



**ALFALFA COUNTY  
EXTENSION**

# Alfalfa County OSU Extension News

## Clover Connection

### 4-H members from Burlington, Cherokee and Timberlake learn to sew

#### Address

602 W. 5th St  
Cherokee, OK  
73728

#### Phone

580-596-3131

#### Website

[extension.okstate.edu/  
alfalfa/](http://extension.okstate.edu/alfalfa/)

#### Social Media

Facebook: /Alfalfa  
County Oklahoma  
Cooperative  
Extension Services

4-H members representing all Alfalfa County schools and 4-H clubs attended an evening sewing class on Feb. 24 and March 3. 4-H sewing project leader Suzie Salinas, volunteers, Shirley Bichsel and Randy Leek, and Extension educator Megan Ferrell helped facilitate the classes. A total of 11 4-H members made a set of coasters in the two classes.

The youth were asked to purchase four fat quarters of coordinating fabric of their choice. They were taught how to iron their fabric and cut 5-inch squares, layer and pin the fabric and sew a simple coaster. Many of the participants had never sewn before. The coaster project is the same one the adults made in the Alfalfa County Extension C.A.F.E. lunchtime series on Feb. 4. It's a very quick and easy project.

Extension educator Megan Ferrell has encouraged 4-H members to learn to sew during the past few years with the help of local volunteers. They've sewn items such as pillowcases, laundry bags,

aprons, shorts, etc. All these items can be entered into the county fair competition. She recruits volunteers that are knowledgeable of sewing to help teach.

"I'm passionate about kids and adults learning to sew," Ferrell said. "I have completed a few projects with help, but I wasn't confident enough to teach sewing. I've made it a priority to host the classes, and I've gathered some fantastic volunteers to help the kids as well as myself with simple sewing projects. The absolute best part is the joy and sense of accomplishment on their little faces when they've finished sewing. Sewing machines as well as sewing projects can be rather daunting, however the more we are exposed to it, the better we become. Practice makes perfect."

For more information on 4-H Youth Development and the opportunities that come with it, please contact the Alfalfa County OSU Extension Office at (580) 596-3131.



# *Introduction to* **Dog Obedience & Agility** *Series*

**April 8th, 2025 & May 15th, 2025**  
**At the Alfalfa County Fairgrounds**  
**6 PM**

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



Must have 5 participants to hold the class.

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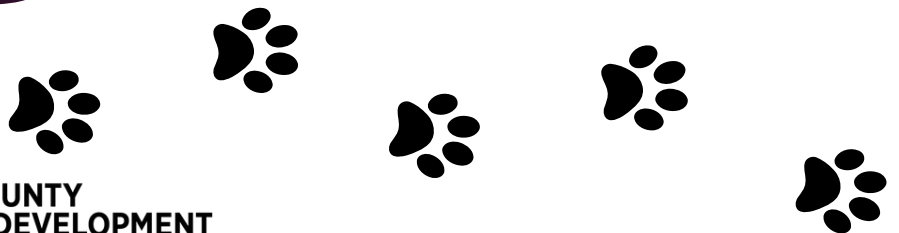
Questions? Call the  
Alfalfa County Extension Office (580)596-3131

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



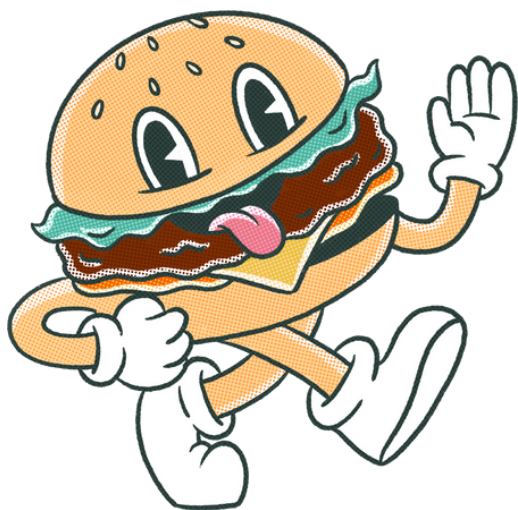
OSU EXTENSION  
**ALFALFA COUNTY**  
**4-H YOUTH DEVELOPMENT**



Proceeds go to 4-H  
programming in Alfalfa County

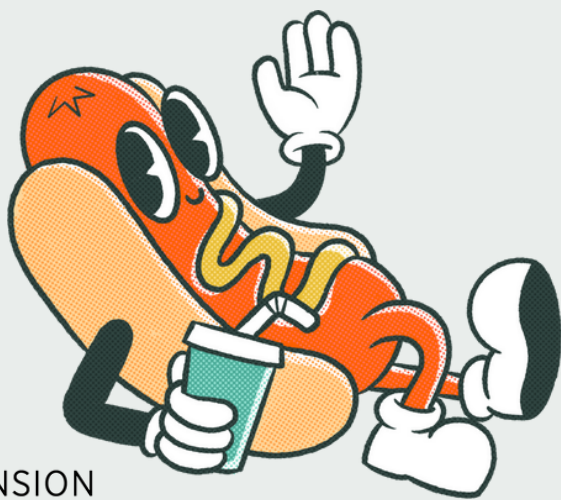
# Alfalfa County 4-H Fundraiser

**Concession Stand at the track meet in Cherokee**



**April 22nd, 2025  
9am to 5pm**

**at the Cherokee High School Track**



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.

