



# Alfalfa County OSU Cooperative Extension News

## The Importance of Cull Cow Values

Scott Clawson, M.S., Oklahoma State University Cooperative Extension Service  
NE Area Agricultural Economics Specialist

As I roam the two-lane highways in eastern Oklahoma going to producer meetings, cull cow prices and the decision to rebuild the cowherd are common points of discussion. In fact, if I ask who has sold some cull cows lately more smiles show up thinking about that check than anything else. The story behind the great cull cow prices has been discussed (see the March 11, 2024, edition). That leaves the expansion discussion up for grabs, and exactly what do cull cow prices have to do with it?

Much of the unease of the expansion decision is tied to the sheer size of the investment. If we decide to retain our own heifers, we will turn down a price that we have rarely seen for a weaning age heifer. Additionally, producers have reported that private treaty and special sales are fetching strong prices for bred females.

One of the most common ways to analyze an investment is to use a net present value (NPV) analysis. That is just a fancy way to say that we are going to invest in something (cow), and we expect it to generate cash (calf sales minus expenses) for a certain number of years (cow longevity) then we will salvage it (cull the cow). NPV guides us in answering the question, what is that investment worth or what should we pay for that replacement? While we process that, there are several issues to unpack. Calf prices, annual cost to run the cow, and longevity usually see the most focus and they are all important.

However, in which year of the cow's productive life will she return the most cash to our investment? Most commonly that will be the year she is culled. In that year, she will likely calve for the last time in the spring and in the fall we will sell her and her calf. This highlights the impact that cull values can have on the math of this investment. On average, we tend to run a cow to failure. More specifically, we will keep them around until she comes up open, has a bad bag, comes up lame, etc. In those instances, we usually get the worst of what the market has to offer.

My speculation is that our current cull cow markets have changed the math from the red to the black on some cattle that we retained over the past decade while prices were more moderate, and expenses increased. Going forward, are there things that we can do to avoid getting the worst of the market? Selling as a bred, improve body condition, selling younger, etc. are all factors that we can manipulate in our culling decision and maximize the cash returned in the final year.

You can visit <https://extension.okstate.edu/programs/beef-extension/calculators/> and use the Cow Bid Price Estimate Calculator to evaluate different options for your ranch.

### Address

602 W. 5th St. Suite 2  
Cherokee, OK  
73728

### Phone

580-596-3131

### Website

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

### Social Media

Facebook: /Alfalfa County  
Oklahoma Cooperative  
Extension Services

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- Horticulture Tips
- Equine Symposium

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- Clover Connection—Healthy Ambassadors
- Upcoming Event Flyers

#### FCS & OHCE:

- County Courthouse Tour
- Back to Basics
- News & Notes



# TIPS TO KEEPING & DEVELOPING REPLACEMENT HEIFERS

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**August 22nd, 2024 at 12PM**



Alfalfa County Fairgrounds

602 West 5th Street, Cherokee OK 73728

For more information call the Alfalfa County Extension office (580)596-3131.

RSVP by August 20th.

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Meal Sponsored By:



**ALFALFA COUNTY  
EXTENSION**





# Garden Tips for June



## General Landscape

- Find someone to water plants in the house and garden while on vacation. Harvesting vegetables and mowing the lawn are a must and imply that someone is home.
- Mulch ornamentals, vegetables, and annuals to reduce soil crusting, and to regulate temperatures and moisture during hot summer months. Mulching will reduce about 70 percent of the summer yard maintenance.
- Remain alert for insect damage. Add spider mite to the list. Foliage of most plants becomes pale and speckled; juniper foliage turns a pale yellowish color. Shake a branch over white paper and watch for tiny specks that crawl. Watch for first generation fall webworm. ([EPP-7306](#))

## Turfgrass

- Fertilize warm-season grasses at 1 lb. N per 1,000 square feet. Do not fertilize fescue and other cool-season grasses during the summer.
- Dollar spot disease of lawns can first become visible in mid-May. Make

certain fertilizer applications have been adequate before applying a fungicide. ([EPP-7658](#))

- Seeding of warm-season grasses should be completed by the end of June (through July for improved varieties such as Riviera and Yukon to reduce winterkill losses. ([HLA-6419](#)))
- Brown patch disease of cool-season grasses can be a problem. ([HLA-6420](#))
- White grubs will soon be emerging as adult June Beetles. Watch for high populations that can indicate potential damage from later life cycle stages as grubs in the summer.

