



**EXTENSION**

# Grant County Roundup

May 2022



## 4-H'ers converge on State Capitol

By Trisha Gedon

STILLWATER, Okla. – For the first time since 2019, the halls of the Oklahoma State Capitol were filled green on April 12 as more than 100 4-H'ers from across the state, as well as Langston University, took part in the 23rd annual State 4-H Day at the Capitol.

“It was such an amazing day for our youth to have this opportunity to meet with our state legislators,” said Steve Beck, state 4-H program leader for the Oklahoma 4-H Youth Development program. “I think our club members and our state senators and representatives appreciate this opportunity to come together and learn from one another. The kids got to tell their 4-H story and the state leaders were able to share about the legislative process.”

A proclamation declaring April 12 as 4-H Day at the Capitol was read in both the House of Representatives and the Senate. Elizabeth Chambers, state 4-H president, and Makayla Gilbert, Langston 4-H'er, addressed Oklahoma's senators on the Senate floor.

“It was great being back in the State Capitol so our club members could have this hands-on learning opportunity, as well as to show our state leaders the wonderful things our youth are doing in all 77 counties across the state,” said Cathleen Taylor, state leadership and civic engagement specialist with the state 4-H office at Oklahoma State University.

### County Extension Office

#### Address

112 E. Guthrie, Room 301  
Medford, OK 73759

#### Phone

580-395-2134

#### Email

**Cheyenne Gaff**  
cheyenne.gaff@okstate.edu

#### Kateena Roberts

kateena.roberts@okstate.edu

#### Eric Terrell

eric.terrell@okstate.edu

#### Website

<https://extension.okstate.edu/county/grant/>

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# May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 OHCE Goodwill and Quilters 	4	5	6	7 District Trap shoot Enid
8	9	10	11	12	13	14
15	16	17	18	19 Culinary Contest Entry DUE	20	21
22	23	24	25	26	27	28
29	30	31				



**EXTENSION**

May 3 - OHCE Goodwill 1-3p  
Senior Center, Wakita

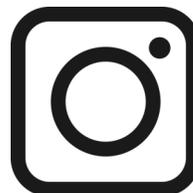
May 7 - District Trap Shoot  
Grand National Gun Club  
Enid, OK

May 3 - OHCE Quilters 5-7p  
Expo Center, Pond Creek

May 19— 4-H Culinary Contest  
Entries Due

May 3 - Cloverbud Meeting  
6:30-7:30p, Expo Center  
Pond Creek

## FOLLOW US ON SOCIAL MEDIA



### May is Mental Health Awareness Month

The spring season is in full swing, bringing proms, graduations and other celebrations. It's also a time to focus on mental health since May is Mental Health Awareness Month. Rachel Morse, Oklahoma State University Extension's youth mental health specialist with the Oklahoma 4-H Youth Development program, said now is a time for mental health awareness organizations and nonprofits to address child and adolescent mental health problems and look for ways to reduce the stigma often associated with mental health.

"Young people today have a lot of stressors in their lives. They often turn to parents, friends and other trusted adults for guidance on reducing anxiety and feeling whole," Morse said.

"Conversations around mental health can be held at any age and there are numerous mindfulness practices that promote conversation, awareness and reduce stress."

So, what is mindfulness? It's the basic human ability to be fully present, aware of where you are and what you're doing, and not being overly reactive or overwhelmed by what's going on around you. Morse said mindfulness is a quality of what every human being already possesses – you just have to learn how to access it.

"Mindfulness activities can include a lot of different things, including meditation, yoga, creating a glitter jar, taking a walk through the neighborhood or even doing something creative like crafting or coloring," she said.

To help bring understanding to mindfulness, Morse suggest going on a five senses scavenger hunt. To start, recall what the five senses are – sight, hearing, smell, taste and touch. Using your senses, look for the following things:

- Something that makes a crunch sound
- Something that tastes sour
- Something that smells good

- Something that is smooth
- Find three of the same things
- Something that smells bad
- Something that has a sweet taste
- Something loud
- Something long
- Something soft
- Something colorful
- Something quiet
- Something rough

This activity can be done alone or in a group and can be done inside or outdoors. Once this activity is complete, take time to notice how you feel afterwards. Are you more relaxed? Become aware of your breathing and how your body feels. Was it easy or hard to focus on looking for the items on the list?

