hanging, and an educational
lesson on "The 5 Love Languages".**



**A registration fee of \$40 is due at the time of sign up.
Registration deadline is Tuesday, October 26; however, space is limited.
(payable to "Major County OSU Extension")**



Registration fee covers: morning refreshments, lunch, and all session supplies.



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

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**To register for this event, please
contact your county OSU Extension Center:**

Alfalfa County– phone 580.596.3131

Blaine County– 580-623-5195

Major County– phone 580.227.3786

Woods County– phone 580.327.2786

**This program is brought to you through the OSU Extension
Family & Consumer Sciences programs in these counties.**

If you haven't already signed up for our texting/email programs, you are missing out on some great information!



The Live Healthy/Live Well Texting for Health app will provide relevant and timely information related to ALL aspects of health through text messages and/or emails. Healthy living improves our lives and reduces our risk of chronic diseases.

The KNOW, SOW, GROW program will provide research-based horticulture and gardening tips and tricks to make YOU a successful gardener!

Know, Sow, Grow will provide weekly texts or emails to you with relevant and timely information one time per week through the Remind app.

If you would like to receive texts or emails from the Live Health/Live Well or the Know, Sow, Grow program, please call or email:

susan.holliday@okstate.edu to sign up. We will send only ONE text or email per week.

If you consent to this program, you will be sent a text message or email from the Remind app requesting your approval. Reply YES to begin receiving our communications. You do not have to download the app. You may cancel at any time.





4-H Clover Connection

Introducing youth to birding through 4-H

When thinking about leisure sports, activities such as tennis, bowling or hiking may come to mind. But did you know birding is one of the fastest-growing spectator leisure activity in the world? About 80 million people of all ages and physical abilities are involved in some manner of bird watching.

Second only to gardening, birding is a leisure activity that offers great opportunities for [Oklahoma 4-H Youth Development](#) families to spend time together. Birding is part of the many activities available in the wildlife and fisheries section of the [environmental science curriculum](#). Several educational modules are available on the website to help club members get started in a birding project.

Why is birding so popular? Aside from spending time together as a family, participants also get to be outside, spend time in the elements, learn life skills and gain a better understanding and appreciation of the natural world, said Kevin Allen, [Oklahoma State University Extension](#) youth wildlife specialist and professor in the [Department of Natural Resource Ecology and Management](#).

“Bird watchers range from the casual observer of birds at their backyard feeders to those who plan extensive trips to increase the number of birds they’ve seen and identified,” Allen said. “4-H’ers and their families can get involved in birding simply by observing birds in their own yard. If they choose, they can invest in a pair of inexpensive binoculars. Youth can get into this project for a very small investment.”

A goal of the 4-H program is to provide experiential learning opportunities for members, and birding can do that. It can provide club members with opportunities to develop life skills such as decision making, goal setting, critical thinking, problem solving, communication and record keeping.

Youth also will benefit from learning through the process of elimination, which helps foster greater critical thinking skills. Allen said the birding project can give youth an opportunity to learn more about Oklahoma’s biodiversity and various ecoregions such as the crosstimbers and grassland areas.

In all 4-H projects, information starts at the basic level, and birding is no different. Participants start with identifying by size and shape, then start narrowing down from there to identify a specific bird.

Allen said a lot of people tend to focus on the color of the bird, but that can be deceiving in some cases. Because birds molt in the fall and spring, the color can change. Starting with the size and shape helps get the bird into the right classification, then they can use color to hone their bird-identification skills.

“Birding also involves animal science, biology, environmental science, natural resources, ecology and geography, which can help 4-H’ers and their families develop a greater understanding and appreciation of our natural world,” he said.

More advanced birders can learn the various parts of the bird to help with identification. They also can use birdsongs in that identification process. Club members may be in their backyard or other nature area and hear the birds but can’t see them. That advanced skill of identification by song can be a lot of fun.

“I encourage families who are looking for activities to do together to look into birding. Check with the local Audubon Society for activities in the area. Take a weekend trip to a different area of the state to see what species of birds can be found,” Allen said.

For more information about the 4-H birding project, contact the [county OSU Extension office](#). Also, more birding information is available from the [Cornell Lab of Ornithology](#).

