

Address
602 W. 5th St. Suite 2
Cherokee, OK
73728
Phone
580-596-3131

Website
extension.okstate.edu/
alfalfa

Social Media
Facebook: /Alfalfa
County Oklahoma Co-
operative Extension
Services

Alfalfa County OSU Cooperative Extension News

Longevity in Heifer Retention

Scott Clawson, Area Ag Economics Specialist



ALFALFA COUNTY
EXTENSION

Heifer retention is a difficult decision right now. Weighing up all the factors involved sometimes leads to more questions than answers. Longevity is one of the foundations of a successful beef cow investment. We all have that cow that is “old enough to vote and had a good calf every year.” The hope is that the heifers we retain will perform the same, but we know that is not likely, at least en masse. If that is so, how many calves should we budget for in our replacement heifer math? Personally, I have never run across a rule of thumb on this. It just varies. Let’s see if we can uncover something to get us close.

In the livestock world, the outstanding individual draws the eyes of us all. Whether it is the visual, genetic, or other trait or feature that sets an individual apart, we tend to focus on that feature. Unless we are in the business of selling those outstanding individuals, then I would encourage our financial analysis to focus on the performance of the cowherd as a unit. Like most things, the best data to use is the data from our own operation. In this case, how long have the heifers we retained previously stayed in the herd? The age distribution of the cowherd will reveal how long most of those females stick around, not just a few outstanding individuals. Texas A&M Agrilife Extension has a Cow-Calf Age Distribution Calculator (link below) that can assist with assembling and analyzing this data.

Suppose a producer collects and analyzes the age of the cowherd and finds that most of the cowherd is five years and under. That would imply that using a number higher than four calving opportunities (assuming a first calf at two years) in our replacement female math is likely too optimistic on the longevity front. If we

identify our top 25 heifer calves to retain, a portion of those will surely be in production at seven years, ten years, and maybe even more, but our herd data may suggest that those are the exception not the rule. After compiling this information, we might want to look at a time horizon in line with our herd age distribution to recover our investment.

The combination of low beef cow inventory, record cattle prices, great demand, and dry spring conditions are making this decision complex at a minimum. Gathering good, usable data on the herd pays back dividends. For assistance with this or other ag topics, contact your local OSU Extension Educator.

You can find the Cow-Calf Age Distribution Calculator at <https://agecoext.tamu.edu/resources/decisionaids/beef/>.

Oklahoma Input Price Update



Prices via OK Production Cost Report 5/1/26

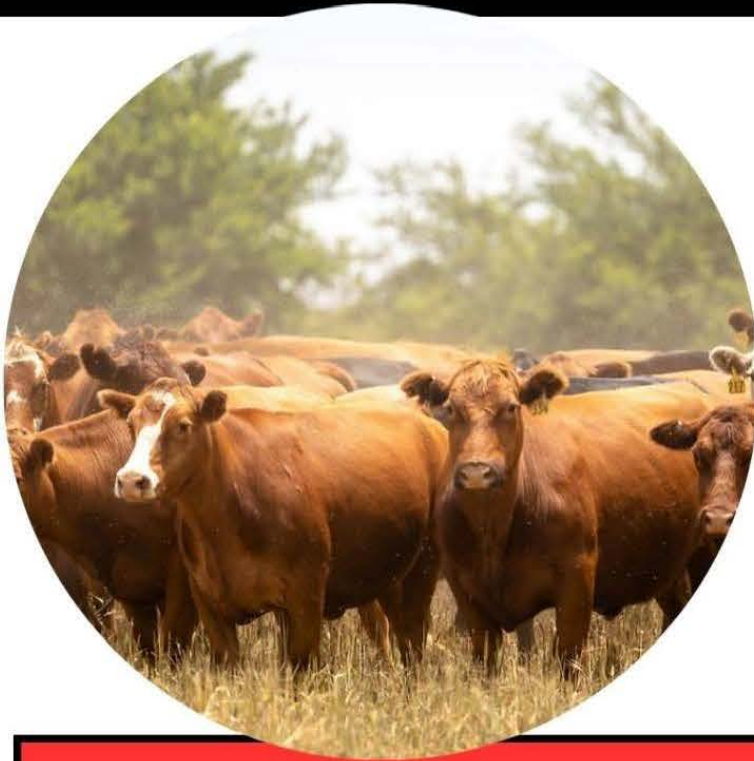
Item	Unit	Average Price
DAP	\$/ton	\$ 876.33
Urea	\$/ton	\$ 858.42
Potash	\$/ton	\$ 486.80
Diesel	\$/gal	\$ 4.39