## Fruit and Nut

- Renovate overgrown strawberry beds after the last harvest. Start by setting your lawnmower on its highest setting and mow off the foliage. Next thin crowns 12-24 inches apart. Apply recommended fertilizer, preemergence herbicide if needed and keep watered. ([HLA-6214](#))

## Trees and Shrubs

- Vigorous, unwanted limbs should be removed or shortened on new trees.

Watch for forks in the main trunk and remove the least desirable trunk as soon as it is noticed. ([HLA-6415](#))

- Pine needle disease treatments are needed again in mid-June.
- Remove tree wraps during the summer to avoid potential disease and insect buildup.
- Softwood cuttings from new growth of many shrubs will root if propagated in a moist shady spot.
- Protect trees from lawnmowers and weed eaters by mulching or using protective aerated covers.

## Flowers

- Pinch back leggy annuals to encourage new growth. Fertilize and water appropriately.
- Feed established mums and other perennials.
- When picking fresh roses or removing faded ones, cut back to a leaflet facing the outside of the bush to encourage open growth and air circulation.
- Stake tall perennials before toppling winds arise.



## Common Composting Questions and the Answers

*By: David Hillock*



### **How long does it take compost to form?**

The time of completion will vary according to the type and amount of materials used, the climate, the size and type of bin or pile used, and the amount of aeration or turning of the pile. With the correct carbon to nitrogen ratio, water, and air, compost should be ready to use in 4 to 6 months. If the pile is turned more frequently, the compost should be ready more quickly. The smaller the individual pieces of material in the pile, the more surface area the microorganisms have to work on and the faster the materials will decompose. Shredding or chipping branches decreases the decomposition time.

### **When is the compost "done?"**

Compost is ready when the temperature of the pile falls to ambient levels, the material is dark, crumbles easily, pieces are small and there is no odor.

### **How can the process be sped up?**

Mixing frequently provides more air for the bacteria. Keep the material moist with soaking about once a week. Break the materials into smaller pieces.

### **What can be composted?**

- Most yard waste such as grass clippings, leaves, twigs, excess vegetation
- Non-fat containing food scraps
- Twigs or chipped branches
- Coffee grounds, tea leaves

### **What cannot be composted?**

- Large branches
- Fatty foods and grease, meats, dairy products, fish
- Bones
- Synthetic products such as plastics
- Diseased plants
- Weeds and vegetables that produce

abundant seeds

- Pet or human waste

### **Why make compost?**

- Recycle natural materials
- Reduce amount of chemical fertilizer used
- Reduce amount of material going to landfills
- Reduce landfill tipping fees for individuals or communities
- Prolong landfill life

### **What can compost be used for?**

- Improve soil structure and texture
- Increase water-holding capacity of sandy soil
- Loosen clay soil and improve drainage
- Add nutrients to improve soil fertility
- Aid erosion control
- Potting soil
- Mulch around shrubs to retain moisture

Northwest Oklahoma  
**EQUINE**  
**SYMPOSIUM**

Topics covered: equine nutrition and deworming  
*Open to youth and adults!*



**WEDNESDAY**  
**JULY 17TH, 2024 AT 6PM**

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

Call the Alfalfa (580) 596-3131 or Woods County Extension (580) 327-2786 for more information.

RSVP by July 15th, 2024.



**ALFALFA COUNTY  
EXTENSION**



**WOODS COUNTY  
EXTENSION**

# 4-H Clover Connection

## Healthy Living Ambassadors planning state summit

When saying the 4-H pledge, club members pledge their head to clearer thinking, their heart to greater loyalty, their hands to larger service and their health to better living. These are words all 4-H'ers live by, and the Oklahoma Healthy Living Ambassadors take special interest in the health aspect of 4-H.