Dates to Remember

October

- 23 Family Fun Fair 11:00 -2:00 PM
Fairgrounds
- 30 Commercial Pen of Calves Weigh-In
9:00-11:00 AM Fairgrounds

November

- 6 Turkey Preparation @ 9 AM
- 7 4-H Turkey Benefit Dinner
11:30-1:00 PM Fairgrounds
- 8 Fashion Revue Article
Due to Extension Office
- 10 Impressive Dress & Fashion
Revue Entries; 4-H Has Talent
Registration Due
- 13 4-H Has Talent **and** Impressive
Dress & Fashion Revue at
9:00 AM in Burlington
- 19 CUTS Livestock Judging Contest

Alfalfa County Jr. Leaders



2021—2022



President:	Mylee Sims
Vice President:	Emma Schupbach
Secretary/Treasurer:	Remington Farney
Reporter:	Rylee Sims
Game/Song Leader:	Hudson Schupbach

4-H Club & Project Leaders

4 Him 4-H	Mary Etta Campbell
Burlington 4-H	Courtney Schupbach
Cherokee 4-H	Erin Metcalf
Timberlake 4-H	Debra Fesmire
Burlington Cloverbuds	Sarah Bellamy
Cherokee Cloverbuds	Delana Hansel
Horse Club	Tommy Puffinbarger
Shooting Sports Shotgun	Roger Diller
Shooting Sports Archery	Richard Jackson
Shooting Sports Archery	Brock Morgan

Please Call the Extension Office for Meeting Times, Dates, and Locations!

Have a Great 4-H Experience!

INTERESTED IN 4-H?





2021 County Awards



Burlington Medals

Remington Farney

Photography

Community Service

Owen Bellamy

Sheep

Food & Nutrition

Emma Schupbach

Beef

Mylee Sims

Photography

Food & Nutrition

Rylee Sims

Goats

Food & Nutrition

Garrett Sims

Goats

Food & Nutrition

Zoey Graham

Goats

Gardening & Horticulture

Wyatt Morgan

Community Service

Hudson Schupbach

Entomology

Food & Nutrition



Cherokee Medals

Price Poe

Beef

Marleigh Tidwell

Home Environment



Outstanding First Year Members



Garrett Sims

Burlington 4-H

Wyatt Morgan

Burlington 4-H

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 18th, 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 (or first day of stock show).

Interviews will be 2-4pm, February 21nd (or first day of stock show).

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

Junior Champion pen of steers = \$250

Senior Champion pen of steers = \$250

Junior Champion pen of heifers = \$250

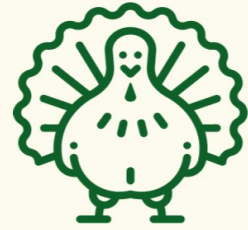
Senior Champion pen of heifers = \$250

Alfalfa County Cattleman's Assoc.
President: Bo Ferrell
(405) 612-4488

Alfalfa Co. Cooperative Extension
602 W. 5th St, Cherokee OK
Tommy Puffinbarger
(580) 596-3131

Cherokee Sales Co.
60902 Harmon Rd
Cherokee OK
Owner: Jarrid Herrmann
(785) 564-0869

Alfalfa County 4-H Benefit Dinner



Sunday
November 7, 2021

Alfalfa County Exhibit Building
Cherokee, OK 73728
Meals Served: 11:30 AM - 1:00 PM
Cost by Donation!

Turkey - Dressing- and all the fixin's

To Go Orders Taken!
Local Delivery Only!
Call 596-8007

Thank you for supporting Alfalfa County 4-H! Proceeds from this dinner provide fee waivers for 4-H members to attend District, State and National Events.



OSU EXTENSION

**ALFALFA COUNTY
4-H YOUTH DEVELOPMENT**

Oklahoma State Fair Results 2021

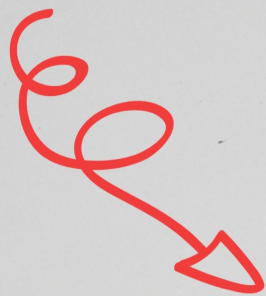
Name	Section	Place
Kortney Campbell	Design & Construction	1 & 2
	Food Science & Nutrition	5 & 6
	Forestry	1
	Wildlife Projects	3,3 & 7
	Home Gardening	5
Kord Campbell	Food Science & Nutrition	3, 4 & 5
Kole Campbell	Technology Exhibits	2
	Food Science & Nutrition	2
	Electric Exhibit	1
	Home Gardening	8
Kreed Campbell	Technology Exhibits	3
	Food Science & Nutrition	1
	Wildlife Projects	4 & 4
Caedyn Campbell	Expressive Arts	3 & 7
Logan Campbell	Expressive Arts	4 & 4
Mylee Sims	Photography	5
	Design & Construction	6
	Food Science & Nutrition	3
	Model Rocketry	4
Rylee Sims	Expressive Arts	5
	Design & Construction	3
	Food Science & Nutrition	4
Garrett Sims	Design & Construction	2
	Model Rocketry	5
	Wildlife Projects	4
Owen Bellamy	Wood Science/Industrial	4
Wyatt Morgan	Crops	7