# PARENT VOLUNTEER *Meeting*



**APRIL 17TH, 2025**

**5:30PM**

**AT THE ALFALFA COUNTY EXTENSION OFFICE**

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

CAN'T MAKE IT TO THE  
MEETING BUT WANT TO  
PARTICIPATE, JOIN US ON  
ZOOM VIA THE QR CODE!



OSU EXTENSION

**ALFALFA COUNTY  
4-H YOUTH DEVELOPMENT**

"Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, disability or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eoo.okstate.edu>."





# Save the Date

*4-H Under The Sea!*

JUNE 25TH-27TH, 2025

*Multi County 4-H Camp*

ALFALFA- BLAINE-DEWEY-MAJOR-WOODS

*at NW Baptist Association Camp- Vici, OK*



# TRACTOR & MACHINERY OPERATORS CERTIFICATION PROGRAM

DESIGNED TO MEET LABOR REQUIREMENTS FOR 14 AND 15 YEAR OLD YOUTH

**\*\*INDIVIDUALS OF ALL AGES MAY ATTEND\*\***

**MAY 19TH, 2025 9AM-4PM  
MAY 20TH, 2025 9AM-4PM  
MAY 21ST, 2025 9AM-12PM**

**AT THE ALFALFA COUNTY FAIRGROUNDS  
602 WEST 5TH STREET  
CHEROKEE, OK 73728**

**COST \$40.00 PAYABLE TO THE ALFALFA COUNTY EXTENSION OFFICE  
PRE-REGISTRATION BY MAY 14TH, 2025 IS REQUIRED**

## BE SAFE - BE CERTIFIED

**For more information contact  
Erin Metcalf at the Alfalfa County Extension office (580)596-3131  
or Rick Nelson at the Garfield County Extension office (580)237-1228**



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.



*You don't need a  
horse to be a  
part of the horse  
club!*



# ALFALFA CO 4-H HORSE CLUB

*April 10th, 2025 at 6pm*  
at the Alfalfa County Extension Office

## **RIDE NIGHT**

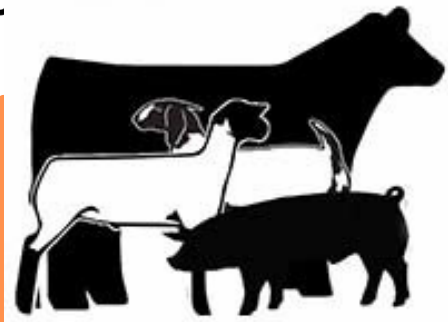
April 24th, 2025 at the  
Alfalfa County Fairgrounds Arena  
6PM

OSU is an Affirmative Action, Equal Employment Opportunity,  
E-Verify Employer. Person with disabilities who require  
alternative means for communication or program information or  
reasonable accommodation need to contact Erin Metcalf at  
580-596-3131 at least two weeks prior to the event.

*Join the FUN!*



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



We are proud to introduce the

# 4-H LIVESTOCK CLUB

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

**April Meeting: April 15th, 2025 4-5pm**

**May Meeting: May 5th, 2025 4-5pm**

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

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

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# YOUTH BEEF INDUSTRY TOUR

OPEN TO ALL 4-H & FFA Members

**April 18th, 2025**

STARTS AT THE ALFALFA COUNTY EXTENSION OFFICE AT 8:30AM

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.metcalf@okstate.edu](mailto:erin.metcalf@okstate.edu) by April 10th, 2025



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

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# WEST DISTRICT



# Ranch

# Horse CLINIC

**APRIL 19TH, 2025**

**10AM-2PM**

**AT THE ALFALFA COUNTY FAIRGROUNDS**

*Featuring clinician Amy Hoffmann*

**\$25 REGISTRATION FEE**

**REGISTER VIA QR CODE BY APRIL 10TH**



**MAIL REGISTRATION FEE TO THE  
ALFALFA COUNTY EXTENSION OFFICE  
602 W 5TH STREET STE 2 CHEROKEE, OK 73728**



Mounted clinic! Bring your horse!

