



## STRENGTHENING OKLAHOMA FAMILIES

### Family and Consumer Science News

#### Pumpkin offers more than traditional pumpkin spice



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 OSU 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."

There are many ways to add this fall favorite into a healthy diet. Add some 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 a 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. Of course, dessert always is the part of the meal everyone looks forward to, pumpkin cheese pie is a great option for cheesecake lovers."

"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.

#### Dewey County Extension Office

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Jean Bailey, county educator -  
OSU Cooperative Extension Service

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# County OHCE News

## County Fall Association Meeting

The Dewey County Fall Association Meeting will be held on Saturday, October 16th. Camargo OHCE club will be hosting the meeting at the South Canadian Neighbors Community Center in Camargo. The meeting will begin at 4:00 P.M.

Each OHCE club may bring two door prizes. Everyone is invited to bring a friend and finger foods to share. Be sure to come join the fun.



## 2022 Lessons

Enclosed is a list of lesson ideas for the 2022 year. Members may circle their top ten choices and return the form to the extension office by October 22nd. Also, write in any workshop topics you would like to see offered in the coming year.

## 2022 Membership Forms

The 2022 membership forms are also enclosed. Each member needs to complete a form and turn it in to your club president or the county extension office by October 22nd. The membership list and dues is due to the state treasurer by November 1st.

## Quilt Block Challenge

Congratulations to the winners of the Dewey County OHCE Quilt Block Challenge. There were a total of twenty-six quilt blocks submitted in time for the fair. The blocks were displayed at the fair where people could vote on their favorite block. Votes were cast by putting money in the quilt blocks cup.

First place went to Linda Meyer. Second place was Elizabeth Jones. Doris Oakes and Linda McCracken tied for third place. I heard many positive comments on all of the quilt blocks. Each one was different but they were all well done. Some of the Fun Times members made four additional blocks. So the thirty blocks are ready to be put together into a quilt. The quilt will be raffled (or auctioned) during the spring livestock show. I am excited to see the finished quilt.



1<sup>st</sup> - Linda Meyer



2<sup>nd</sup> - Elizabeth Jones



3<sup>rd</sup> - Doris Oakes



3<sup>rd</sup> - Linda McCracken

## Coming—March 26, 2022

The West District—North Region OHCE meeting will be held at the Woodward fairgrounds on March 26, 2022. Dewey County will be co-hosting the event, with Ellis and Woodward counties. We will need “all hands on deck” to have a successful meeting. And, you won’t want to miss this opportunity. Be watching for additional details from your club president and the bi-monthly newsletters.

# Five Deer Resistant Plants

Casey Hentges, Host, Oklahoma Gardening  
Laura Payne, Assistant Producer, Oklahoma Gardening

Are you finding your landscape chewed up and destroyed like it was the salad bar at the end of the lunch period? If so, then you might find yourself going to great lengths to keep deer away from your garden. Since several control methods are expensive or unreliable planting plants that deer do not like to eat might be a better option.

Disclaimer, there is no such thing as a true deer-resistant plant. Environmental conditions and deer populations may entice deer to eat plants they don't generally find palatable. Also, sometimes deer just like the tender new growth on a plant. In general, deer do not like plants with strong smells. Therefore, you may have success planting lantana, chives, mint, and other strong-smelling herbs around those plants you've noticed the deer prefer.



Here are five plants touted to be deer resistant:

Aphrodite Sweetshrub, *Calycanthus floridus 'Aphrodite'* – This shrub catches your attention when in bloom but will not attract the attention of the deer. Sweetshrub has sweet apple-like fragrant blooms that almost look like a rose-colored magnolia. The flowers are long lasting and can be dried for potpourri. The leaves, seed pods and bark also have a spicy scent when crushed. While it does prefer rich loamy soil, it can tolerate clay soils. Planted in full sun it can reach 4-6 feet tall, and it can tolerate shady locations but may become leggy.

Spirea, *Spiraea*, spp. – There are so many fabulous spirea. Some bloom in the spring, such as the bridal wreath spirea and some bloom in the summer. The flowers bloom in shades of pink, red, white; while their leaves can be narrow or broad like a birch leaf in shades of green, blue and chartreuse. Some spirea's have exceptional fall color. With all these factors to consider when selecting which variety to choose, you also want to note the mature size of the plant. Some spirea grow a couple of feet tall and stay more compact, while others can reach several feet in height and become a large shrub.

