

December 2009—Oklahoma Gardening Shows

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Please contact your local Oklahoma Cooperative Extension Service Office for more educational information on garden-related topics. If you need further information about this week's show, call (405) 744-5404 or visit our website <http://www.oklahomagardening.okstate.edu>. Thank you for your continued support!

Best of *Oklahoma Gardening* Information Sheet (#3625)

OETA air date: December 19 and 20, 2009

OETA airtime: Saturday 11:00 a.m., Sunday 3:30 p.m.

(Rerun of Show #3608, originally aired on August 22 and 23, 2009)

OBGA Affiliate Garden Showcase: Oklahoma City Zoological Park and Botanical Garden

– In this segment we visit another OBGA affiliate garden and talk with Pearl Pearson, Horticulture Curator at the Oklahoma City Zoo.

During our visit we learn about the importance of horticulture in the zoo setting and how plants are used to resemble natural habitats, create rooms, direct views and establish a park-like setting in which to enjoy the animals. One area of the zoo uses a technique called landscape emersion to make the viewer feel as though they are inside the exhibit. The zoo also features a number of native plants, which tend to have fewer pest problems and are easier to maintain. The gardens represent a variety of habitats including woodland and prairie habitats found in Oklahoma. As a botanical garden, the zoo also features a number of tropical plants as well as unique plant collections. We take a look at a few of these collections including the dwarf conifers garden outside the education building and the butterfly garden.

Plants featured in this segment include:

Deodar Cedar, *Cedrus deodara* 'Prostrata'

Bald Cypress, *Taxodium distichum* 'Secret'

Ponderosa Pine, *Pinus ponderosa* 'Little Joe'

Mugo Pine, *Pinus mugo* 'Big Tuna'

Austrian Pine, *Pinus nigra* 'Hornibrookiana'

Little Bluestem, *Schizachyrium scoparium*

Pinyon Pine, *Pinus edulis*

Echinacea cultivars, *Echinacea* hybrids:

Tomato Soup

Mac-n-cheese

Harvest Moon

Sunrise

After Midnight

Tiki Torch

Constructing a Blackberry Trellis – We plan to establish a row of blackberries and a row of raspberries in our small fruits garden next spring. This season, we are preparing the site. Blackberries will perform best in full sun. Raspberries are not heat tolerant and do not perform as well as blackberries in Oklahoma. If you choose to grow raspberries, select a site with at least 50% shade. A sloped planting site is ideal for cold air drainage in spring. Avoid low-lying areas where cold air settles. You may also consider a site that will provide protection from drying summer winds.

In selecting a planting site, we also want to avoid areas where strawberries, other brambles or solanaceous crops such as peppers, tomatoes, potatoes and eggplants have been grown. These plants all harbor verticillium wilt which can be a problem on brambles. The pathogen that causes the wilt can remain active in the soil for many years.

Brambles tolerate a wide range of soil conditions. Of course, a well-drained soil high in organic matter will provide the best results. It is a good idea to cultivate the soil deeply and incorporate manure or compost. This will also help build the nitrogen content of the soil. Beds can be raised to enhance drainage. Beds should be 6 to 10 inches high and 2 to 3 feet wide. The plants will need a 2½ to 3 foot unrestricted rooting area.

Begin preparing the site a year in advance. It is much easier to manage weeds before we plant our berries. It is also important to conduct a soil test. Soil pH should fall between 6.0 and 7.0. Use lime or sulfur to adjust pH according to soil tests. We are also working ahead to prepare our trellises. Semi-erect and trailing blackberries and most raspberries require trellising. Blackberries do not necessarily require a trellis, but growing them on a trellis will improve air movement, which can help reduce disease problems, and also increase light penetration. Trellising also prevents canes from tipping over and breaking in strong winds, which is perhaps the most important reason for trellising any bramble in Oklahoma.

There are several different styles of trellis that can be used for brambles. We plan to plant erect as well as semi-trailing blackberries and will use a T-bar trellis to support both types of berry. The T-bar is fairly simple to erect. The materials we need for this include 8 foot lengths of 4' by 4' timber, bolts and 12 gauge wire. We will also need to secure the wire to the posts and that can be done simply by stapling it on, or I will demonstrate how to use a wire vice for this job.