*\*Youth must be accompanied by an adult\**

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



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# West District North Region

4-H HORSE SHOW & RANCH HORSE SHOW

May 30th & 31st, 2025



## Friday-9am

1. Halter Mares 5 years & younger
2. Halter Mares 6 years & older
- Grand & Reserve Grand Mare
3. Halter Geldings 5 years & younger
4. Halter Geldings 6 years & older
- Grand & Reserve Grand Gelding
5. Showmanship at Halter (Senior)
6. Showmanship at Halter (Intermediate)
7. Showmanship at Halter (Junior)
8. Hunter Under Saddle (Sr. 8th-12th grades)
9. Hunter Under Saddle (Jr. 3rd-7th grades)
10. Hunt Seat Equitation (Sr. 8th-12th grades)
11. Hunt Seat Equitation (Jr. 3rd-7th grades)
12. Hunter Hack (All Ages)
13. Two-year-old Training Program
14. Western Pleasure (Sr. 8th-12th grades)
15. Western Pleasure (Jr. 3rd-7th grades)
16. Western Horsemanship (Sr. 8th-12th grades)
17. Western Horsemanship (Jr. 3rd-7th grades)
18. Reining (Sr. 8th-12th grades)
19. Reining (Jr. 3rd-7th grades)
20. Barrel Race (Senior)
21. Barrel Race (Intermediate)
22. Barrel Race (Junior)
23. Flag Race (Senior)
24. Flag Race (Intermediate)
25. Flag Race (Junior)
26. Pole Bending (Senior)
27. Pole Bending (Intermediate)
28. Pole Bending (Junior)
29. Stakes Race (Senior)
30. Stakes Race (Intermediate)
31. Stakes Race (Junior)
32. Trail (Sr. 8th-12th grades)
33. Trail (Jr. 3rd-7th grades)

## Saturday-9am

1. Ranch Horse Roping (Sr. 8th-12th grades)
2. Ranch Horse Roping (Jr. 3rd-7th grades)
3. Boxing (Sr. 8th-12th grades)
4. Boxing (Jr. 3rd-7th grades)
5. Ranch Horse Riding (Sr. 8th-12th grades)
6. Ranch Horse Riding (Jr. 3rd-7th grades)
7. Ranch Horse Trail (Sr. 8th-12th grades)
8. Ranch Horse Trail (Jr. 3rd-7th grades)
9. Ranch Ground Handling (Sr. 8th-12th grades)
10. Ranch Ground Handling (Jr. 3rd-7th grades)

### Location:

**Alfalfa County Fairgrounds  
602 West 5th Street  
Cherokee, Oklahoma 73728**

### To Enter:

**Contact your county OSU  
Extension Office for entry packets.  
Entries due to your local Extension  
office by April 25th**

### Questions?

**Contact the West District  
OSU Extension office  
(580)233-5295**



Persons with disabilities who require alternative means for communications, program information or reasonable accommodations, need to contact Jim Rhodes at (580)233-5295 at least two weeks prior to the event.

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

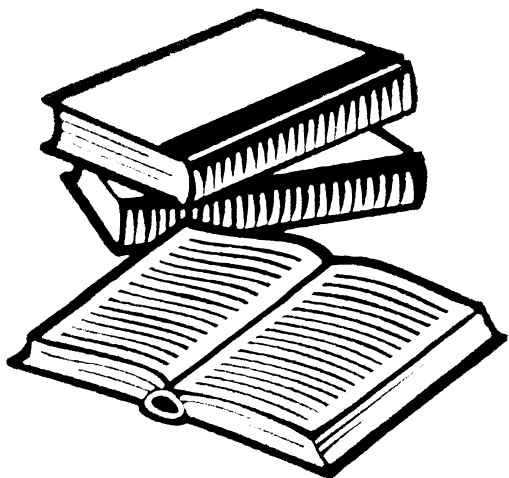
# State 4-H RECORD BOOKS DUE APRIL 25TH

State record books are open to any  
4-Her in 8th grade or older.

State record books are how you earn scholarships in 4-H!

Need help? Give us a call to set up an appointment to get  
help completing your state 4-H record book.

(580)596-3131



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

**Mark your calendars for**

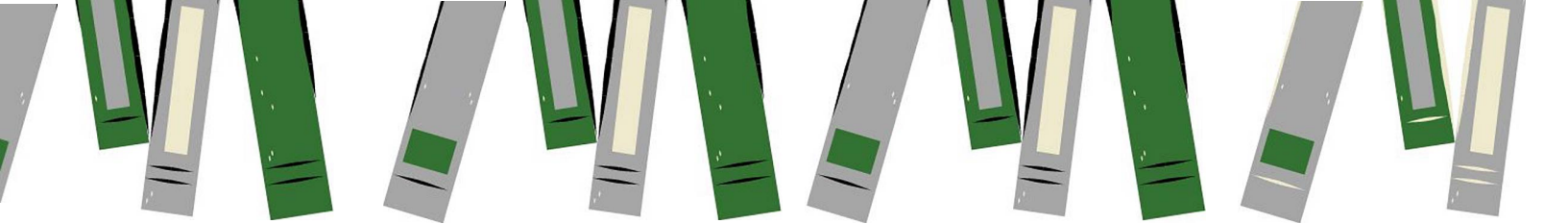
*West District 4H*  
**CONTEST  
DAY**

**JULY 1ST, 2025**

- **FOOD SHOWDOWN**
- **DUDS TO DAZZLE**
- **CUPCAKE WARS**
- **FCS SKILATHON**
- **LIVESTOCK SKILATHON**
- **LIVESTOCK QUIZBOWL**
- **EDUCATIONAL BOOTHS**