"An important part of mental health awareness is knowing there is support, resources and people to help you through your hard times, no matter your age," Morse said. "Oklahoma features statewide hotlines for those seeking help and treatment."

Reachout Helpline: 800-522-9054 This program is through the Oklahoma Department of Mental Health.

Youth Crisis Mobile Response: 833-885-CARE (2273) This response line is for people under the age of 24 in behavioral, emotional, physical, social or school crisis and available 24 hours per day.

"Remember, mental health IS health and taking care of yourself is a priority," Morse said.

## Show Swine Testing Dates

Rod Hall, DVM | State Veterinarian

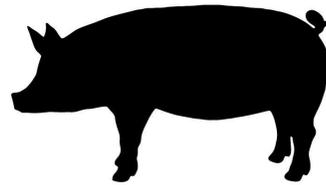
Oklahoma Department of Agriculture, Food and Forestry

I wanted to remind everyone that the time to test show swine for the summer jackpots leading up to the County and State Fairs begins June 1. I know a lot of you had problems getting electronic 840 tags to use last December, so please be proactive and make sure you either have enough tags for this show season or that you take action to get tags in.

Last fall due to supply chain issues, tags were back ordered for several months. I suspect there are still

issue so please do what you have to do (short of armed robbery) to make sure you have tags to use.

As a reminder, all show pigs in Oklahoma have to be tested for Pseudorabies and Brucellosis and identified with an electronic 840 tag at the time of testing. One test after June 1 allows the pig to show through Tulsa State Fair with no further testing.

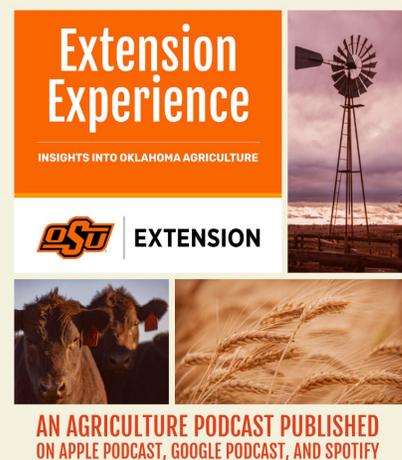


[Check out the latest episode](#) of the Extension Experience Podcast where we interview Carla Smith, Pottawatomie County OSU Horticulture Educator about summer vegetable gardening and planting to increase pollinators.

Click the link above to listen on our blog or access the episode via Spotify, Apple Podcast, or Google Podcast apps.

Find the Extension Experience Podcast on [Facebook](#) where you can like or share our podcast post. Access to past episodes can be found on our [Spotlight](#) page.

The Extension Experience Podcast Team  
Josh Bushong, Trent Milacek, & Dana Zook



# 4H ROUNDUP



## 4-H A Universe of Endless Possibilities

### Cathy Allen and Kelly Wardlaw

Registration materials for the 101st State 4-H Roundup will be available on the [Oklahoma 4-H webpage](#) May 1. Roundup will be held July 27-29. The cost of Roundup will be \$150 per person.

Counties can also choose to participate in the optional County Night Out Tuesday, July 26 for \$26.50 per person.

Roundup delegates will have the opportunity to choose from a variety of workshops, contests and educational tours.

**ALL Registration Due to Grant County Extension Office by June 9th by 4pm**

## GARDEN TIPS FOR MAY!

David Hillock, Consumer Horticulturist

### Trees and Shrubs

- Prune and feed azaleas immediately after blooming. · Insect Alert: (EPP-7306)
- \* Bagworms on juniper and arborvitae. (Late May)
- \* Elm leaf beetles and larvae on elms. (Late May)
- \* Mimosa webworms on mimosa and honeylocust.
- \* Lace bugs on sycamore, pyracantha, and azalea.
- Soak new transplants and newly planted trees unless rainfall is abundant.
- Pine needle disease treatments are needed in mid-May.