Prices via OK Retail Feed Cost Report 5/1/26

Item	Unit	Average Price
20% Cubes	\$/ton > 24 ton	\$ 334.93
20% Cubes	\$/bag	\$ 10.61
14% Creep	\$/ton > 24 ton	\$ 303.88
14% Creep	\$/bag	\$ 9.19
DDG	\$/ton	\$ 265.00
What Midds	\$/ton	\$ 233.00
Corn Gluten	\$/ton	\$ 260.63
CS Meal	\$/ton	\$ 420.00
Soy Hulls	\$/ton	\$ 221.50
4 Way 14%	\$/ton > 24 ton	\$ 270.50
5 Way 16%	\$/ton > 24 ton	\$ 295.71

6TH ANNUAL

CHEROKEE COMMERCIAL CATTLE GRADING CONTEST



& SCHOOL

FRIDAY JULY 10TH, 2026

REGISTRATION 9AM-10AM

SCHOOL/CONTEST 10AM

AT CHEROKEE SALES CO

60902 HARMON RD

CHEROKEE, OK 73728

LUNCH PROVIDED

DIVISIONS:

4-H

FFA

ADULT

COST:

- \$15 PER TEAM
- \$5 PER INDIVIDUAL

**Plaques & Cash prizes
to winners!**

Questions?

Christy Snider  (405) 747-8907

Backyard Poultry Workshop

July 29th, 2026

6pm 

Alfalfa County Fairgrounds
602 W 5th Street Cherokee, OK

Meal provided

**Please RSVP by July 21st for a meal count
(580)596-3131**



**ALFALFA COUNTY
EXTENSION**

Speakers & Topics

Biosecurity & Public Health – Dana Zook

Winter Management – Dana Zook

Pest Control, Parasites- Dr. Jonathan Cammack

Does Garlic Work as Fly Control

Dana Zook, NW OK Area Livestock Specialist

Mother Nature has been handing out some crazy weather this year. Unseasonably warm temperatures lead to a natural increase in all types of flies that affect beef cattle. I've written about fly control in the past but several recent inquiries about garlic as fly control have prompted me to address that product in this article. I also want to give a quick review of horn flies since it's that time of year. So here we go...

In Oklahoma, we have several different species of flies, but horn flies are undoubtedly the most economically impactful fly species to beef cattle. Drummond and others in 1981 reported annual losses nationally to the beef industry were estimated at \$730.3 million. Adjustments for inflation put that number somewhere near \$2.196 billion. These detrimental pests spend their entire life on the backs and belly of cattle and require a fresh manure pile to lay their eggs. Horn flies prefer hot and dry weather, which typically allows their populations to peak in August and September despite control methods. Horn flies can be controlled with many methods (tags, sprays, pour-ons, IGR), but resistance has reduced their effectiveness.

Garlic is a product that is becoming more popular as a fly control. It's often included in a loose or block mineral product. Producers have mixed opinions regarding its effectiveness, reporting inconsistent results from one year to the next. Surprisingly there is only one scientific research report conducted in Alberta, Canada in 2021 evaluating garlic as a fly control. In this study, cattle were offered 1.) trace mineral salt with garlic powder or 2.) trace mineral salt only. All cattle were monitored for fly populations and defensive behaviors due to fly bites (side-licks, tail-flicks, head-throws, leg-stomps, and belly kicks). In year 1, cows consuming trace mineral salt infused with 2% garlic had 48% less flies compared to the control group (no fly control). This is a very effective level of control. However, in year 2 there was no difference in horn fly numbers between the group of cattle consuming garlic and those cattle without. Disappointing for sure. One notable difference was the trace mineral salt infused with 5% garlic offered to cattle in year 2 – an increase from the first year. This single two-year study is not much to go on to confirm or deny the effectiveness of garlic.