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Alfalfa County 4-H

# RECORD BOOKS DUE JULY 31ST

Want to complete a record book but not sure how?

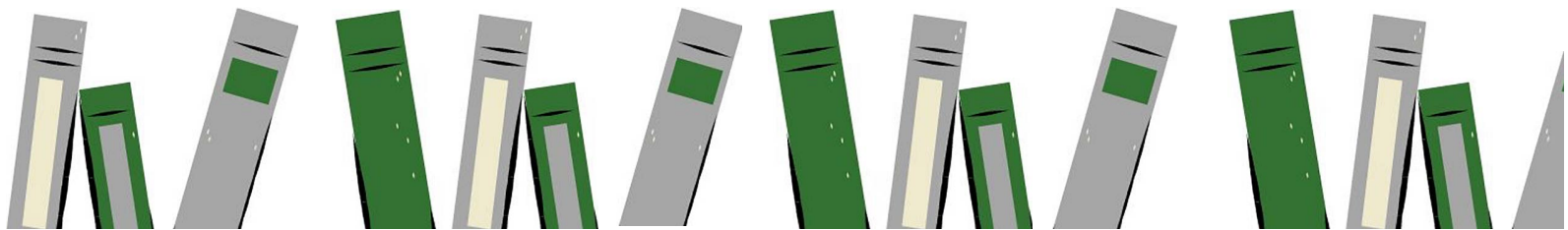
The Alfalfa County Extension office is **HAPPY** to help!

Give us a call to set up an appointment to get help  
completing your record book.

(580)596-3131



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





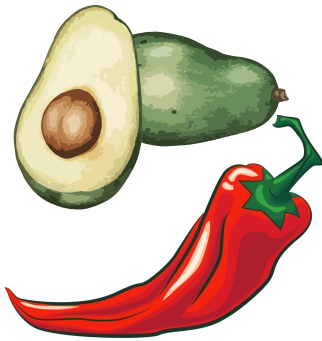
**ARE YOU IN 7TH-12TH GRADE?**

**MAKE PLANS TO  
ATTEND THE  
104TH  
STATE 4-H  
ROUNDUP!**

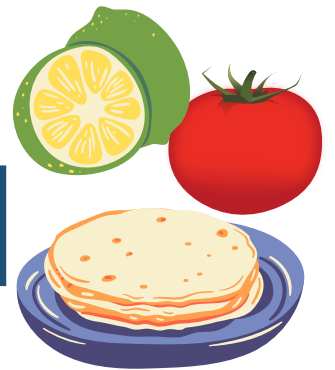
**JULY 23-25TH, 2025  
OK STATE UNIVERSITY CAMPUS  
STILLWATER, OK**



**REGISTRATION MATERIALS  
WILL BE AVAILABLE ON  
APRIL 15TH, 2025.  
REGISTRATION DUE BY  
MAY 30TH, 2025.**



# KIDS IN THE KITCHEN



## *Mexican Cuisine*

**Friday, May 9th- 10:00AM-1:00PM**

**Friday, May 16th- 10:00AM-1:00PM**

**RSVP by May 7th**

Come to one or both classes. We will make different dishes. The cost per workshop is \$10 and we will take 10 youth per class. Youth will learn basic cooking skills such as: knife skills, food safety, cooking over the stovetop and in the oven. Youth will be better prepared to enter the Food Showdown on May 22nd.

Open to all 4-H members in Alfalfa Co.

We will cook and eat what we've made for lunch!



OSU EXTENSION

**ALFALFA COUNTY  
4-H YOUTH DEVELOPMENT**

# **ALFALFA COUNTY 4-H CULINARY CONTEST & FCS SKILL-A-THON**

## **MAY 22, 2025**

**Alfalfa County Fairgrounds**

## **FOOD SHOWDOWN & CUPCAKE WARS**

**Food Showdown begins at 9:30am.**

**Cupcake Wars will follow.**

**Youth compete in teams of 2 or 3**

## **FAMILY & CONSUMER SCIENCES SKILL-A-THON**

**Come and Go- 10:00AM-2:00PM- Teams & Individuals may compete. There will be practice room set-up at the Extension office beginning May 12th. Come and go 8:00-4:30PM M-F. FCS Skill-a-thon consists of identifying items in Interior Design, Cooking & Sewing.**

### **Age Divisions:**

**Junior: Grades 3-5; Intermediate: Grades 6-8; Senior: Grades 9-12  
2024-25 grade in school**



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

OSU IS AN AA/EEO/E-VERIFY EMPLOYER.



