

## STRENGTHENING OKLAHOMA FAMILIES

### Family and Consumer Science News

#### “Oklahoma Gardening” begins new season on Feb. 11

While much of Oklahoma has dealt with freezing temperatures and slick roads the past several weeks, the crew with OSU Agriculture’s television show “Oklahoma Gardening” has been busy preparing for the upcoming season set to premiere Feb. 11 on OETA.

What’s in store for this season? Show host Casey Hentges said in addition to traditional how-to segments, she will debut a series on garden construction and focus on what’s happening at the new OSU student farm with monthly updates.

“We saw a big spike in the interest in gardening over the last three years due to the pandemic, and we’re still seeing those effects at the grocery store,” said Hentges, who is also an OSU Extension associate specialist for horticulture and landscape architecture. “We’re going to look at being more self-reliant and show-case food options other than going to the grocery store.”

Transplants are already growing in the greenhouse for use later in the show. Traditional crops will still be covered, and Hentges will highlight international crops as well as those used in making alcoholic beverages, such as grapes.

Hentges plans to demonstrate a more natural approach to landscaping. She said people always appreciate the beauty of English cottage gardens or Japanese gardens, but they aren’t naturally occurring in Oklahoma.

“Rather than trying to force a particular type of garden, people are gaining a greater appreciation for a more natural approach,” she said. “Prairie gardening has become more popular as people accept it as its own sort of style, and it makes sense in Oklahoma. Gardeners are more aware of the need for planting native plants and creating an ecosystem as opposed to gardening for aesthetics only, so we’ll be addressing the environmental concerns of the butterflies, bees and other pollinators.”

Hentges is in her eighth season of hosting the show and is always looking for new and creative ways to keep “Oklahoma Gardening” fresh for both seasoned and novice gardeners. Viewers buying their first home are looking for landscape and gardening advice, and the next generation of gardeners wants to learn more because they want to follow in their grandparents’ footsteps.

“There’s always someone who is hearing this information for the first time, so the show offers information for them, while at the same time going into greater depth on some subjects for the more advanced gardeners,” she said.

Jessica Riggan, OSU Extension director in Lincoln County, will return for her second season presenting cooking segments and sharing recipes. She will continue her focus on fruit and vegetable consumption and will incorporate some of the lesser-known options available.

“Oklahoma Gardening” airs every Saturday morning at 11 a.m. and Sunday afternoons at 3 p.m. on local OETA-TV channels across the state. Viewers who are unable to watch on television can subscribe to the “Oklahoma Gardening” YouTube channel to see full shows or search for specific segments.

Check out the “Oklahoma Gardening” website for video clips, links to gardening resources, featured recipes and more. “Oklahoma Gardening” can also be found on Facebook, Twitter and Instagram.



#### Dewey County Extension Office

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# Dewey County OHCE Notes -



## Dewey County Spring Association Meeting

Sunday, April 16, 2023

Dewey County OHCE spring association meeting is scheduled for Sunday, April 16, 2023. This is one of three times when all OHCE members in the county get together each year, for fun fellowship, yummy food, a short business meeting, an inspiring program and lots of laughter. Mark your calendars and plan to attend; you don't want to miss the fun.

Seiling Community Homemakers will host the meeting. Fun Times will provide entertainment or a game; Camargo will provide a devotion and/or mixer. The county extension office will provide the educational program.



## Dewey County OHCE Quilt

The county OHCE quilt is finished and it turned out beautifully. Each club has received information on the raffle. The drawing will be on April 16, 2023 during the county OHCE spring association meeting. We need everyone's help on this project to raise money for the county scholarship fund.

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## Apricot Blue Cheese Spread

The apricot blue cheese spread is perfect on celery, but can also be served with any vegetables or crackers.

### Ingredients

2 Tablespoons crumbled blue cheese

1/2 cup plain fat-free yogurt

1/4 cup dried dates

8 stalks celery cut into 3 to 4 inch sticks

3 Tablespoons fat-free cream cheese

1/4 cup dried apricots

1/4 cup chopped pecans or sunflower seeds

### Directions

Using a food processor: place all ingredients in a food processor. Pulse until fruit and nuts or seeds are chopped. Refrigerate spread until ready to use. Fill celery sticks with spread and serve.

