



**MUSKOGEE COUNTY
EXTENSION**



●●● JULY 2025 NEWSLETTER ●●●

4-H News

ZSuite Enrollment Notice:

ZSuite enrollments are currently closed for the month of **July**.

Open Enrollment for the **2025–2026 program year** will begin on **August 1**. Mark your calendars!



104th State 4-H Roundup: Lights, Camera, Actions, 4-H!

This year's Roundup will take place **July 23-25**. Delegates from around the state will come together to celebrate accomplishments, make new friends and create memories that will last a lifetime.

With a sidewalk chalk competition, campaign speeches, district rallies, dances, board games, Pistol Pete's Premier, motivational speakers, a hypnotist and contests of all sorts, Roundup delegates will have ample opportunity to have fun and learn. FCS Skill-a-thon, Job Readiness, 4-H Food Showdown, Livestock Quiz Bowl, tractor contest and more will give club members a chance to demonstrate their knowledge and skills against other 4-H'ers. Two club members will be honored as the new Oklahoma 4-H Hall of Fame inductees. State record book winners will be announced, and more than \$200,000 in scholarships will be awarded. A new state leadership team will be voted in and the current leadership team will bid their final farewell at the closing assembly.

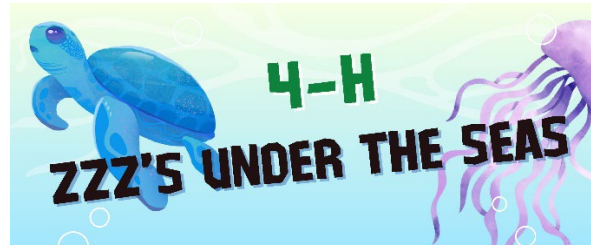
It's also a great time for delegates to learn more about the opportunities available to students at OSU. Representatives from the various colleges on campus will be on hand to share more about different majors and what college life has to offer. It's a great opportunity to start thinking about what their future could look like at OSU.

State 4-H Roundup is the biggest 4-H event each year. For more than a century, the OSU campus has been the gathering place for thousands of youth to learn, create memories, forge friendships and make the most of their 4-H membership.

2025 Awards Banquet

Save The Date! 2025 Awards Banquet is **August 8 at 6pm** at Connors State College.

ZZZ's Under The Seas



Come join us **September 5-6** for our ZZZs Under the Seas overnight event at the Oklahoma Aquarium in Jenks. You will get to see thousands of salt and freshwater fish and animals. See the **LARGEST** bull sharks in captivity through a one-of-a-kind walk-through tunnel, plus thousands of other captivating creatures including sea turtles, seahorses, jellyfish and eels. If sharks aren't your idea of a relaxing night's sleep, then feel free to slumber in any of our other approved areas. The fun-filled night begins with check-in at 6:30 p.m. and includes a light snack, drinks, self-guided tour, a movie and then sweet sea-themed dreams, a light breakfast is provided before you depart at 7:30 a.m.

Register through ZSuite ASAP, this event is limited to 150 participants, first come/first served.

Upcoming 4-H Events

Jul 10-12 – State 4-H Horse Show

Jul 15-17 – Big Three Field Days

Jul 22 Tuesday Tool Time Webinar

July 23 – 25 - Roundup

Jul 29-30 ZSuite Workshops

Aug 2 – Creek County Archery Contest

Aug 4 – Registration due for 4-H Shooting Sports
Level 1 Class

Aug 8 – OK 4-H Shooting Sports – A Day in the Field

Aug 15 – Applications due for Capital Camp

Aug 16-17 – 4-H Shooting Sports Level 1 Class

Sep 3-4 – Capital Camp

Sep 8 – Level 1 Shooting Sports Coordinator In-
Service

Oct 1-31 – Oklahoma 4-H Month

Oct 2-5 – VCOSS

Oct 2 – Tulsa State Fair Livestock Judging

Family and Consumer Sciences News

Stay Strong Stay Healthy Class



Want a healthy independent lifestyle? There's a class for that! Stay Strong, Stay Healthy (SSSH) is an eight-week exercise program that incorporates the latest research to help develop the fitness, flexibility and balance that will enable you to live independently longer.

In hourlong courses held twice a week, Janet Richardson, FCS educator and a trained instructor, will lead you through a warmup, easy-to-learn strength exercises and a cool-down. SSSH exercises are safe and effective, and we'll provide weights for your use on-site. No need to wear special clothes — just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes. After you've completed the course, we'll provide you with a guide you can use to continue strength training in the comfort of your home.

The first SSSH class in Muskogee County is about to wrap up. Contact us at 918-686-7200 to be added to the waiting list for the next class.

Strong Dads Program Positively Impacts Oklahoma Families



Oklahoma State University Extension has incorporated an instruction manual of sorts to help parents. Through a relatively new program called Strong Dads, this program is an option for those who want to be the best parents ever. Currently, the program is offered in nine counties, including Carter, Creek, Garfield, Kay, Muskogee, Oklahoma, Payne, Rogers and Tulsa.

Strong Dads is a father-forward initiative started by Gov. Kevin Stitt in June 2023. Extension educators in each of these counties have been recruiting and facilitating 12-week sessions geared toward increasing the fathers' involvement in their families by utilizing the 24/7 Dads curriculum published by the National Fatherhood Initiative. Our motto for the course is 'Strong dads make for strong families; strong families make good communities.' The overall goal is to increase father involvement by equipping communities

and human service organizations with father-engagement training, programs and resources needed to be father-inclusive.