# **FASHION REVUE & IMPRESSIVE DRESS CONTEST**



**WALK THE RED CARPET WITH US...**

**APRIL 21ST, 2025 AT 6PM  
ALFALFA COUNTY FAIRGROUNDS**

**ENTRIES DUE BY APRIL 16TH, 2025**

**ENTRY FORMS AVAILABLE AT ALFALFA CO  
EXTENSION OFFICE, ON ZSUITES,  
THE ALF CO FB PAGE OR CAN BE EMAILED.**



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

# 4-H FASHION REVUE & IMPRESSIVE DRESS CONTEST

The contest will be held on Monday, April 21, 2025 at 6:00pm in the middle building at the fairgrounds. Sewn/constructed items must be turned in to the Extension office and all entries must be turned in by April 16th, including constructed items to be judged ahead of time. If you need help sewing, contact the Extension office.



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

## FASHION REVUE CATEGORIES

*Note: Category changes reflect the county/state 4-H fair book categories in Section 4306. Therefore, constructed garments may be entered in the Fashion Revue and the fall fair. County winners go on to state fair.*

### **Cloverbud-Grades K-2:**

*Cloverbuds are not judged.*

- Simple top
- Simple bottoms
- Simple sewn fashion accessory
- Simple knitted/crocheted fashion accessory

### **Intermediate - Grades 6-8:**

- Blouse/shirt with sleeves and closure
- Lined or unlined bottom with zipper and pocket (s).
- Lined or unlined two-piece garment
- Sewn fashion accessory with closure/fastener and seams
- Fashion garment or accessory created by knitting, crocheting, tatting, felting or similar technique
- Recycled/upcycled apparel/garment/fashion accessory

### **Junior- Grades 3-5:**

- Simple top
- Simple bottoms
- Simple lined or unlined one-piece garment with one or more: pocket, waistband or facing
- Simple sewn fashion accessory
- Knitted/crocheted fashion accessory
- Recycled/upcycled apparel/garment/fashion accessory

### **Senior - Grades 9-12**

- One-piece lined or unlined garment
- Two-piece lined or unlined ensemble/coordinate
- Sewn fashion accessory with closure/fastener and seams
- Fashion garment or accessory created by knitting, crocheting, tatting, felting or similar technique
- Recycled/upcycled apparel/garment/fashion accessory

## IMPRESSIVE DRESS CATEGORIES

*These are store bought outfits. Construction items are entered and modeled in the Fashion Revue.*

*Age divisions by grades: Cloverbud(K-2), Junior(3-5),Intermediate (6-8), Senior (9-12)*

*Cloverbuds are not judged.*

**Casual Wear:** Garments to wear to school, fairs, rodeos, dates, movies, spectator sports, shopping, etc.

**Sports Wear:** Garments to wear to play tennis, skiing, jogging, etc.

**Dress Wear:** Garments to wear to weddings, parties, church

**Formal Wear:** Garments to wear to formal events or other special occasions

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# **CRABGRASS:** **A SUMMER FORAGE OPTION**



**April 24th, 2025 at 12pm**  
**Alfalfa County Fairgrounds**  
602 W 5th Street Cherokee, OK 73728

**RSVP BY APRIL 23RD**

## **SPEAKERS:**

Daniel Adamson  
Soil & Water Conservation Specialist

Josh Bushong  
Area Extension Agronomist

Questions? Call the Alfalfa County  
Extension office at (580)596-3131 or  
email [erin.metcalf@okstate.edu](mailto:erin.metcalf@okstate.edu)

**1 CEU CREDIT**



**ALFALFA COUNTY  
EXTENSION**



**ALFALFA COUNTY  
EXTENSION**



# **WHEAT VARIETY TESTING PLOT TOUR**

	<b>8 MAY 2025</b>	
	<b>At 6:00 PM</b>	
<b>Kenneth Failes Farm</b>		<b>3 miles N of Cherokee</b>

**FOR MORE INFO CONTACT THE  
ALFALFA COUNTY EXTENSION  
OFFICE : (580) 596-3131**



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# MUSK THISTLE

## Control Options & Weevil Roundup

**May 9th, 2025 9AM**

at the Jet Community Building Jet, OK 73749

Learn about the different ways to control musk thistles then join us as we collect musk thistle weevils that you can take home.