4-H Healthy Living programs provide youth with a better understanding of how their choices can help themselves, their families and their communities, said Cathy Allen, 4-H curriculum coordinator at the State 4-H Office at Oklahoma State University.

"Eight Oklahoma 4-H Healthy Living Ambassadors traveled to Washington, D.C., earlier this spring and are planning a statewide Healthy Living Summit on Oct. 26 using the informative and valuable information they learned," Allen said. "At the Ignite by 4-H conference, the ambassadors took part in the healthy living track and attended workshops geared toward all areas of health, including physical, social and mental health. They were challenged to

return home and develop a Lead to Change project."

This fall's summit theme is HOPE (Helping Our People Excel) and geared toward 4-H'ers in 6th through 12th grades.

"The ambassadors are still in the planning process, but they're developing workshops and learning opportunities based on health statistics in Oklahoma, and their goal is to educate youth across the state about health issues and empower others to spread healthy living," Allen said. "Oklahoma ranks 36th in childhood obesity and sixth in food insecurity. In addition, suicide is the second leading cause of death among youth ages 10 to 24. One in five children struggle to cope with the challenges of mental and behavioral issues. Workshop topics will be based on addressing these needs."

Potential workshop topics include food waste, sun safety, internet safety, stress management, breathing exercises and more. The summit will also include a service-learning activity because civic engagement is a cornerstone of the 4-H philosophy.

Lydia Daniel, Healthy Living Ambassador from Washington County, said the Ignite by 4-H conference featured informative workshops and is looking forward to presenting a successful summit this fall.

"I'm so excited to bring healthy living workshops and activities to our statewide HOPE Healthy Living Summit," Daniel said. "I think we'll be able to help people excel by providing workshop ideas, training and resources to 4-H'ers for them to take back and teach in their counties," Daniel said. "I can't wait to see everyone there."

More information about the Healthy Living Summit will be available this summer.

###

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WEST DISTRICT 4-H

# DISCOVERY DAYS

JUNE 25TH, 2024

WOODWARD, OK

REGISTRATION FORMS AVAILABLE AT THE ALFALFA COUNTY EXTENSION OFFICE

DUE BY JUNE 13TH, 2024

AN OPPORTUNITY TO SEE WHAT ALL 4-H HAS TO OFFER!



# Alfalfa County 4-H Banquet



Please join us for a  
night to honor the

*4-H Achievements  
of 2023-2024*

Monday, August 5th, 2024

6 o'clock in the Evening

The Alfalfa County Fairgrounds

Exhibit Building



# ALFALFA COUNTY 4-H

## DAIRY FUN DAY

**JUNE 4TH**

At the Alfalfa

County Fairgrounds

Join us for a day full of fun and education!

**TUESDAY JUNE 4TH, 11:00AM-2:00PM**



**PRIZES**

**FOOD  
TRUCK**

**GAMES**

**MILK A COW  
BOOTH**

**BUILD-A-BARN  
WORKSHOP**

**HOMEMADE  
ICE  
CREAM**

**BUTTER  
MAKING  
COMPETITION**

**HANDS-ON EDUCATION**



# FISH & WILDLIFE Day



AT THE SALT PLAINS NATIONAL WILDLIFE REFUGE

**JUNE 5TH, 2024**

**10AM- 2PM**

RSVP BY JUNE 3RD 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 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.