Without a food processor: Chop apricots and dates. Mix blue cheese, cream cheese, and yogurt by hand or with a hand mixer until smooth. Stir in chopped fruit and nuts or seeds. Refrigerate spread until ready to use. Fill Celery sticks with spread and serve.

Servings per recipe 4. Nutrition facts - per serving

Total fat: 7g, (11% Daily Value); Saturated Fat: 2g; Cholesterol: 6mg; Sodium 208mg, (9% Daily Value); Carbohydrate: 20g, (7% Daily Value); Dietary Fiber: 3g; Protein: 6g, 11% Daily Value; Vitamin A 17%; Vitamin C 10%; Calcium 14%; Iron 6%.

Source: <https://extension.okstate.edu/programs/oklahoma-gardening/recipes/apricot-blue-cheese-spread.html>

## Soil Testing...the Right First Step by *David Hillock*

We all appreciate thick green lawns and lush productive gardens around the home. After all, attractive lawns and gardens add to both the aesthetic value and real value of our homes.

To achieve a high level of lawn quality and garden productivity, it is necessary to add fertilizer on a timely basis. When lawns and gardens don't receive the amount of fertilizer that they need, they never achieve the quality or productivity we anticipate. When too much fertilizer is applied, nutrients are wasted and pose a threat to the environment.

The true value of a soil test is to help ensure that only needed nutrients are added in quantities which don't adversely affect environmental quality.

The best time to test the soil is during a time when plants aren't growing, although any time of year is satisfactory. In any case it is better to have the soil tested rather than guess which fertilizers to use and how much to apply. To make sure the test is accurate, sample the soil before fertilizer has been applied and follow proper collection procedures.

A soil test is only as good as the sample submitted for testing. Samples collected should represent the lawn or garden as a whole. The following steps will help in collecting good samples for submission.

- Scrape plant debris from the soil surface before sampling.
- Sample lawns to a depth of 3-4". Sample gardens to a 6" depth.
- Use a clean bucket or other container and a soil probe or spade; collect cores or slices of soil from at least 15 different areas scattered throughout the lawn or garden and mix them together in the container.
- Mix soil thoroughly and fill the sample bag (bag can be obtained from your OSU County Extension Office) with a pint of the mixture.

Submit samples and completed information sheet to your OSU County Extension Office. They will send samples into the OSU Soil, Water, and Forage Laboratory for testing and then help you interpret the results.

Soil testing doesn't need to be every year, every three years is often sufficient for most home gardens. The benefits of soil testing are many – it takes advantage of nutrients already in the soil, identifies nutrients that are lacking, reduces fertilizer applications, provides a proper balance of plant nutrients, allows adjustment of soil pH to an optimum level, and reduces chances of excess nutrients getting into the water sources.

For more information about soil testing contact your OSU County Extension Office or pick up the leaflet [L-249](#) – Soil Testing...the First Right Step.

## Starting Seeds Indoors

*David Hillock*



Many gardeners choose to start their own seeds at home, rather than purchasing transplants. The advantages include savings in cost, and the availability of a much wider selection of cultivars. You can also time seed sowing according to your expected planting date so that transplants are ready when you need them. Of course, planting seeds and tending seedlings is also a great way to spend a winter day.

You can start seeds in flats purchased from a plant supply company or garden center, you can use expandable peat pots, or you can use a variety of household items. When selecting a container to start your seeds, consider drainage. You do not want water sitting in the bottom of the container. You also want to make sure the container holds enough media that it will not dry out too quickly and will have plenty of room for roots to develop.

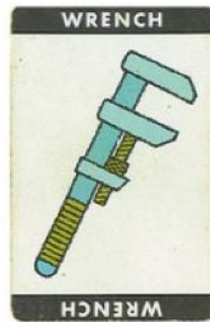
The potting media you use is also important. Often you can find a media labeled specifically for seeding. Look for media with both good drainage and high water-holding capacity. These things seem contradictory, but you want your soil to hold adequate moisture for seeds to germinate without drying out too quickly, but you also want excess water to freely drain from the medium.

Light is often a limiting factor with starting seeds indoors. To produce hardy seedlings, you need 12 to 14 hours of light per day. Natural lighting is generally not enough. Supplement natural light using a shop light with alternating cool- and warm-white fluorescent bulbs or specially made grow lights.