\*Bring leather gloves for the weevil roundup. Sweep nets and cups are provided\*

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



**ALFALFA COUNTY  
EXTENSION**

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# 2025 OSU Wheat Variety Testing Plot Tours

All times are subject to change due to environmental conditions - please call the County Extension Office to confirm date, time, and location.

Date	Location	Time	Cooperator	County Extension Educator	Extension Office Number	Notes
21-Apr	Walters (DP)	10:00 AM	Jimmy Kinder	Kimbreley Davis	580-875-3136	Replicated plot
24-Apr	Apache (IM) <sup>1</sup>	5:00 PM	Bryan Vail	Ryley Scott	405-247-3376	Replicated plot
25-Apr	Chickasha (IM vs SM)	8:00 AM	OSU South Central Res. Station	Michael Pettijohn	405-224-4476	Replicated plot
29-Apr	Grandfield	9:00 AM	William Gray	Erin Howard	580-335-2515	Demo Plot
29-Apr	Tipton <sup>2</sup>	11:00 AM	Dan Elsener	Erin Howard	580-335-2515	Demo Plot
29-Apr	Altus <sup>3</sup>	4:00 PM	OSU Southwest Res. & Ext. Center	Halee Salmon	580-482-0823	Replicated plot
1-May	El Reno (DP vs GO)	8:30 AM	Jerry Lingo	Kyle Worthington	405-262-0155	Replicated plot
5-May	Miami <sup>4</sup>	10:00 AM	Rendel Farms	Reba Palmer	918-542-1688	Replicated plot
7-May	Kingfisher <sup>5</sup>	8:00 AM	Danny Struck & LJ Reyerman	Bryan Kennedy	405-375-3822	Demo & Replicated
8-May	Alva	9:00 AM	Joe Shirley	Katy Barger	580-327-2786	Replicated plot
8-May	Cherokee	6:00 PM	Kenneth Failes	Erin Metcalf	580-596-3131	Replicated plot
9-May	Weatherford	9:00 AM	James Plummer	Larry Bryen	580-323-2291	Demo plot
9-May	Custer City	12:00 PM	Eric Eyster	Larry Bryen	580-323-2291	Demo plot
13-May	Kildare	8:00 AM	Don Schieber	MacKinzie Overman	580-362-3194	Demo plot
15-May	Greenfield <sup>6</sup>	12:00 PM	Keith Strack	Ashlyn Hunter	580-623-5195	Demo Plot
15-May	Homestead <sup>7</sup>	6:00 PM	Brook Strader's Farms	Shelby Robertson	580-227-3786	Demo Plot
16-May	Lahoma (IM vs SM)	8:00 AM	OSU North Central Res. Station	Josh Bushong	580-237-7677	Replicated plot
19-May	Hooker	4:00 PM	Ernest and Dan Herald	Dr. Britt Hicks	580-338-7300	Replicated plot
20-May	Balko	9:00 AM	Kenton Patskowski	Loren Sizelove	580-625-3464	Replicated plot
21-May	Sentinel <sup>8</sup>	10:30 AM	Musick Farms	Paige Brittain	580-832-3356	Demo Plot

## Notes

### Abbreviations:

DP = Dual-purpose

GO = Grain-only

IM = Intensive management

SM = Standard management

<sup>1</sup> Dinner provided after the plot tour

<sup>2</sup> Lunch provided at the Tipton Research station after the plot tour

<sup>3</sup> Dinner provided at the Altus Research station after the plot tour

<sup>4</sup> Multiple presentations. Lunch provided afterwards.

<sup>5</sup> Breakfast at Fairgrounds, OSU VT & Demo plot tours after

<sup>6</sup> Lunch at Wheeler Bros followed by plot tour

<sup>7</sup> Dinner at Strader's Farm followed by plot tour

<sup>8</sup> Lunch after plot tour



# Strengthening Oklahoma Families

## Food and nutrition security continue to be problematic

The terms food security, nutrition security and hunger are often used interchangeably. Although the strategies to address these issues are connected, there are important differences that should be understood.

Food security is defined as a household in which all members at all times can access enough food for an active, healthy life. Some households may achieve this by purchasing enough food. Others, however, are considered food secure because they use food pantries, the [Supplemental Nutrition Assistance Program](#) and other food assistance resources.

Nutrition security is food quality, and the USDA defines it as all people in a household having regular and equitable access to healthy, safe and affordable foods that are essential to optimal health and well-being.

While some households are food secure, they can be nutrition insecure. They have access to enough food to keep them full, but the food lacks the necessary balance of vitamins and minerals required for healthy living.

Oklahoma has some of the worst food insecurity statistics in the country. More than 15% of households are food insecure, said Candy Gabel state coordinator for [Oklahoma State University Extension's Community Nutrition Education Programs](#).