# 2024 West District Culinary Contest

**JUNE 13TH**

**MAJOR CO. FAIRGROUNDS**

**Address: 808 E Highland St, Fairview, OK 73737**

**Food Showdown Contest Check in Times:**

**Juniors -9:30am & Intermediates & Seniors -1:00pm**

**CuP-cake Wars Contest Check in Times:**

**Juniors -1:30pm & Intermediates & Seniors -10:00am**

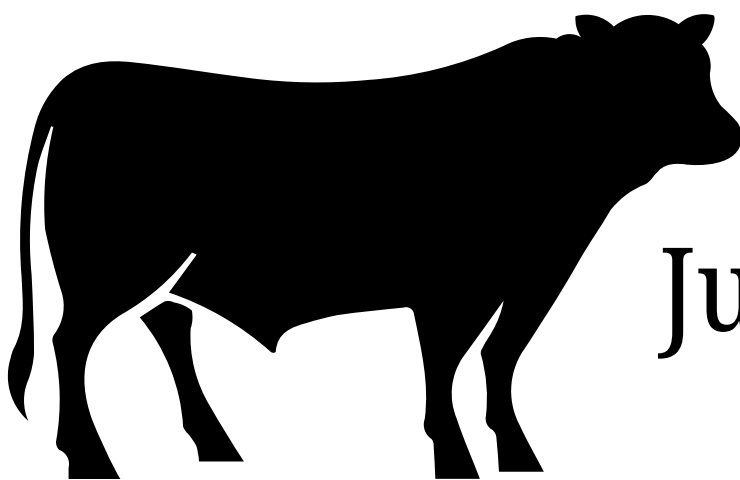
**We can send 2 junior teams, 2 intermediate teams and 2 senior teams to this contest. All entry forms need to be turned in to Alfalfa County Office and the \$25 team fee paid to Alfalfa County OSU Extension by May 30th.**

Want to learn how to grade cattle? Join us for a

Beginner 4-H



# CATTLE GRADING



# Workshop

*with Christy Snider*

June 19th, 2024

10AM-12PM

at the Alfalfa County Extension Office

RSVP by June 12th, 2024

(580)596-3131

**OPEN TO ANY 4-H MEMBER**

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



OSU EXTENSION

**ALFALFA COUNTY  
4-H YOUTH DEVELOPMENT**

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Oklahoma Volunteers



DARE

DREAM

DO

*4-H PARENT-VOLUNTEER CONFERENCE*

**Date: June 22, 2024**

**Pre-conference: June 21st**

**Location: Stillwater, OK**





LETS HAVE A

ALFALFA-BLAINE-DEWEY-MAJOR-WOODS

4-H FIESTA!



MULTI COUNTY 4-H CAMP

JUNE 26TH-28TH, 2024

AT NW BAPTIST ASSOCIATION CAMPGROUNDS- VICI, OK

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

REGISTRATON DUE TO YOUR COUNTY OFFICE BY MAY 31ST, 2024

**CAMPERS:**

ARRIVE 2:30-3PM WEDNESDAY JUNE 26TH

RELEASE 10:00AM FRIDAY JUNE 28TH

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

APPLY TO BE A CAMP COUNSELOR

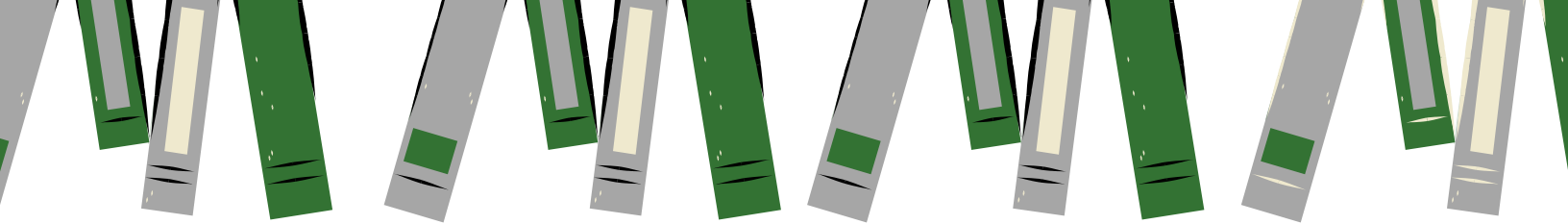
CONTACT YOUR LOCAL EXTENSION OFFICE

FOR AN APPLICATION

**REGISTER ONLINE AT [4H.ZSUITES.ORG](http://4H.ZSUITES.ORG)**

OR PICKUP AN APPLICATION AT YOUR LOCAL EXTENSION OFFICE





Alfalfa County 4-H

# RECORD BOOKS DUE JULY 1ST

Want to complete a record book but not sure how?