To plant the seeds, sow in rows 2 to 3 inches apart. Use a fairly tight spacing within the row. As a rule, sow seeds to a depth of approximately 3 times the diameter of the seed. Most seeds will germinate well at a temperature around 70-degrees F held constant during day and night. After germination, temperatures can be lowered according to the type of plant you are growing. Refer to OCES Fact Sheet [HLA-6020](#) – Growing Vegetable Transplants for ideal growing temperatures. For many tomatoes, a day temperature between 70- and 80-degrees F and a night temperature between 60- and 65-degrees F is ideal.

Managing water in seed trays can be tricky. Over-watering is a common problem. The seeds do not use much water until they have germinated, and seedlings are actively growing. However, the seeds need moisture to germinate. Misting the soil until it is thoroughly damp is a good way to provide moisture. Then, cover the seed tray loosely with plastic, checking soil moisture periodically. Remove the plastic once you see seedlings emerge.

# West District OHCE Meeting (North Region) “GET A CLUE WITH OHCE”



Host Counties:

Alfalfa, Garfield, Grant & Woods

**SATURDAY**  
**MARCH 25, 2023**

**NWOSU Campus**  
**(Easy Access & Handicap Accessible)**  
**2929 E. Randolph - Enid**

**MEETING REGISTRATION: \$25 DUE IN COUNTY OFFICE BY  
FEBRUARY 24, 2023**

LATE REGISTRATION: \$30 – NO LUNCH GUARANTEED

**SEND TO:**

**DEWEY COUNTY EXTENSION OFFICE OR LINDA SANER**

**SATURDAY ~ MARCH 25TH ~ 8:30 A.M.**

## HIGHLIGHTS

- ❖ Registration/Refreshments
- ❖ Business Meeting/Awards
- ❖ State OHCE Business Report
- ❖ State Conference Update
- ❖ President's Message
- ❖ Numerous OHCE State Committee Sessions in the morning!
- ❖ Door Prize Winners Announced

## WORKSHOPS

- Cookie Decorating
- Drug Awareness
- Eating Healthy with Rising Costs
- Help! Bugs Are Eating My Garden
- History of Aprons
- Napkin Folding
- Spring Holiday Canvas Painting
- Succulents
- Value Added Products – What & Beef



## DESIGNATED CONFERENCE HOTEL

**\$98/NIGHT**

**GLO BEST WESTERN**  
**123 W. MAINE STREET, ENID**  
**(580) 540-4172 - ROOM BLOCK: OHCE**  
**RESERVE YOUR ROOM BY MARCH 1, 2023**

# **DEWEY COUNTY STOCKSHOW 2023 PROGRAM**

## **Saturday, February 11**

**5:00-8:00 PM      Goat & Sheep weigh in**

## **Sunday, February 12**

**7:00-8:00 AM      Finish goat & sheep weigh in**

**8:00-8:30          Classify Sheep**

**8:30-9:00          Doe Fitting Contest**

**11:00 AM          Church service - Ray Perryman**

**Followed by complimentary lunch served until 1:30**

**1:00 PM            Lamb Lead Contest**

**2:30 PM            Goat show**

**Sheep show**

**GOATS AND SHEEP RELEASED AFTER SHEEP SHOW**

**5:00-8:00 PM      Swine weigh in**

## **Monday, February 13**

**7:00-8:00 AM      Complete swine weigh in**

**9:00 AM            4-H food show**

**10:00 AM          Swine show**

**SWINE RELEASED AFTER SWINE SHOW**

**5:00-8:00 PM      Check in heifer papers**

**Cattle weigh in**

**6:30 PM            Cattle fitting contest**

## **TUESDAY, February 14**

**7:00-8:00 AM      Complete cattle weigh in**

**9:00 AM            Heifer show**

**Prospect steer show**

**Market steer show**

**5:00 PM            Exhibitors, parents, and supporters' banquet**

**6:30 PM            Presentation of awards**

**Premium auction**

## Friendship, love and kindness for children

It's all about love in the month of February. Valentine's Day, Make a Friend Day and Random Acts of Kindness Day are all celebrated this month. These special days on the calendar are positive and upbeat celebrations of loving and caring for our families, friends and communities.