"About 15.4 Oklahoma households are food insecure. This places us as one of only seven states that has a food insecurity rate higher than the national

average of 13.5%," she said. "More than 1.2 million Oklahomans live in low-income communities that have low access to nutritious food. While you might think that happens only in rural areas, research indicates over 1 million of them live in urban communities while 187,000 are located in rural areas."

Why is food and nutrition insecurity a concern? Hunger is connected to higher poverty rates and costs Oklahoma more than \$1.4 billion each year through increased illness and decreased academic achievement. Food insecurity increases chronic illnesses, including diabetes, obesity, hypertension, and kidney disease.

Moreover, food-insecure children in Oklahoma are more likely to have lower reading and math scores and increased behavior and social problems. Food insecurity can also impact high school graduation rates.

"Food insecurity weakens the labor force, decreases educational attainment, and increases healthcare costs in Oklahoma," she said. "And while food insecurity and poverty aren't the same, they are related. Other factors that are associated with the lack of access to adequate, nutritious food include higher unemployment, lower household assets and some demographic characteristics."

Some rural communities are food deserts, meaning a quarter of the town's population lives more than 10 miles from a grocery store. Those areas may have convenience stores, but the food sold there is typically much more expensive and doesn't offer the variety needed for a

healthy diet. In addition, these areas have fewer charitable food service options than urban areas.

Gabel said nearly 80% of Supplemental Nutrition Assistance Program participants are children, elderly or disabled. In 2023, more than 900,000 Oklahomans relied on SNAP at some point during the year to meet their basic nutritional needs. Senior citizens sometimes have to choose between buying food or paying for medical care and prescriptions. In addition, about two-thirds of Oklahoma public school students participate in the free or reduced-price meal program.

"It's important for citizens to use the donated food/food pantries, private dollars, and state and federal resources to be able to put nutritious food on the table," she said. "Contact the [OSU Extension office](#) to learn more about the valuable resources available in your area. OSU Extension's Community Nutrition Education Programs can help empower limited-resource Oklahomans to improve their nutrition to help improve their quality of life."







ALFALFA COUNTY  
EXTENSION



# Alfalfa County FLOWER SHOW

*Sponsored by Oklahoma Home & Education Groups & OSU Extension*

Wednesday, May 7th

airgrounds, Exhibit Building

Entries taken: 7:30-9:30am

Plant/Seed Exchange: 7:30-3:00

Flower Show Judging: 10:00-12:00

Lunch: 12:00-1:00

Mini Smarts: 1:00-2:30- Details coming soon.



## General Rules

1. All Classes are open to the general public. Must be a resident or in the school district of Alfalfa County.
2. Horticulture specimens must be grown by the exhibitor. Artistic department materials may be purchased or grown.
3. House plants must be in the possession of exhibitor for six weeks.
4. Flowers will be displayed in a narrow neck container or pop bottle.
5. All tea roses must be disbudded (remove all buds except the flowers to be judged.) Exhibit on an 8" to 10" stem with foliage.
6. All horticulture must be cleaned, groomed, and be bug free.
7. All arrangements must be made by the exhibitors
8. Accessories may be used in all classes of arrangements.
9. The flower show committee will not be responsible for containers or accessories, but all care will be taken to protect properties.
10. The show will be judged by the standard method of judging.
11. Special awards will be given to the Best of Show in, Artistic, Horticulture Arboreal / Greenery, Iris and Other Blooming Thing.
12. Individuals are limited to 2 entries per class.
13. African Violets should not be entered if they have double crowns.
14. No artificial or painted materials which represent horticulture item will be allowed in any fresh arrangement. (Unless otherwise stated.)
15. All classes require fresh or live plants unless otherwise stated.

## Artistic Department

*Purchased or Grown Exhibitor*

**Class I Nature's Beauty** – An arrangement using native material, driftwood, moss, rocks, shells or any material that adds to the arrangements may be used.

**Class II Breakfast Table Arrangement** – A. Fresh B. Silk Horizontal in design, free standing flowers of exhibitors choice for a small breakfast table.

**Class III Spring Greens** – An arrangement using shades of green foliage (monochromatic). (Fresh) No flowers

**Class IV Cute and Tiny** – A small arrangement using miniatures. No more than 5 inches. (Fresh)

**Class V Tea Cups** – A. Fresh B. Silk A circular arrangement in a tea cup, use your imagination. (Youth & Adult)

**Class VI Just for Fun** – A. Fresh B. Silk Use your imagination to develop this fresh or silk arrangement. (Youth & Adult)

**Class VII Religious Interpretation** – (Such as a cathedral arrangement using a Madonna, white flowers and green foliage.) ( Fresh)

**Class VIII Decorative Birdhouse Arrangement** – Use a birdhouse of your choice or let your imagination flow arranging fresh, dried or silk flowers.