Start by cutting a 2-foot section off each of the 4' by 4's and set those pieces aside. Set the 6 foot lengths of timber in the ground so that they extend between 3 and 4 feet above the ground, with 2 to 3 feet set in the ground for support. Make sure the posts are set firmly in the ground as they will support all the weight of our berries. Adjust the number of posts according to the length of your bed. We are using three posts for a bed length of 25 feet. Posts should be no more than 20 feet apart within each row, but closer spacing is better.

Next we will secure the cross bar to the top of the post using a bolt. The T-bar is generally placed 3-4 feet above the ground level. We need to secure it tightly. Wires are then run down each end of the T-bar. Use a durable wire or heavy monofilament line. Ours is 12-gauge wire. The wires should be secured tightly, but allow a little bit of give. Wires stretch over time and will need to be tightened each spring. The wires can be stapled onto posts, but this may make it difficult to tighten in the spring. Another option is to use a wire vice on one end to allow for easy tightening.

As you prepare planting beds and trellises for brambles, keep in mind the space requirements for these plants. Blackberries need 3 to 4 feet between plants and rows should be separated by 6 to 8 feet. This will allow plenty of room to develop a healthy root system. We will be back to plant our berries in early March.

Cooking with Barbara – Barbara Brown, Extension Food Specialist, shows us how to store garlic.

Storing Garlic at Home



Caution: Research performed by the National Center for Home Food Preservation confirmed that mixtures of garlic in oil stored at room temperature are at risk for the development of botulism.

Garlic-in-oil should be made fresh and stored in the refrigerator at 40°F or lower for no more than 7 days.

Regardless of its flavor potency, garlic is a low-acid vegetable. The pH of a clove of garlic typically ranges from 5.3 to 6.3. As with all low-acid vegetables, garlic will support the growth and subsequent toxin production of the bacterium *Clostridium botulinum* when given the right conditions. The conditions include improper home canning and improper preparation and storage of fresh herb and garlic-in-oil mixtures. Moisture, room temperature, lack of oxygen, and low-acid conditions all favor the growth of *Clostridium botulinum*. When growing, this bacterium produces an extremely potent toxin that causes the illness botulism. If untreated, death can result within a few days of consuming the toxic food. It is important to follow science-based directions to make sure your preserved garlic is safe.

Room Temperature Storage

Commercially, garlic is stored near 32°F. Most home refrigerators are too warm for long-term storage of garlic. Instead, store it in a cool, dry, well-ventilated place in well-ventilated containers such as mesh bags. Storage life is 3 to 5 months in a cool (60°F), dry, dark location.

Freezing Garlic

Garlic can be frozen in a number of ways.

1. Chop garlic, seal tightly in plastic freezer bag, freeze.
2. Freeze garlic unpeeled in glass jars or plastic freezer boxes. Remove cloves as needed.
3. Peel cloves and puree with oil in a blender or food processor using 2 parts oil to 1 part garlic. Puree will stay soft enough in freezer to remove small amounts to use in sautéing. Freeze this mixture immediately—do not store at room temperature. The combination of low-acid garlic and room-temperature storage can support the growth of *Clostridium botulinum*.

Canning Garlic

Canning of garlic is not recommended. Because it is a low-acid food it would require pressure canning to be properly processed. Garlic processed this way would lose most of its flavor. No processing times have been determined to safely can garlic.

Storing Garlic in Wine or Vinegar

Peeled cloves may be submerged in wine or vinegar and stored in the refrigerator for about 4 months. Discard both the cloves and the liquid if there are signs of mold or yeast growth on the surface of the wine or vinegar. The garlic-flavored liquid and garlic cloves may be used as flavorings for food. Do not store the mixture at room temperature because it will rapidly develop mold growth.

Sources: University of California, Division of Agriculture and Natural Resources, Pub. 7231, 11/97 at <http://ucanr.org/freepubs/docs/7231.pdf> and the National Center for Home Food Preservation, <http://www.uga.edu/nchfp/how/freeze.html>
Barbara Brown, Food Specialist, Oklahoma Cooperative Extension Service

7/09

Best of *Oklahoma Gardening* Information Sheet (#3624)

OETA air date: December 12 and 13, 2009

OETA airtime: Saturday 11:00 a.m., Sunday 3:30 p.m.