That being said, here are some things to consider. First, understand that any product fed through mineral is impacted by consumption; if cattle don't eat mineral, they won't be consuming the product. In this study, I initially thought consumption might have been impacted in year 2 due to the increase in garlic concentration but to my surprise consumption was consistent across both years. Second, garlic is not always considered a registered feed product in a state although several garlic products show up in Oklahoma's registrations. You can check out this list at [ODAFF Product Search](#). Finally, here at OSU Extension, we stand by scientific data proven by research. If garlic is working well to reduce flies in your cattle herd, I'm happy for you. But until more research is conducted on garlic, we can't include it as a "tool in our fly control toolbox". Who knows, maybe I'll be looking for some producers in the future to help me figure this out! Until then, rotate your fly control chemicals and contact your local OSU Extension office to help identify the best fly control for you. If you would like more info about this topic, check out the latest episode on the Extension Experience Podcast found on Apple Podcasts App.

4-H Clover Connection

Food, Fun, 4-H Takes Flight with global flavors

Oklahoma 4-H Youth Development invites families to explore new flavors and cultures this summer with the return of Food, Fun, 4-H Takes Flight. The free, at-home cooking program will be offered in June, July and August, with registration opening June 1.

This year's program focuses on building kitchen confidence and strengthening family connections through hands-on learning experiences inspired by international cuisines.

"Food, Fun, 4-H is about more than cooking. Through exploring foods from different cultures, youth and families can learn new kitchen skills, try foods in balance and create positive memories," said Cathy Allen, 4-H curriculum coordinator with Oklahoma 4-H. "I hope families gain quality time together while building confidence in the kitchen and trying new ingredients or recipes they may not have experienced before."

Each month highlights a different country, beginning with France in June, followed by Vietnam in July and Cuba in August. Families will receive monthly program packets by email that include recipes for a complete meal, along with

nutrition information, food safety guidance, conversation starters and ideas for family physical activity.

The June menu features French-inspired dishes such as one-pan chicken fricassee, smashed mini potatoes, asparagus with hollandaise sauce and a dessert crepe with Chantilly cream.



"The 'Takes Flight' theme gives youth and families the opportunity to explore different cultures and traditions through food," Allen said. "It adds adventure and curiosity to the program while helping participants learn how food can connect people around the world."

The program accommodates a range of ages and skill levels. Younger 4-H'ers can cook alongside an adult, while more experienced members may choose to work more

independently as they build their culinary skills.

"Food, Fun, 4-H is designed for everyone, no matter their cooking experience," Allen said. "The goal is to learn together, have fun and try something new. Some of the best memories come from simply spending time together in the kitchen as a family."

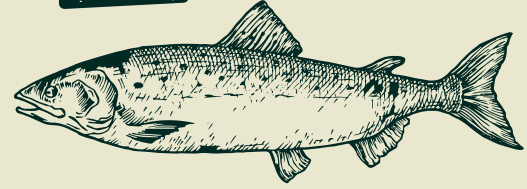
Food, Fun, 4-H Takes Flight can be completed as a household activity, with extended family members or as a 4-H club project. Families are responsible for purchasing their own ingredients.

Participants work through each month's materials at their own pace, preparing recipes, sharing photos of their experience and reflecting on what they learned.

4-H'ers can register for Food, Fun, 4-H in ZSuite starting June 1. For more information, contact a local [OSU Extension office](#).

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

FISH & WILDLIFE Day



AT THE SALT PLAINS NATIONAL WILDLIFE REFUGE

JUNE 18TH, 2026

9AM- 2PM

RSVP BY JUNE 9TH TO THE ALFLAFA COUNTY EXTENSION OFFICE (580)596-3131

\$5 REGISTRATION INCLUDES LUNCH



NATIONAL
WILDLIFE
REFUGE SYSTEM

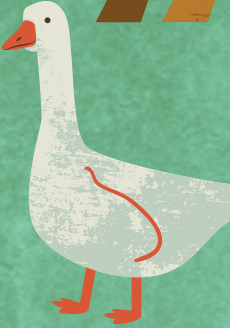

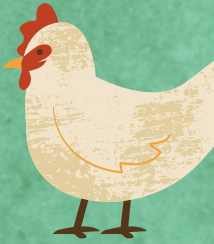




OSU EXTENSION
ALFLAFA COUNTY
4-H YOUTH DEVELOPMENT



OSU EXTENSION
WOODS COUNTY
4-H YOUTH DEVELOPMENT

OSU IS AN AFFIRMATIVE ACTION, EQUAL EMPLOYMENT OPPORTUNITY, E-VERIFY EMPLOYER. PERSON WITH DISABILITIES WHO REQUIRE ALTERNATIVE MEANS FOR COMMUNICATION OR PORGRAM INFORMATION OR REASONABLE ACCOMDATION NEED TO CONTACT ERIN METCALF AT 580-596-3131 AT LEAST TWO WEEKS PRIOR TO THE EVENT.