### Turfgrass

- Cool-season lawns can be fertilized again. If you did not fertilize cool-season grasses in March and April, do so now. · Warm-season lawns may be fertilized again in May. (HLA-6420)
- Seeding of warm-season grasses such as bermudagrass, buffalograss, zoysiagrass and centipedegrass is best performed in mid-May through the end of June. The soil temperatures are warm enough for germination and adequate growing season is present to promote winter hardiness.
- Dollar spot disease of lawns can first become visible in mid-May. Make certain fertilizer applications have been adequate before ever applying a fungicide. (EPP-7658)
- Nutsedge plants become visible during this month. Post-emergent treatments are best applied for the first time this month. Make certain warm-season grasses have completed green-up. (HLA-6421)
- The second application of pre-emergent annual grass herbicides can be applied in late-May or early June, depending upon timing of first application. Check label for details. (HLA-6421). · Vegetative establishment of warm-season grasses can continue. (HLA-6419)

### Flowers

- Annual bedding plants can be set out for summer color.
- Plant summer bulbs such as cannas, dahlias, elephant ear, caladiums, and gladiolus.
- Shake a leaf over white paper to look for spider mites. If the tiny specks begin to crawl, mites are present.
- Shake a leaf over white paper to look for spider mites. If the tiny specks begin to crawl, mites are present.

### Water Gardens

- Clean out water garden and prepare for season. Divide and repot water garden plants.
- Begin feeding fish when water temperatures are over 50°F.

### Fruits and Vegetables

- Plant watermelon, cantaloupe, cucumber, eggplant, okra, sweet potatoes, etc.
- Fruit spray programs should be faithfully continued during the next several weeks. (HLA-7319).
- Late May is the best time to control borers in the orchard. Check for label recommendations and controls.



## Managing Pastures with High Fertilizer Prices and Drought

Paul Beck, Oklahoma State University Extension  
Beef Cattle Nutrition Specialist

Prices for DAP, urea, anhydrous ammonia and UAN have all reached all time high prices. The cost per pound of actual N is over \$1.13/pound for urea and 32% UAN. Last year we were complaining about the increasing cost of fertilizer, and it was only about half the cost it is now.

- Fertilization increases water use efficiency, this may be important in drier than normal conditions, but the high prices still has fertilization out of reach for most production systems.
- Each pound of actual nitrogen applied will add 30 to 40 pounds of forage production per acre in bermudagrass and Old World Bluestem pastures and hay meadows. The added forage production will cost about 3 to 4¢/pound at the current fertilizer prices, or about \$60 to 80 per ton of increased hay production per acre.
- For stocker steers, we can get an extra 1.5 to 2 pounds of gain for each pound of nitrogen, so the cost of that added gain would be around \$0.55 to \$0.75/pound.
- In cow-calf operations, a calf value to N cost ratio of 2.5 would indicate fertilization is potentially profitable. A weaned calf would need to bring \$2.87 per pound for fertilization to be profitable.

What should you do if you cannot afford fertilizer?

You have 2 choices, 1) apply fertilizer at a targeted rate or 2) don't apply any fertilizer.

In either case, you will need to improve management.

If a producer does not normally fertilize pastures and/or hay fields, then there is little consequence of not fertilizing since his stocking rate should already

be matched to the natural productivity of the land. However, if the producer has been fertilizing pastures to support his livestock operation, then cutting back fertilizer will require improved management to increase the utilization of the forage and to allow enough rest between grazing cycles for the grass to remain healthy. Also the fertilizer that is applied must be targeted to specific times of the year at rates that match livestock need to prevent excess forage growth and waste of fertilizer value.

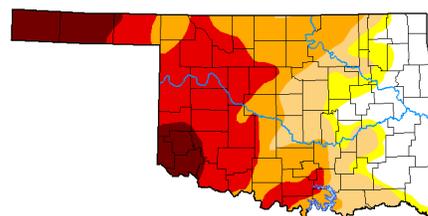
For each ton of hay removed from a field about 30 to 40 pounds of nitrogen, 14 pounds of phosphorus, and 45 to 50 pounds of potassium are being removed. When cattle graze or are fed hay most of the nitrogen, phosphorus, and potassium are returned to the pasture in excreta. So, improved grazing distribution of grazing and hay feeding will improve the distribution of recycled nutrients.