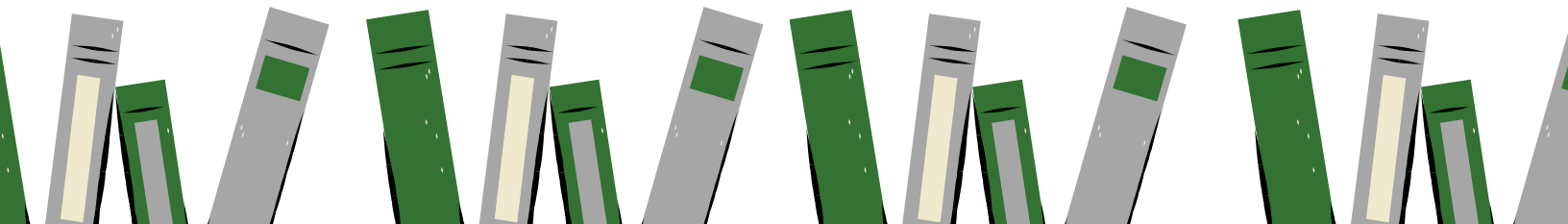
The Alfalfa County Extension office is **HAPPY** to help!


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**



Explore **4-H** 

*workshops*

**July 10th, 2024**  
**9AM-12PM**

*at the alfalfa county fairgrounds*



**\$5 registration fee includes snacks & supplies**

**RSVP by July 3rd, 2024 to the Alfalfa County Extension Office**



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

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# 4TH ANNUAL CHEROKEE COMMERCIAL CATTLE GRADING CONTEST



## & SCHOOL

FRIDAY JULY 12TH, 2024

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



# CLOVERBUD



# DAY CAMP

**July 17th, 2024**

**10am-12pm**

**at the Alfalfa County Fairgrounds**

**RSVP to the Alfalfa County Extension Office by July 10th, 2024**

**\$5 Registration fee includes snacks & supplies**



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

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# Strengthening Oklahoma Families

## Dads bring different skills to parenting

As we roll into June and celebrate the beginning of summer, it's also a time to celebrate Father's Day, the contributions fathers and father figures make to their families and their role in their children's lives.

Moms and dads each bring different and unique skills to parenting, said Angie Behrens, program coordinator for the Fatherhood Initiative with [Oklahoma State University Extension](#).

"Fathers engage kids in physical play and problem-solving skills and tasks, as well as teach skills that children need," Behrens said. "Whether fathers are custodial or noncustodial, the impact fathers have on their children's lives can't be understated."

A new program called [Strong Dads](#) is offered through OSU Extension uses the 24/7 DADS curriculum to teach fathers and father figures that their role is important in the development of their children and can result in better outcomes for their kids.

An article by Alexander Elguren for The Gottman Institute this year, says children reap a lifetime of benefits from 10 to 15 minutes of purposeful play. When dads consistently give children their undivided attention, intentional playtime can improve a child's self-confidence, social skills and emotional well-being.

"In his research, Elguren indicates a key finding that revealed regular father-child playtime early in a child's life established a pattern of involvement," she said. "However, quantity is not as important as the quality. Dads who are consistent with spending quality time with their kids, even for short amounts of time, build strong ties with their children, which in turn strengthens their relationship."

Elguren also learned it's important for mothers and mother figures to encourage dad playtime. Fathers may take cues from moms who are modeling play and emphasizing its importance. Parents must realize that unlocking play's full potential starts with making the most of purposeful playtime together.

Other research conducted indicates when fathers are involved with their children, the outcomes for the family, children and the fathers are positive. When the father or father figure is actively involved and engaged, not only are the children happier, but the fathers experience better physical and mental health.

In addition, co-parenting relationships are less strained, family ties are stronger, and children have better overall emotional and social well-being. Research also shows that children with involved fathers show more empathy, emotional security, curiosity and pro-social behavior.