Multi-County 4-H Camp 4-H FUN ON THE FARM

Alfalfa-Dewey-Major-Woods

JUNE 24-26, 2026

CAMP FEE \$80.00
INCLUDES MEALS, LODGING,
ACTIVITIES & TSHIRT

REGISTRATION DUE TO YOUR COUNTY
OFFICE BY MAY 29TH, 2026

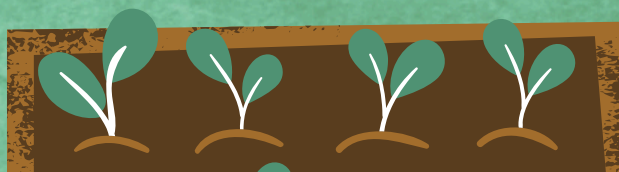
CAMPERS:

ARRIVE 2:30-3PM WEDNESDAY JUNE 24TH
RELEASE 10:00AM FRIDAY JUNE 26TH

ARE YOU IN 7TH-12TH GRADE?
APPLY TO BE A CAMP COUNSELOR
CONTACT YOUR LOCAL EXTENSION OFFICE
FOR AN APPLICATION



Persons with disabilities who require alternative means of communication or program information or reasonable accommodations, please contact Dana Baldwin at 580-227-3786 at least two weeks prior to the program. OSU is an Affirmative Action, Equal Opportunity, E-Verify Employer.





WEST DISTRICT

4-H

DISCOVERY DAY

SAVE THE DATE!

Wednesday

July 1, 2026

Woodward County Event
Center
105 Temple Houston Drive
Woodward, OK

\$10

Both 4-H
members and
Volunteers will
have the
opportunity to
attend
workshops.



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Hunter Education Course

DATES

July 28, 2026

9:00 AM to 3:00 PM

**Register by
7/21/26 to**

Alfalfa County OSU

Extension office

(580) 596-3131



LOCATION

Alfalfa County Fairgrounds

602 W 5th St

Cherokee, OK 73728



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.

NEW DATE!

YOUTH BEEF INDUSTRY TOUR

OPEN TO ALL 4-H & FFA Members

June 3rd, 2026

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

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

Buffalo Feeders- Ashland Feed & Seed- Gardiner Angus Ranch

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



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



CHEROKEE STATE SUMMER



Dairy Field Day

**JUNE 18, 2026
ALFALFA COUNTY
FAIRGROUNDS
CHEROKEE, OK**

**REGISTRATION: 9AM
JUDGING CONTEST: 10AM**

LUNCH PROVIDED

**DIVISIONS:
FFA (TEAMS/INDIVIDUALS)
4-H (TEAMS/INDIVIDUALS)
ADULT
PEEWEE**

**QUESTIONS?
CONTACT
CHRISTY SNIDER
(405)747-8907**

NO REGISTRATION FEES!

6TH ANNUAL

CHEROKEE COMMERCIAL CATTLE GRADING CONTEST



& SCHOOL

FRIDAY JULY 10TH, 2026

REGISTRATION 9AM-10AM

SCHOOL/CONTEST 10AM

AT CHEROKEE SALES CO

60902 HARMON RD

CHEROKEE, OK 73728

LUNCH PROVIDED

DIVISIONS:

4-H

FFA

ADULT

COST:

- \$15 PER TEAM
- \$5 PER INDIVIDUAL

**Plaques & Cash prizes
to winners!**

Questions?

Christy Snider  **(405) 747-8907**



LIVESTOCK SKILLATHON

State Livestock Skillathon

July 21, 2026 at 1:00 PM

Payne County Fairgrounds

Class Divisions:

Junior (Grades 3rd – 7th)

Senior (Grades 8th – 12th)

Individual &/or Team (3-4 team members)

The primary goal of the 4-H Livestock Skillathon Contest is to provide an opportunity for youth enrolled in 4-H to develop their problem-solving, teamwork, and critical thinking skills. These skills will be utilized by challenging their knowledge of meat animal production skills by demonstrating an understanding of animal science and livestock management practices.