(Rerun of Show #3610, originally aired on September 5 and 6, 2009)

Ornamental Grasses with Blue Foliage – In this segment we look at grasses with blue-tinted foliage in our Blades and Plumes Garden. These grasses can add a great deal of interest to an area and some of them make quite a focal point. The bluest of them all is the Lyme Grass (*Leymus arenarius*) cultivar called ‘Blue Dune’. It has remarkable color and holds its color year-round. The plant reaches 2 to 3 feet in height and can spread considerably by underground stems called rhizomes. In fact, in some areas of the country Lyme Grass is considered invasive, particularly in the sand dunes around the Great Lakes. Lyme Grass does not seem to be a problem in Oklahoma and other southern states, possibly because it tends to slow down in the heat. However, it is very heat tolerant and drought tolerant. We have taken extra precautions to contain the grass by planting it in a bottomless tub.

Blue Love Grass (*Eragrostis elliottii*) – This grass is not as intense in color, but has a delightful, airy texture. Blue Love Grass is native to the southeastern states and is a great addition to a sunny perennial bed or border. The plant flowers in May and holds its delicate seed heads well into winter, offering year-round interest. It forms a graceful 3 foot by 3 foot clump and looks wonderful planted in mass or planted to provide contrast in a mixed bed.

We also feature a Blue Fescue (*Fescue ovina glauca*) cultivar called ‘Elijah Blue’. The plant is very compact, forming a mound 8 to 12 inches in diameter. The foliage of this grass is also evergreen, though some browning may occur in the winter. Its small size makes it suitable for edging a bed or border, and it also makes a nice ground cover when planted en masse. The plant is often considered to be a short lived perennial as portions of the clump die out, but this can be corrected through periodic division. ‘Elijah Blue’ is drought tolerant and makes a great addition to the rock garden. It is also deer resistant.

One grass-like plant we have in our Blades and Plumes Garden is actually sedge, a close relative of the grasses. This is *Carex glauca* or Blue Sedge. It has a similar growth habitat as the Blue Fescue, with narrow, evergreen leaves forming a tight 8 to 12 inch mound. The Blue Sedge is a good choice for more shady sites where it can be used as a lovely groundcover. Blue Sedge prefers moist soils, but is fairly tolerant of a wide range of conditions and is even drought tolerant.

Switchgrass or *Panicum virgatum* is a native perennial prairie grass. It is quite adaptable and very tolerant of extreme weather conditions, it withstands drought, and tolerates heavy wind very well, as you might imagine considering it comes to us from the prairie. There are several cultivars available that have been selected for variable foliage and panicle colors. The cultivar we have here called ‘Heavy Metal’ was selected for its upright, metallic lavender-blue foliage and waxy white blooms. The flower head or panicle reaches about 109 inches in length and has an open, airy texture. The foliage turns bright yellow in the fall and the seed heads turn a dark burgundy color. ‘Heavy Metal’ is easy to grow; it tolerates a range of conditions. One cultural consideration with switchgrass is to avoid over-fertilizing.

Another prairie native with blue-tinted blades is Little Bluestem (*Schizachyrium scoparium*).

The cultivar we are growing is called ‘The Blues’, and while the name of the grass is Little Bluestem, the word little is only in relation to Big Bluestem, which can reach heights of up to 10 feet. Little Bluestem plants, on the other hand, top out around four feet. ‘The Blues’ produces a dense clump of long, slender stems that take on a lavender-blue color through summer and turn a brilliant burgundy red in fall. We have our Little Bluestem growing in a support ring, because we found that it had lodged some in the past. Too much water or fertilizer can cause plants to lodge or flop over, so be sure to set ‘The Blues’ in a well-drained site.

Pine Health in General – In this segment we join OSU Statewide Extension Specialists Dr. Damon Smith, Assistant Professor of Plant Pathology in Turfgrass and Horticultural Crops, and Dr. Eric Rebek, Assistant Professor of Entomology in Turfgrass and Ornamental Plants to look at pest problems in pine trees. Damon shows us examples of some very common fungal diseases found in pines, including diplodia tip blight and dothistroma needle blight. Eric takes a look at a very common form of damage to pine trees that is caused by a bird, not an insect. The bands of holes drilled in the tree trunks by the yellow-bellied sapsucker are often confused for insect damage. Many wood-boring beetles produce holes of a similar size in the tree bark as they leave the tree to mate. However, the holes produced by wood-boring insects are generally single and appear randomly across the trunks surface. Sapsuckers drill straight lines of holes in to the tree trunk as they feed. In addition to beetle damage, other insects that cause problems on pines include the pine needle scale, aphids, the Nantucket tip moth, and pine sawflies. Many pest problems occur when pine trees are under environmental stress. Trees that suffer from water stress or nutrient deficiencies are more susceptible to pathogens and insect pests. Proper irrigation, fertilization and pH management can help reduce tree susceptibility to pest problems. OSU Extension Fact Sheet EPP-7618 contains more information on common disease problems in pines and other conifers (<http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-2313/EPP-7618web%20color.pdf>). For more information on insect pests of pines, look at Fact Sheet EPP-7164 (<http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-1304/EPP-7164web.pdf>).