Participants meet for two hours once a week for 12 weeks, share a meal and have discussion-based class. Dads receive research-based information to help them become better dads, as well as incentives such as gift cards and gas cards for participating.

For more information about OSU Extension's Strong Dads program, contact Robbie Horn or Alexander Montero-Mendez at 918-686-7200.

Freezing Foods Can Help Reduce Food Waste and Cost



The freezer can be used to extend the life of many foods. Because groceries are consuming a bigger portion of most people's budgets, cutting down on food waste and taking advantage of sales is important. You might be surprised at some of the foods you can freeze.

- Milk can be frozen in freezer-safe plastic or glass containers but remember to leave space at the top of the container for expansion.
- Place bread in a freezer-safe bag and press out the excess air before freezing.
- To freeze eggs, crack and mix the yolks and whites. Put 3 tablespoons into each compartment of a clean ice tray and freeze. Once frozen, store the cubes in a sealed freezer bag or container. Each cube is equal to one whole egg.
- Fresh fruit can be frozen before it overripens. First, wash the fruit, then remove seeds, cores and pits. Chop or slice the fruit and put it in a freezer-safe bag. Adding a little lemon juice can help prevent the fruit from darkening. Squeeze out excess air.
- Most vegetables can be frozen but should be blanched for a few minutes first. Some vegetables, such as lettuce, celery and cucumbers don't freeze well.
- Check grocery store sale ads for deals on meat. Large packages of meat are usually cheaper per pound than smaller packs. Meat can be frozen raw or cooked. Divide the larger package into smaller portions before freezing. Label all frozen food packages with the date and contents. If possible, keep the original label because that information can be useful in the event of a recall.

When preparing foods for the freezer, ensure the freezer is set at 0 degrees Fahrenheit or below to help maintain food quality and prevent bacterial growth. Also, use airtight, moisture- and vapor-resistant packaging to prevent air exposure, which can lead to freezer burn and off-flavors. Label the packages with the date of freezing. This will help ensure consumers use older foods first.

Agriculture News

Master Gardener Program



The Master Gardener Program is a volunteer training program conducted by OSU Extension, designed to help the county extension centers meet the growing demand for consumer horticulture information. Master Gardeners have classroom training coordinated by Ariel Campbell, the Muskogee County Agriculture Educator with the assistance of state extension specialists and other county educators. After classroom training is completed, program participants are involved in an internship program of volunteer service. Volunteer service components vary depending on the students' interests, but in all cases are educational, extension related and represent the interests of University Extension.

Master Gardeners have become a vital part of Extension's ability to provide consumers with up-to-date, unbiased, research-based information. Master Gardening has also become a popular volunteer activity that gives its participants a sense of community spirit, accomplishment, and intellectual stimulation.

Master Gardener 2025 Training begins **August 19th**. Applications are available at the Extension Office located at 422 N Cherokee in Muskogee.

Garden Tips for July!

Vegetable Garden

- Make fall vegetable garden plantings in late July. Fact Sheet HLA-6009 gives planting recommendations.

Lawn

- Brown patch disease of cool-season grasses can be a problem. (HLA-6420)
- Meet water requirements of turfgrasses. (HLA-6420)
- Fertilization of warm-season grasses can continue if water is present for growth. (HLA-6420)
- Vegetative establishment of warm-season grasses should be completed by the end of July to ensure the least risk of winter kill. (HLA-6419)
- Mowing heights for cool-season turf grasses should be at 3" during hot, dry summer months. Gradually raise mowing height of bermudagrass lawns from 1 ½ to 2".
- Sharpen or replace mower blades as needed. Shredded leaf blades are an invitation to disease and allow more stress on the grass.

Tree and Shrub

- Control bermudagrass around trees and shrubs with products containing sethoxydim, fusilade, or glyphosate herbicides. Follow directions closely to avoid harming desirable plants.

Fruits

- Continue insect combat and control in the orchard, garden, and landscape. (EPP-7306, EPP-7313, EPP-7319)
- Check pesticide labels for “stop” spraying recommendations prior to harvest.
- Harvest fruit from the orchard early in the morning and refrigerate as soon as possible.

Flowers

- Divide and replant crowded Hybrid iris (Bearded Iris) after flowering until August.

General Landscape

- Water plants deeply and early in the morning. Most plants need approximately 1 to 2 ½ inches of water per week.
- Providing birdbaths, shelter and food will help turn your landscape into a backyard wildlife habitat.
- Insect identification is important, so you don’t get rid of the “Good Guys.” (EPP-7307)
- The hotter and drier it gets, the larger the spider mite populations!
- Expect some leaf fall, a normal reaction to drought. Water young plantings well.
- Have you visited The Botanic Garden at OSU and the OKG Studio Gardens in Stillwater for a group tour?

2025 Fall Pecan Field Day

REGISTER NOW

2025 FALL PECAN FIELD DAY

► **September 25, 2025**

Bixby, OK



EXTENSION



Join us for the Fall Pecan Field Day on Wednesday, **September 25**, from 9:30 a.m. to noon at Frazier’s Pecan Orchard, located at 15023 E 171st St S, Bixby, OK 74008. Check-in begins at 9:00 a.m., and the program will start promptly at 9:30 a.m. A complimentary lunch will be provided by AgCredit at the conclusion of the program. The field day is free of charge, but participants should pre-register by **September 19** at https://okstatecasnr.az1.qualtrics.com/jfe/form/SV_3fW0JWfFtFHxbcG.

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Persons with disabilities who require alternative means for communications, program information or reasonable accommodations, need to contact OSU Extension Office at 918-686-7200 at least two weeks prior to the event.