ALFALFA COUNTY 4-H

RECORD BOOK WORKSHOP

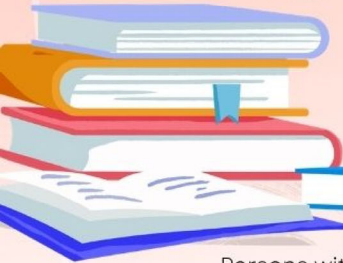
AT THE ALFALFA COUNTY EXTENSION OFFICE

**COME & GO
8:30AM-4PM**



10 JUNE 2026

Want to learn more about what it takes to complete an Alfalfa County 4-H Record Book to win prizes and awards within 4-H? Join us for this hands-on information session to prepare you for completing at 2025-2026 4-H Record Book!

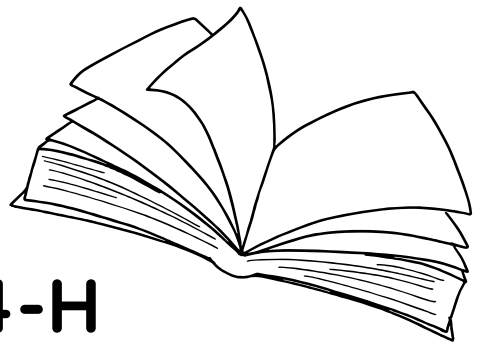


OSU EXTENSION
**ALFALFA COUNTY
4-H YOUTH DEVELOPMENT**



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.

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Alfalfa County 4-H

RECORD BOOKS DUE JULY 1ST

Want to complete a record book but not sure how?

The Alfalfa County Extension office is **HAPPY** to help!
Attend the come and go record book workshop on June 10th, 2026 at the
Alfalfa County Extension Office.

**Alfalfa County 4-H Officer candidates are
REQUIRED to submit a record book to run
for office.**

Find the record book
file here:



Questions about record books? Give us a call
(580)596-3131



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



MONDAY JULY 20TH, 2026

5:30pm at The Cherokee City Park & Pool

**Alfalfa County
Officer Elections**

**pool
&
party**



MEAL SPONSORED BY THE ALFALFA COUNTY 4-H PARENT VOLUNTEERS



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

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CLOVERBUD



DAY CAMP

July 6th, 2026

1pm-3pm

at the Alfalfa County Fairgrounds

RSVP to the Alfalfa County Extension Office by July 2nd, 2026

\$5 Registration fee includes snacks & supplies



OSU EXTENSION
ALFALFA COUNTY
4-H YOUTH DEVELOPMENT

Explore **4-H** 

workshops

July 7th, 2026
10AM-2PM

at the alfalfa county fairgrounds



\$5 registration fee includes snacks & supplies

RSVP by July 2nd, 2026 to the Alfalfa County Extension Office



OSU EXTENSION
ALFALFA COUNTY
4-H YOUTH DEVELOPMENT

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BABYSITTING SAFETY

with Friends and Family CPR



***NORTHWEST TECH IN PARTNERSHIP WITH OSU EXTENSION**



**MONDAY,
JUNE 29TH**



**TIME:
10AM-3PM**



**COST:
\$20**

***STUDENTS NEED TO
BRING A SACK LUNCH.**



**LOCATION:
ALFALFA COUNTY
FAIRGROUNDS**



**ENROLL:
ALFALFA COUNTY OSU EXTENSION
580-596-3131**

Join in for a fun and informative Babysitting Safety Class with OSU Extension & Northwest Tech.

Learn essential babysitting skills, safety tips, and gain confidence in caring for young children.

Plus, you'll earn your Friends and Family CPR Certificate!

You'll Learn:

- ✓ Essential babysitting skills
- ✓ Safety tips for **many** situations
- ✓ How to care for young children
- ✓ Friends and Family CPR Training
- ✓ Build confidence & responsibility