"Although June 16 is the date on the calendar to celebrate fathers and father figures in our lives, every day of the week is a day for dads to spend time with their children and celebrate their presence," Behrens said. "Involved fathers truly make a difference."





OSU EXTENSION  
**FAMILY AND  
CONSUMER SCIENCES**

## BACK TO BASICS WORKSHOPS

*Brought to you by the OSU Extension Centers in Alfalfa, Blaine, Major and Woods Counties*

### *Pickle Making*

**Thursday, July 11**, 4:00-8:00pm at the  
Alfalfa County Fairgrounds in Cherokee  
RSVP by July 8th to hold your spot.



### **Sourdough Bread**

**Saturday, August 10**, 1:00-5:00pm at the  
Alfalfa County Fairgrounds in Cherokee  
RSVP by August 6th to hold your spot.



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### **Workshops are \$15.00 to attend**

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Please RSVP and pay the fee to the Alfalfa  
County Extension Office, the Monday  
prior to the workshop you plan to attend.  
More information will be available on fees  
and supplies.

**RSVP to Alfalfa County OSU Extension Office-580-596-3131 or email [egan.ferrell@okstate.edu](mailto:egan.ferrell@okstate.edu)**

*Quick & Easy*

# Fresh Summer Salsa



Recipe by Megan Ferrell, Alfalfa County OSU Extension Educator  
Family & Consumer Sciences & 4-H Youth Development

## Ingredients:

- 15 oz. can diced fire roasted tomatoes with Garlic
- 15 oz. can diced fire roasted or diced tomatoes
- 15 oz. can diced tomatoes with sweet onion
- 1/4 cup or more to taste La Cosena chipotle sauce
- 1 small -medium onion, peeled & quartered
- 1 cup cilantro
- 1 tsp. chili powder
- 1 tsp cumin powder
- 1 tsp. salt
- 1 tsp. sugar
- 2-3 tbsp. fresh lime juice

## Instructions:

Place all ingredients into a blender or food processor and puree salsa until desired consistency. For a thicker salsa, drain the tomatoes first. Refrigerate for at least an hour for best results, but you can enjoy immediately. You may want to add a smidge more salt or sugar depending on your liking.

Nutrition Facts: 12 serving!;, Calories: 64, Total fat: 3g, Sat fat: trace,  
Protein: 2g, CarbohY.drate: 10g, Fiber: 3g, Sodium: 484mg

The USDA recommends that fresh salsa be safely stored in the refrigerator after two hours. It may be stored several weeks in the refrigerator and months in the freezer. This recipe is not intended to be canned. You can make this year round because of the use of canned tomatoes. It is not safe to can your own original salsa recipe. To find salsa recipes safe for canning, visit <https://nchfp-uga.edu/how/can> or contact your local Extension office.



**ALFALFA COUNTY  
EXTENSION**





# New & Note



## Alfalfa County OHCE

### Summer Dates to Remember:

- June 12th -2:00pm -Executive Committee Meeting- Ext office
  - June 20th- OHCE State Meeting Early Registration Due
  - Lesson Training for June is canceled due to an Educator training
  - July 2nd- 9:00-11:00 -County Courthouse Tour
  - July 7-9, OKC -State OHCE Meeting
  - July 11th- Pickle Making- 4:00-8:00PM- Cherokee
  - July 13th- I Told You Sew Tour- Chester, Leave Cherokee at 9am
  - July 25th OHCE Blood Drive:-11:00-6:00pm- Exhibit Building
  - July 26 @ 2:00pm- August Lesson- "ABC's of Vitamins"
  - August 5th- 4-H Achievement Banquet
  - August 5th-1:00-5:00pm- Sourdough Bread- Cherokee
  - August 13th 1:00-4:00pm-Mini Barn Quilts- Cherokee
  - August 21st 9:30-4:00pm- Barn Quilt Class-\$40- Cherokee
  - Sept. 3rd at 2:30pm- Fair Superintendents/Assistants meeting
  - September 4th-6th- Alfalfa County Fair
- 