In spite of so much love and light found in these celebrations, February is also a cold and dreary month. On Feb. 1, Oklahomans will get only 10.5 hours of sunlight compared to just over 14.5 hours on June 21. What can parents do to keep themselves and their children from dealing with the "winter blues?"

"In addition to making sure children continue to eat nutritious meals and get lots of physical activity during the winter, parents need to make sure children have opportunities to spend quality time playing with their friends, said Laura Hubbs-Tait, OSU parenting specialist. "Recent research on adolescents emphasizes the importance of close friendships for teens' mental health and earlier research demonstrated the importance of friends for children."

Hubbs-Tait and Eileen Kerrigan, a recent graduate of the marriage and family therapy master's program in OSU's Department of Human Development and Family Science, have recently completed several fact sheets to help parents guide their children in making friends and helping teens with anxiety.



"Children with supportive friends enjoy school more, are more altruistic and suffer fewer negative consequences if they do experience bullying. They also adjust more positively to transitions – for example, when moving from elementary to middle school," said Hubbs-Tait.

Kerrigan said there are specific things parents can do starting when children are toddlers to help them be more likely to have friends and to develop friendships they can rely on during times of stress, such as staying inside for longer periods of time during the winter.

"The first way parents can help children develop good friendship skills is to practice emotion coaching," Kerrigan said. "This includes listening and accepting children's feelings and labeling and confirming them." Acknowledging feelings is vital. Hubbs-Tait said showing children that you've listened to them and accepted their feelings is important.

"When a child's voice sounds sad, ask them if they're feeling sad. This gives the child a label they can apply to their feelings," she said. "As a parent, you can then ask them if a hug would make them feel better. Being able to say, 'I'm mad' or 'I'm sad' is essential to a child's ability to be a good friend."

Help your child develop calming techniques such as taking deep breaths or counting slowly. Kerrigan said this helps children learn to control their feelings and is a good emotion coaching routine.

"This can help them relax and talk about why they're mad, sad or overexcited," she said. "Older children may still need to be reminded to take deep breaths, but parents also need to encourage positive self-talk."

"When your teen comes home from school saying they're upset because they're being rejected from joining groups at school, using positive self-talk can make a big difference," Hubbs-Tait said. "Tell them they are a good friend and encourage them to tell themselves 'I am a good friend and I need to ask them why they're mad and what I can do to help.'"

Social skills developed and used at home may not work with neighborhood children or classmates. Kerrigan said children should use the "pause and take a breath" routine before asking to join the group.

"Children may need to observe quietly and understand what the others are doing before asking to join the activity. Then, do something related to that activity," she said. "For example, if the group is playing softball and no one is gathering up foul balls, go get the balls and bring them to the catcher or toss them to the pitcher."

Something else Kerrigan said to keep in mind is avoid the don'ts – don't criticize, don't interrupt, don't try to change the rules and don't force yourself into the group. Instead – be patient. Do something fun on your own and when other children come to see what you're doing, invite them to join you.

If a child or teen may harm themselves or a parent is unsure about whether a child is suicidal and what they should do, or needs immediate support, the American Academy of Pediatrics says call the 988 Suicide & Crisis Lifeline or text TALK to 741741. Trained lifeline staff will help parents or caregivers figure out immediate steps to protect the child.



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## Dewey OHCE CALENDAR - -

### February lesson - chair exercises

Feb. 2 Camargo meeting  
 Feb. 14 SCH meeting  
 Feb. 24 deadline to turn district meeting registration in at county office.

Feb. 11-14 County Spring Livestock Show

### March lesson - Butterfly Gardens

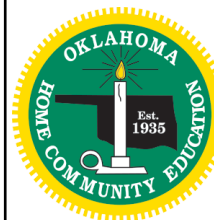
Mar. 9 Camargo meeting  
 Mar. 14 SCH meeting  
 Mar. 25 District meeting

### Mark your calendar!

April 16 County Spring Association Meeting

Fun Times OHCE meets every Tuesday and Friday morning at 9:00 at the senior center in Seiling.

*Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.*



*Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension 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.*

[www.OHCE.okstate.edu](http://www.OHCE.okstate.edu)