Plant Disease and Insect Diagnostic Laboratory (PDIDL) – In this segment we are joined by Jen Olson, Plant Disease Diagnostician for OSU’s Plant Disease and Insect Diagnostics Lab, commonly referred to as PDIDL. The PDIDL is a service of the Oklahoma Cooperative Extension Service. The primary goal of the PDIDL is to provide residents in the State of Oklahoma with both accurate diagnoses of plant diseases and insect pests and recommendations for their control. The PDIDL operates throughout the year to provide plant disease and insect identification services to extension educators, individuals, consultants, and commercial producers. The PDIDL strives to provide both accurate and timely diagnosis of the samples received. All samples received in the lab are examined for plant disease based on symptoms and the presence or absence of pathogens (microorganisms that cause disease). Diagnostic replies are sent by mail and include a diagnosis, recommendations for control, and supplemental information when available. The following outlines the proper steps to follow in collect plant and soil samples.

Collecting plant samples:

- Collect several plant specimens showing various stages of disease development. Select plants that are still alive.
- Collect the entire plant whenever possible. Plants should be dug (not pulled) to keep the roots intact.
- For tree samples, the branches sent in should be at least 8 inches long.

Plant sample packaging:

- Wrap the roots of the plant in a plastic bag so that they do not dry out. If the plant is already potted then it can be left in the pot for shipping.
- Wrap the entire sample in plant bags to keep it from drying out (exceptions: wrap fleshy fruits beginning to decay and mushrooms in newspaper).
- Place the plant in a sturdy box or mailing tube. Do not add water or wet paper towels.
- Send a detailed history explaining the disease symptoms, when disease began, name, address, and phone number.

Collecting soil samples:

- Take several soil samples in an area showing possible nematode damage. Collect the soil at a depth where the root concentration is the greatest (1-12 inches). Mix the samples from the area.
- Remove a single 1 pint sample for nematode analysis.

Soil sample packaging:

- Place soil in a non-vented plastic bag. Label the bag with collection date, location, and crop.

Soil and plant samples should first be taken to your county Cooperative Extension Office for identification. Extension educators at your local office are trained to assist in identifying plant problems. In some cases, particularly with less common pests, the county educators may need assistance in identifying the cause of the problem. In this case, they will direct you toward the PDIDL.

Submitting a sample to PDIDL:

- Before submitting a sample, please complete a [Plant Disease or Insect Diagnostic Request Form](#) and submit it with the sample.
- Mail first class in a sturdy box or take it to your county Cooperative Extension Office to have it shipped.
- Submit sample and form to:
Plant Disease and Insect Diagnostic Laboratory
Entomology and Plant Pathology
Oklahoma State University
127 NRC
Stillwater OK 74078-3033

Sincerely,
Kim Rebek
Oklahoma Gardening Host

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Best of *Oklahoma Gardening* Information Sheet (#3623)
OETA air date: December 5 and 6, 2009
 OETA airtime: Saturday 11:00 a.m., Sunday 3:30 p.m.
 (Rerun of Show #3611, originally aired on September 12 and 13, 2009)

Pine Wood Nematode – In this segment Kim is joined by OSU Statewide Extension Specialist Dr. Damon Smith, Assistant Professor of Plant Pathology in Turfgrass and Horticultural Crops, and Jen Olson, Plant Disease Diagnostician for OSU’s Plant Disease and Insect Diagnostics Laboratory to take a look at a very serious disease of pines called pine wilt. The disease is caused by the pine wood nematode (*Bursaphelenchus xylophilus*). Interestingly, the nematode is

dependent upon another organism, the pine sawyer beetle (*Ergates spiculatus*), which carries the pine wood nematode from infected trees to healthy trees, thus spreading the disease. Pine wilt disease affects a variety of pine species, though the exotic pines, such as Austrian, Scotch, and Japanese black and red pine tend to be more susceptible to the disease. Stressed trees are more susceptible to both insect and disease infestation, therefore, keeping trees well-watered, particularly in times of drought, will help to protect trees against infection.