Alfalfa County 4-H Banquet

Please join us for a
night to honor the

4-H Achievements of 2025-2026

Tuesday, August 4th, 2026

6 o'clock in the Evening

The Alfalfa County Fairgrounds

Exhibit Building



OSU EXTENSION

**ALFALFA COUNTY
4-H YOUTH DEVELOPMENT**

UPCOMING EVENTS

JUNE 3- YOUTH BEEF INDUSTRY TOUR
JUNE 10- COUNTY RECORD BOOK WORKSHOP
JUNE 11- CAMP COUNSELOR TRAINING 10AM-2PM
JUNE 18- FISH & WILDLIFE DAY
JUNE 18- CHEROKEE DAIRY FIELD DAY
JUNE 24-26- MULTI COUNTY 4-H CAMP
JUNE 26-27 EXT CONFERENCE ON VOLUNTEERISM
JUNE 29- BABYSITTING SAFETY COURSE
JULY 1- WEST DISTRICT 4-H DISCOVERY DAY
JULY 1- COUNTY RECORD BOOKS DUE
JULY 6- CLOVERBUD DAY CAMP
JULY 6- RECORD BOOK & COUNTY OFFICER INTERVIEW
JULY 7- EXPLORE 4-H WORKSHOP DAY
JULY 10- CHEROKEE CATTLE GRADING CONTEST
JULY 14-16- BIG 3 FIELD DAYS
JULY 20- OFFICER ELECTIONS/POOL PARTY
JULY 21-STATE 4-H LIVESTOCK SKILLATHON
JULY 22-24 STATE 4-H ROUNDUP
JULY 28 -HUNTER'S SAFETY COURSE
JULY 29- BACKYARD POULTRY WORKSHOP
AUGUST 3 -PARENT VOLUNTEER MEETING
AUGUST 4- 4-H BANQUET
AUGUST 15-16 SHOOTING SPORTS VOLUNTEER TRAINING
AUGUST 25- 4-H VOLUNTEER TRAINING



OSU EXTENSION
ALFALFA COUNTY
4-H YOUTH DEVELOPMENT

Growing Together



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

Professional Growth Supporting Local Programs

By Megan Ferrell



One of the many things I've learned through Extension is that some of the best ideas come from continuing to learn, collaborate, and bring new information back home to our communities. Professional development is an important part of what allows us to continue offering meaningful, research-based educational programs that meet the needs of local families and individuals.

Recently, I was honored to receive four professional development scholarships/awards that will support future Family & Consumer Sciences educational programming within our communities.

As a member of the Oklahoma Extension Association for Family & Consumer Sciences (OEAFCs), I was honored to receive the OHCE Norma Brumbaugh Award (\$500) and the Irma Manning Endowed Scholarship (\$1,200) during our organization's annual meeting in April. These scholarships will help support my attendance to the 2026 National Extension Association of Family & Consumer Sciences (NEAFCS) Annual Session in Knoxville, Tennessee, this September.

The Irma Manning scholarship focuses on professional development related to food insecurity and strengthening programs that support individuals and families facing challenges related to food access and nutrition. One of my goals in attending this national meeting is to gather ideas and resources that can strengthen local programming related to food preservation, meal preparation, nutrition education, and practical family food skills.

I am blessed to be part of a team of Family & Consumer Sciences Extension Educators from neighboring counties who share a passion for serving our communities. In May, Susan Holliday, Dana Baldwin, Jean Bailey, and I were recognized during the County Extension-FCS Ambassadors Awards Luncheon in Oklahoma City for our collaborative "Back to Basics, Creative Cooking" workshops. Through this partnership, we provide hands-on educational workshops that teach practical life skills, such as bread making, home food preservation, nutritious and budget friendly meals, and safe food handling and preparation.

Our team was awarded a \$1,500 multi-county programming grant to help provide our Fiscal Year 2027 classes at no cost to participants. This funding helps remove barriers to participation while allowing individuals and families to gain practical skills that can benefit their daily lives and be passed on to future generations.

I was also honored to receive the Outstanding Faculty and Field Staff Individual Award for the Alfalfa County Family Fun Fair at the Ambassador Awards Luncheon. This award included \$500 that will be used toward free books for kids and improved signage for the Family Fun Fair.

While recognition is certainly encouraging, the greatest value of these scholarships and awards is the opportunity they create. They provide resources for professional growth, access to new ideas, and support for programs that ultimately benefit the individuals, families, and communities we serve.

I appreciate the support that these scholarships and awards provide for Educators across our great state.