Ornamental Grasses – While we may think deer like to eat grass, there are several ornamental grasses that deer will leave alone. The list includes Lemon grass, Pink Muhly, Ravenna, and Switch grass.

Beebalm, *Monarda didyma* – To add a little more color into your garden, nothing will signal the deer to stop like the scarlet bee balm. This plant will act like a giant green light to more desirable wildlife like hummingbirds and butterflies with its tubular, bright red and pink flowers. Often when trying to attract hummingbirds and butterflies, you will also attract bees to this plant, but don't worry, the crushed-up leaves have been used to soothe bee stings, hence the common name Beebalm.

Goldenrod, *Solidago* spp. – Another plant that is resistant to deer and will extend nectar to your pollinators is the Goldenrod. This plant will bloom beautiful yellow flowers late summer into fall. There are several cultivars on the market that grow shorter than the native solidago. The native Solidago blooms the same time as ragweed and is often incorrectly identified and blamed for the ragweed allergy symptoms. It is tolerant of a range of soils including our Oklahoma clay soil but prefers full sun. If you have a wetter site, *Solidago rugosa* may be more appropriate and if you have a drier site, you might look for *Solidago speciosa*.

For more information: <http://extension.uga.edu/publications/detail.cfm?number=C985>



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October 7	Camaro meeting	October 12	SCH Meeting	October 16	County Meeting
October lesson: Root Vegetables					
November 4	Holiday Shortcuts	November 9	Camaro meeting	November 14	SCH meeting
December (no lesson)		December 2	Camaro meeting	December 14	SCH meeting

## Dewey County OHCe CALENDAR - -

OKLAHOMA HOME & COMMUNITY EDUCATION  
partner with local and state wide  
which brings the best knowledge from  
OSU to its members. Join a local OHCe  
group and enjoy programs that help  
make Oklahomans be their best.  
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FAMILY & CONSUMER SCIENCES  
communities, families, youth and individuals  
address issues of health, well-being through re-  
search-based Extension education and  
programs that are proven to work.

Extension Office Use Only  
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Oklahoma Home and Community Education  
County Membership Form  
Return membership form with dues to county OHCE Treasurer.

**MEMBER INFORMATION**

Date: \_\_\_\_\_ New Member:  or Renewal:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Send Outreach Newsletter by email: YES

Group name: \_\_\_\_\_ Member since: \_\_\_\_\_

Email: \_\_\_\_\_ County: \_\_\_\_\_

**VOLUNTARY INFORMATION REQUEST (Equal Opportunity Information Request-you are not required to answer any of these questions.)**

Age Range: 19 years & under ; 20-34 ; 35-44 ; 45-64 ; 65-79 ; 80& over

Gender: Female ; Male

Ethnicity Hispanic/Latino: Yes ; No

Race (Select one or more):

White

Black/African American

American Indian/Alaska Native

Hawaiian/Pacific Islander

Asian

Member Signature: \_\_\_\_\_

County Use Only Below this Point

How much toilet paper does a household need?

- Power outage preparedness
- Food shortage preparedness (amount of food per person to store)
- Best way to store quantities of different foods
- What and how to fix food with just staples or with no power
- Prepare for extended shortage or lack of power; rolling black outs; extended cold temperatures

Tips to reduce food waste

- Freezing left overs
- How to freeze different foods / vacuum sealers
- Cooking for 1 or 2

Advocating for your loved one – patients' rights in hospitals and nursing homes

Winding down – ideas on how to relax; massage; sauna; music; etc.

No sew gnomes

Cakes: Bundt cakes, Tres leches cake

Pick a Pocket Purse

Outdoor Holiday décor using clay pots

Macramé items

Upcycling windchimes

Refurbished items - repurposed items using doilies or hankies

Decorated faux pumpkins

Protein balls

Crock pot cooking

Partially homemade food items / practically homemade

Changing your countertops – New products to update your home

How to grow tomatoes locally

Coffee time – about all the coffee drinks there are out there

Let's talk dirt - soil and amendments to make to the soil

Native plants - what grows out here in our neck of the woods

Seasonal wreaths

Rollin in the sour dough

Meals in a jar

Squash

Gun safety for women

Quick bread

Mindful eating

Promoting diversity and inclusion

Immunizations and vaccines: benefits, risks, and effectiveness

Steps to a healthy gut

Education to caregivers on services available to loved ones with dementia

What is normal aging

Active listening for effective communication

District lesson: Sharing family and history through food

State lesson: Attracting pollinators to your butterfly garden