The nematodes feed within the resin canals and disrupt the flow of water through the tree. Wilting symptoms begin to appear and within a few weeks the tree dies. The disease is typified by the rapid death of the pine tree. If the wood is cut from these trees, the wood will be dry and no pitch flow will be noted. Trees suffering from pine wilt tend to hold their dead needles rather than drop them. The dead needles will point toward the ground, a symptom very characteristic of pine wilt.

If you have a pine tree that died rapidly, it is important to submit samples to the Plant Disease Diagnostic Laboratory for analysis. Rapid removal of these trees may slow the spread of the disease and reduce its severity. Proper sampling is crucial to identifying the pest problem. Cut a sample at least one inch thick from a branch that is connected to the trunk. If the tree is still living, look for a limb that contains both living and dead needles. If you have already cut down the tree, you can also submit cross section (disc) cut from the trunk.

Infested trees need to be burned before the following spring to kill the beetles prior to emergence. Do not use the infected tree for firewood unless it is all burned before spring. Do not move any firewood cut from an infected pine to another area of the state, as this could spread the disease.

Ornamental Grasses: Miscanthus Cultivars – This week in our Blades and Plumes Garden we are looking at cultivars in the species *Miscanthus sinensis*. Miscanthus grasses are native to eastern Asia, and are used extensively as an ornamental. Over 50 cultivars are available commercially, some of which have been popular in the garden for over 100 years. In some areas of the United States, species or wild types of Miscanthus have become invasive in natural habitats, but these are not the same as the ornamental cultivars used in the landscape. In general, the variegated forms of Miscanthus do not seed as readily and are less aggressive than all green forms. The best practice with any plant that poses a risk of escaping the garden is to watch nearby gardens for seedlings. If you find a particular cultivar is setting seed in the landscape, it is wise to remove and destroy the plant and replace it with a different cultivar or species. Other recommendations for responsible use of Miscanthus grasses in the landscape include purchasing only named cultivars, never purchase or plant the species or wild type Miscanthus, and consider planting native grasses if you live near a natural area.

Miscanthus is a garden favorite for its graceful, arching blades and the large, showy flower plumes, which appear from August through October. It is a clump forming grass that performs best in full sun. The many cultivars range in size from just two feet up to about six or eight feet tall with flower spikes.

The first cultivar we are going to look at is called 'Morning Light'. The main difference between the cultivars we are looking at is the variegation pattern. 'Morning Light' is noted for its very narrow green leaves with white variegation along the leaf margins. This gives the foliage a silvery appearance. 'Morning Light' is a very versatile grass that can be used as an accent or planted en masse. It reaches about 4 to 6 feet in height and the fine textured blades

tend to stay very upright.

The variegation on the cultivar called 'Zebrinus' is horizontal rather than vertical, creating a banded appearance and giving rise to the common name zebra grass. The dark green leaves with golden yellow bands have a striking appearance making this a popular garden cultivar.

The cultivar called 'Rigoletto' has very similar variegation to 'Variegatus' but tends to grow slightly shorter and more erect. It also has fewer tendencies to flop over in late summer. It is still a rather large grass with the blades reaching 4 to 5 feet.

'Adagio' is a dwarf Miscanthus cultivar, at 2 to 3 feet it is one of the shortest cultivars available. It sports extremely narrow, silver-gray blades which turn yellow in fall. Because of its compact form, 'Adagio' is useful in smaller gardens. It also makes an attractive tall ground cover, and like the other Miscanthus cultivars it works well in a mixed bed or border.

'Gold Bar' is another Miscanthus cultivar with horizontal banding on the foliage. It has a strong upright, dense growth habit. It seems to be a slow grower, while it is reported as growing up to 4 to 5 feet ours have never stretched much beyond 3 feet in the garden. It will take some time to reach its full size. On the other hand, the compact form makes this Miscanthus a great selection for growing in containers. Most notably, though it is the bold coloration that makes this 'Gold Bar' stand out.

All of these Miscanthus cultivars are very easy to grow. They tolerate a wide range of soils conditions, including heavy clays, and are also tolerant of heat and humidity. The beautiful plumes and foliage should be left standing throughout the winter for visual interest and to provide protection for the crowns. Cut foliage to the ground in late winter just before new shoots appear.