Weed control increases forage production. For each pound of broadleaf weed production, we see grass production decrease by at least a pound. Controlling weeds is therefore even more important in drought and high fertilizer situations.

In summary, with high fertilizer prices we need to improve forage management, cull the cowherd to reduce stocking rates, practice weed control, and consider seeding legumes in the fall to help out next spring.

U.S. Drought Monitor  
**Oklahoma**

April 19, 2022  
(Released Thursday, Apr. 21, 2022)  
Valid 8 a.m. EDT



**Intensity:**

- None
- D0 Abnormally Dry
- D1 Moderate Drought
- D2 Severe Drought
- D3 Extreme Drought
- D4 Exceptional Drought

The Drought Monitor focuses on broad-scale conditions. Local conditions may vary. For more information on the Drought Monitor, go to <https://droughtmonitor.unl.edu/About.aspx>

**Author:**

Brad Rippey  
U.S. Department of Agriculture



[droughtmonitor.unl.edu](https://droughtmonitor.unl.edu)

## Supplying Water Needs for Beef Cattle

Paul Beck, Oklahoma State University Extension Beef Cattle Nutrition Specialist

With areas of our state having extended drought conditions, many of our ground water sources are drying up. This can force cattle to consume water from sources they would normally avoid. Cattle can only survive a few days without water and addressing the water needs of cattle is a complex process depending on water quality, weather patterns, time of day, feed moisture content, and animal factors such as bodyweight and stage of production. Water intake and feed intake are closely related, so water shortages will impact productivity not only because of the water requirements but also because of decreased consumption of other nutrients. For example, cattle in the Southeastern US were provided unrestricted access to water, had 48-hour water restriction before shipment to a Texas Panhandle feedlot, or had alternating 24-hour periods of water restriction over 7 days prior to shipment. Dehydration increased short-term measures of stress after transport and performance was reduced during the initial two-weeks at the feedlot in water-restricted calves. This research shows that relatively short periods of water restriction, common in our livestock marketing channels, can have impacts beyond the time of the restriction.

Common water quality issues for cattle include fecal and bacterial contamination, nitrates, hardness, salinity, and total dissolved solids (which includes salt, calcium, magnesium, phosphates, silica, and sulfates). Cattle consuming water with salt or total dissolved solids greater than 10,000 ppm have reduced growth and increased water consumption so that urinary output could increase in order to expel the increased total salt intake. It is recommended that nitrites in livestock wa-

ter be limited to < 33 ppm, nitrates < 45 ppm, sulfates < 300 ppm, and total dissolved solids < 1,000 ppm but livestock can often withstand higher levels of contamination, depending on other factors.

To achieve guidelines all sources of water should be sample and analyzed for nitrate, sulfate, and total dissolved solids; blending water from multiple sources may reduce potential quality issues; avoid stacking risks of sulfur and nitrate risk factors by sampling and analyzing forages and byproduct feeds used on the ranch.

Estimates of water intake by feedlot cattle include daily feed intake, daily maximum and minimum temperatures, wind speed, solar radiation, season of the year, and temperature-humidity index. Peak water demands by heavy cattle near finish during the summer can exceed 20 gallons per day the majority of which is consumed between 5 am and 9 pm. A 550-pound grazing calf consumes up to 12 gallons per day, but this occurs in a much more limited time due to grazing patterns and distance traveled to water. It is important to not only consider average water consumption over a season when developing water resources and planning watering systems, but also consider drinking behavior, timing of water consumption, and maximum daily water needs.

Glenn Selk discusses water needs of cattle on a classic Cow-Calf Corner from SunUp TV. <https://www.youtube.com/watch?v=dGYWEtFAEgc>



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112 Guthrie, Room 301

Medford, OK 73759

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