Alfalfa County OHCE

BLOOM WHERE YOU'RE PLANTED

SUMMER NEWS

June/July



Dates to Remember

- June 17th (Wednesday) 2:00pm July Leader Lesson training presented by Susan Holliday- *Garden to Table: Small Space Gardens & Recipes*
- June 18th- OHCE State mtg. registration due
- June 23rd- Courthouse Tour
- July 7th *Salsa & Sauerkraut* 1-5 in Alva
- July 9th -*Salsa & Sauerkraut* 1-5 in Fairview
- July 12-14th -OHCE State meeting in OKC
- July 17th at 2:00pm- August Leader Lesson Training presented by Jean Bailey- *Native American Traditions*
- July 23rd- County OHCE Blood Drive
- July 29th- *Salsa & Sauerkraut* 1-5 in Cherokee
- August 4th -Alfalfa County 4-H Banquet
- August 17th- District OHCE planning meeting at 1:30pm at the Alfalfa County Extension office
- August 28th -September lesson pick-up
- Sept. 8th- Fair Supt. & Assistants mtg at 2:30 pm
- September 9-12th -Alfalfa County Free Fair!
- October- TBA- Fall Association meeting
- November 12th- Holiday Happenings in Cherokee (date change due to 4-H in-service)

Courthouse Tour

We are leading a tour of the Alfalfa County Courthouse on June 23rd from 9:00-11:00am. This event is for anyone interested in learning more about Alfalfa County government, elected officials, appointed officials and more.

We would love to host a reception again in the courtroom with cookies and punch at the end of the tour provided by OHCE members. We appreciate anyone that would like to provide refreshments for this event. We should only need 1 dessert from each OHCE group. Please let Megan know if you're planning to bring something so we know if we have enough.

Cookies for Campers 🍪

If any individuals, families, or groups would like to make cookies or brownies for 4-H camp, please let Megan know. We will have approximately 80 campers attending. Items need to be easy, grab and go type items like cookies or brownies, but we will accept healthy snack bars or fruit. We leave early for 4-H Camp on Wednesday, June 24. Treats can be sent with a 4-H family attending camp or dropped off with Megan or Erin June 23rd by 4:30pm. Thank you for helping make camp extra special. ❤️



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**



FAMILY &
CONSUMER
SCIENCES
EXTENSION

SALSA & SAUERKRAUT



HANDS-ON FOOD PRESERVATION CLASSES

Presented by the Family & Consumer Sciences Extension Educators
in **Alfa, Dewey, Major & Woods Counties**

Learn the basics of home food preservation in this hands-on class! Participants will make fresh salsa and learn how to safely process it using a water bath canner. They will also discover the art of fermentation by preparing homemade sauerkraut to take home and finish fermenting.

CLASS DATES & LOCATIONS

July 7

Alva
4:00–8:00 PM

July 9

Fairview
1:00–5:00 PM

July 29

Cherokee
4:00–8:00 PM

REGISTRATION INFORMATION

Please contact the county hosting the class to sign up.

We will accept no more than 12 people per class.



Woods County OSU Extension Office
(580) 327-2786



Major County OSU Extension Office
(580) 227-3786



Alfa County OSU Extension Office
(580) 596-3131



THERE WILL BE NO CHARGE FOR THESE CLASSES.

We received a grant to offer these classes free of charge.

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

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

2026 OHCE State Convention • Oklahoma City July 12–14, 2026



Hilton Garden Inn OKC Airport & Champion Convention Center

801 S. Meridian Ave., Oklahoma City, OK

The Oklahoma Home & Community Education (OHCE) State Convention brings together members from across Oklahoma for learning, leadership, fellowship, awards, and fun!

Conference Highlights

- ✓ Educational Workshops
- ✓ Hands-On Learning Sessions
- ✓ Silent Auction
- ✓ Friendship Banquet & Vespers
- ✓ Sunday Funday Music Bingo
- ✓ Fellowship with OHCE Members Across Oklahoma

Featured Workshop Topics

- Impact of AI on Individuals & Families
- Soil Basics for Home Gardens
- Adult CPR
- Neurodivergence
- History & Culture of Oklahoma
- Learn to Make a Wreath
- Sew Cute! and Sew Much Fun!
- Food Art
- Safe Haven Baby Boxes
- Healthier Food Pantries

Lodging: Hilton Garden Inn – OKC Airport/ Champion Convention Center

Reservation Deadline: June 18, 2026 by 5:00 p.m.

Please call: 405-942-1400

Group Name: OHCE

Single – \$116

Double – \$126

Triple – \$136

Quad – \$146

Rates include complimentary hot breakfast buffet

Schedule at a Glance:

Sunday, July 12 • 6:30-8:00p.m.

Registration Opens • Sunday Funday • singo, prizes & fellowship • \$10 for Sunday event

Monday, July 13

Business Meeting • Learning Sessions • Luncheon
Silent Auction • Friendship Banquet & Vespers

Tuesday, July 14

Awards & Reports • Learning Sessions • Luncheon

[Click here to register today!](#)