**All State Fair items are in the Extension Office
and may be picked up by 4-H Members!**

Name	Section	Place
Zoey Graham	Technology Exhibits	3
Carlee Graham	Food Science & Nutrition	3
Remington Farney	Photography	7 & 8
	Expressive Arts	9
	Design & Construction	4, 6 & 7
	Food Science & Nutrition	3
	Wood Science/Industrial	5
	Crops	4
	Home Gardening	5
	Horticulture	5 & 5
Aubree Hughes	Design & Construction	2, 3 & 8
	Home Gardening	7
Lucas Heim	Design & Construction	10
Cole Smith	Wood Science/Industrial	4
Kaeden Goeken	Electric Exhibit	4
	Home Gardening	3, 7 & 8
Stetson Metcalf	Electric Exhibit	2
	Environmental Stewardship	2
Gavin Guffy	Home Gardening	1 & 2
Abby Guffy	Home Gardening	9
Perry Poe	Home Gardening	2 & 7
Price Poe	Home Gardening	2
Other Alfalfa County 4-H Members that exhibited at the Oklahoma State Fair were:		
Lauren Thomason		
Quinn Ream		
Ella Fresmire		



4-H HAS TALENT/ FASHION REVIEW & IMPRESSIVE DRESS



*All entry forms are due
in the Extension Office*

**FASHION REVIEW
ARTICLES - NOV 8TH**

**4-H HAS TALENT
REGISTRATION -
NOV 10TH**

**IMPRESSIVE DRESS & FASHION
REVUE ENTRIES - NOV 10TH**

Saturday, November 13, 2021

@ 9:00 AM

Burlington High School Auditorium



Please return to the Alfalfa County Extension Office by November 10, 2021

4-H Has Talent

ENTRY FORM

Name of Act _____ 4-H Club _____

Division: Junior (9-13) _____ Senior (14-18) _____

Cloverbud (5-8) _____

(Age as of January 1)

Individual (1) _____ Small Group (2-4) _____ Large Group (5 or more) _____

*Novelty _____ *Drama _____ *Musical _____

Special Needs: Sound - # of microphones _____ Lighting – Spotlight _____

Will you have a tape? _____ Other _____

****All acts using a tape or having lighting specifications, must check in with Sound/Light Technicians 45 minutes before 4-H Has Talent is scheduled to start!**

Participating

_____	_____
_____	_____
_____	_____
_____	_____

*Novelty, Drama and Musical will be judged together .



Impressive Dress Guidelines

Each class will be broken down by age groups. All age groups can participate in all classes with the exception of the Formal Wear which is only open to senior members.

Grade Divisions:

Junior – Grades 3rd (and 8 years old), 4th & 5th

Intermediate- Grades 6th-8th

Senior- Grades 9th- 12th

Class I- Casual Wear

Garments to wear to school, fairs, rodeos, dates, movies, spectator sports, shopping, etc

Class II- Active Sportswear

Garments to wear to play tennis, skiing, jogging, etc

Class III- Dress Wear

Garments to wear to weddings, parties or church

Class IV- Formal Wear

Garments to wear to formal events or other special occasions

ALFALFA COUNTY 4-H FASHION REVUE

Individuals are encouraged to use patterns from the 4-H Fabrics and Fashion Guide for Fashion Revue items. These patterns are used at county and state fairs for judging criteria.

Junior or Beginner - Ages 9 through 11:

Chef or work apron

Skirt with elastic waistband

Shorts with elastic waistband

Simple two-piece active sportswear with no collars and no set-in sleeves

Simple wearable item made of polar fleece

Fun item – any sewn item or decorated ready-made shirt using fusible web, fabric scraps, trims or buttons. Paints if used, must be used with one or more of the above. No commercial iron-on transfers.