**Class IX Patriotic Arrangement**

A. Fresh B. Silk

**Class X Arrangement using marigolds, any kind.**

## Horticulture Department

*Grown by Exhibitor*

**Div. I Iris** Bearded blue, dark blue, light blue, blue blend, white, dark yellow, light yellow, yellow blend, dark purple, light purple, purple blend, purple yellow, purple/white, black, black tri colors, dark pink, light pink, pink blend, bronze, bronze blend, peach, peach blend, green & other, Spuria, (all colors) Historical Iris, Dutch blue, white, other  
(Horticulture department continued)

### Div II Peonies

White (singles, doubles), Pink (singles, doubles), Red (singles, doubles)

### Div III Roses

Hybrid Tea (exhibit 1)  
Peace not to be judged against any others  
Floribunda (exhibit 1 spray)  
Rambler (exhibit 1 cluster)  
Climber (exhibit 1 cluster)  
Miniature (exhibit 2)

Rose buds

Other Roses

### Div IV General

Day Lily, Water Lily (exhibit 1)  
Amaryllis (exhibit 1)

Clematis

Daisy (exhibit 3)

Pansies (exhibit 3, rule 15)

Columbine (exhibit 3 stems)

Herbs, Any other blooming' thing

Water plants blooming & not blooming

**Div V House Plants:** Foliage Plants, Blooming African Violets, Singles & Doubles, Vines, Begonias, Ferns, Hanging Baskets, Orchids, Other

### Div VI Arboreal

Trees, Shrubs and Vines (branch)

Flowering Branch

Broadleaf Evergreens (branch) (display flat)

(Euonymus, Arborvitae, Holly, Japonica, Ivy, other)

Needled Evergreen (branch) (display flat)

(Pine, Spruce, Juniper, Yew, Other)

**Div VII Cactus-Succulents:** cactus with thorns, cactus with no thorns, single succulent, mixed succulents

## Youth Only Artistic Classes: 18 and under

Tea Cups – A. Fresh B. Silk

A circular arrangement in a tea cup, use your imagination.

Just for Fun – A. Fresh B. Silk

Use your imagination to develop this fresh or silk arrangement.

# Alfalfa County OHCE

BLOOM WHERE YOU'RE PLANTED

## SPRING NEWS

APRIL/MAY



### Upcoming Calendar Events:

- April 16th- Reality Check Program- need volunteers
- April 25th May Lesson Pick-up:

#### *Nutrition and Physical Activity for Brain Health*

- April 28th- 9:00AM OHCE Proclamation
- May 4-10- OHCE WEEK
- May 7th- Alfalfa County Flower Show
- May 22nd- 4-H Culinary Day 9:30am  
& FCS Skill-A-Thon 10:00-2:00
- June 20th at 2:00pm- July Leader Training
- July 10th- Biscuits, Jams & Jelly, Fairview
- July 13th-15th- OHCE State Meeting, OKC
- July 18th at 2:00PM- August Leader Training

### Flower Show Food

Each group please provide by  
11:00am May 7th:

- 1 large casserole or meat dish
- 1 side or salad
- 1 dessert
- 1 door prize

WE WILL BE HOSTING HIGH SCHOOL SENIORS FOR SENIOR SYMPOSIUM & REALITY CHECK ON WEDNESDAY APRIL 16TH ALL DAY AND WILL BE LOOKING FOR VOLUNTEERS FOR REALITY CHECK FROM 12:30-2:30. IF YOU ARE AVAILABLE PLEASE LET MEGAN KNOW.



OKLAHOMA COOPERATIVE  
EXTENSION SERVICE

# 2025 “BACK TO BASICS” WORKSHOPS



Brought to you by OSU Cooperative Extension Centers in Alfalfa, Major and Woods Counties.

- Thursday, February 6: **“Tamales & Tortillas”** (\$25 fee)  
1:00–5:00 p.m. at the Alfalfa County Fairgrounds in Cherokee.
- Thursday, March 6: **“Focaccia Breads”** (\$15 fee)  
1:00–5:00 p.m. at the Alfalfa County Fairgrounds in Cherokee.
- Thursday, July 10: **“Biscuits, Jams & Jellies”** (\$15 fee)  
1:00–5:00 p.m. at the Major County Fairgrounds in Fairview.
- Saturday, August 9: **“I Only Have Pies for You”** (\$20 fee)  
begins at 1:00 p.m. at location TBD in Alva.
- Thursday, November 13: **“Holiday Happenings”** (\$40 fee)  
10:00 a.m.–3:00 p.m. at the Major County Fairgrounds in Fairview

**Please RSVP and pay the fee no later than the Monday prior to the workshop that you plan to attend. Contact the OSU Extension Center in your county:**  
Alfalfa County–580.596.3131   Major County–580.227.3786   Woods County–580.327.2786

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

*Persons with disabilities who require alternative means for communication or program information or reasonable accommodations, please contact Dana Baldwin at 580-227-3786 at least one week prior to the program.*