Intermediate - Ages 12 through 14:

Bathrobe

Pull-on top and coordinating bottom with elastic waist (shorts, pants, or skirt)

Shorts, pants, skirt, or culottes with waistband

One-piece dress or jumpsuit

Two-piece garment with buttons and buttonholes or zipper

Wearable item made from polar fleece

Fun item – Decorate a garment using one or more of the following techniques: machine decorative stitches, flat braid, sew-on appliques, hand embroidery or other techniques: Must include at least one sewn technique. Attach a 3"x5" card indicating technique used.

Senior or Advanced - Ages 15 through 19:

Wearable item made of polar fleece

Two-piece ensemble using one technique from advanced sample notebook

Lined skirt, pants, or jacket

Unlined garment

Coat - lined or unlined

Lined suit or dress

Special occasion garment (prom dress, English riding clothes, etc.)

Fun item – Garment constructed from another textile product such as a blanket, towel or sheet.

Fun Item – Embellished garment

ALFALFA COUNTY 4-H IMPRESSIVE DRESS

Class I - Casual Wear

Garments to wear to school, fairs, rodeos, dates, movies, spectator sports, shopping, etc.

Class II - Active Sportswear

Garments to wear to play tennis, skiing, jogging, etc.

Class III - Dresswear

Garments to wear to weddings, parties, church

Class IV - Formal Wear

Garments to wear to formal events or other special occasions (Senior members only)

* Senior members entered in Impressive Dress will be required to prepare and present to the judge, a 1-½ half-minute (maximum) speech for each category entered.

4-H Fashion Revue and Impressive Dress Contest

Entry Form



Name _____ Age _____

Club _____ Year in 4-H _____

Division: Cloverbud Junior (ages 8-11) Intermediate (ages 12-14) Senior ages (15-19)

*Cloverbuds are for exhibition only and can only enter in the Impressive Dress contest. They will not be judged.

Fashion Revue Garment Made: _____

Impressive Dress Class: _____

1. Casual Wear 2. Active Sports Wear 3. Dress Wear 4. Formal Wear (Seniors only)

XX

Please **Print or Type** the description of the garment as you want it read by the narrator. You may include special talents you possess or hobbies that you enjoy. Senior member entered in Impressive Dress will be required to prepare and present to the judge a one and one half minute (maximum) speech for each category entered.

Each garment or class entered should be written on a separate entry form.

Return entry form with narrative to the Extension office by Wednesday November 10, 2021.

Fashion Revue articles for flat judging are due in the Extension office by Tuesday, November 8, 2021.

2nd Annual CUTS Judging Contest

(Open to all Oklahoma 4-H and FFA members)

Where: Alfalfa County Fairgrounds, Cherokee, Oklahoma.

When: Friday, November 19th

Registration 7:30 AM to 8:30 AM.

Contest starts 9:00 AM

(Each contestant must pre-entry on judgingcard.com by 11/12/21, \$5 entry).

<https://www.judgingcard.com/Registration/Info.aspx?ID=12745>

Contest will consist of 10 classes

Divisions will be consistent with OKC and Tulsa State Fair guidelines

1 set of 10 questions– 2 sets of reasons.

(Reasons takers provided by Northern Oklahoma Junior College)

Awards: Top 5 announced, top 3 awarded

Award Sponsor: Oklahoma Farm Bureau

Lunch provided for contestants, coaches and volunteers

Lunch sponsor: Farm Credit of Enid

Alfalfa County 4-H Benefit Dinner November 7, 2021

The 2021 Alfalfa County 4-H Benefit Dinner will be held Sunday, November 7, 2021 at the Alfalfa County Exhibit Building.

Everyone is welcome to come and eat with us. Proceeds from this dinner provide fee waivers for 4-H members to attend District, State and National Events.

Any 4-H Family bringing food needs to have their item there by 9:00 a.m. Helpers are needed from 9:00 a.m. through clean up.

Clubs will furnish the following:

- Burlington 8 Pans of Dressing
- Timberlake- 10 Desserts
- Cherokee- 5 Desserts, 4 Pans of Dressing
- 4Him 4-H– 5 Desserts



Meals are by donation only. The meal will be served from 11:30 a.m. till 1:00 p.m.

Volunteers are needed to clean turkeys November 6th 9:00am. Contact your local leader or Tommy.