Oklahoma Proven with David Hillock – In this segment Assistant Extension Specialist David Hillock joins us to present this year's Oklahoma Proven plants. Oklahoma Proven is a plant evaluation and promotion program that began in 1999 at Oklahoma State University. The program is designed to help gardeners select plants, trees and shrubs that will grow well in Oklahoma's diverse climate. Plants chosen as Oklahoma Proven winners have demonstrated the ability to perform well with minimal inputs. Plants are nominated for the program by horticulturalists, nurserymen, and other growers from across the state. Each spring the executive committee selects four new plants to be the year's Oklahoma Proven selections including a tree, shrub or vine, perennial and annual. Here are this year's selections:

Arizona Cypress, *Cupressus arizonica*

Arizona cypress is a drought tolerant, evergreen tree native to the southwestern United States. In the landscape it usually reaches a height of only 20' to 25' and 15' wide. The foliage can be a gray-green but usually blue-foliage and recently yellow-foliage forms are available in the trade. 'Blue Ice' and 'Carolina Sapphire' are common cultivars and 'Cooke's Peak' is a selection from Cooke's Peak, New Mexico with silvery-blue foliage and pyramidal form (see photograph). Arizona cypress require well-drained soil and thrive in hot, dry environments. As the tree ages, the bark exfoliates beautifully becoming mottled with patches of burnt orange and green.

- Exposure: Full sun
- Soil: Well-drained
- Hardiness: USDA Zone 7

Chokeberry, *Aronia*

There are two species in the genus *Aronia*, Red Chokeberry (*Aronia arbutifolia*) and Black Chokeberry (*Aronia melanocarpa*), both excellent landscape plants. As their common names suggest, fruit color is the major difference between the two. They both produce clusters of white flowers in spring, have excellent red fall foliage, grow to about 10' high, and thrive in almost any soil type. 'Brilliantissima' is a popular cultivar of Red Chokeberry, chosen for its more compact size and abundance of red fruit. Both species are excellent wildlife plants but Black Chokeberry is getting a lot of attention as a "super fruit" for its high levels of antioxidants and can be used to make juice, jelly, or wine. *Aronia* work well massed in a naturalized setting or at the back of a border since the stems are usually bare near the base leaving room for garden perennials.

- Exposure: Sun to part shade
- Soil: Tolerant of most soils
- Hardiness: USDA Zone 4

Mexican Feather Grass, *Nassella tenuissima*

Mexican feather grass is a fine-textured clumping perennial that waves its silvery flowers in the slightest breeze. It is drought tolerant and tough despite its refined appearance and forms a clump almost two feet tall and three feet wide as the leaves arch to the sides. It tolerates a wide variety of conditions but prefers well-drained soils and it does not like to be cut to the ground in spring like other grasses. Remove only the top third of the plant to rejuvenate. It is native to prairies in Texas, New Mexico, and south to central Mexico and may reseed in the garden.

- Exposure: Full sun to part shade
- Soil: Well-drained
- Hardiness: USDA Zone 7

Diamond Frost® Euphorbia, *Euphorbia* 'Inneuphodia'

Diamond Frost® Euphorbia is a fine-textured mounding plant used as an annual in Oklahoma. The simple white flowers bloom from spring until first frost and the plant forms a 2' to 3' sphere. Diamond Frost® can be used as a mass planting, alone in a container, or mixed with almost any other plant. Its fine sprays of foliage and flowers will weave through other plants making it a perfect complement for almost anything from poinsettias to petunias. It is an excellent background plant, filler, or specimen, proving to be an extremely beautiful and versatile new introduction.

- Exposure: Full sun to part shade
- Soil: Moist, well-drained
- Hardiness: Use as an annual

Cooking with Barbara – Barbara Brown, Extension Food Specialist, makes a taco salad.

This Week in the Vegetable Garden – We are planting radishes, spinach and turnips. When selecting crops for your fall vegetable garden, be sure to look for varieties that have the shortest maturation time. This will ensure your crop develops before the cold weather sets in. For vegetables that do not store well, like lettuce, spread your harvest out over a longer period of time by planting in succession. Sow a quarter of your seed each week for four weeks. That way, you will have fresh lettuce for a longer period of time.

Sincerely,
Kim Rebek
Oklahoma Gardening Host

Taco Salad

- 4 8-inch flour tortillas
- 1 pound ground turkey
- 1 tablespoon chili powder
- 1 14-ounce can red kidney beans, rinsed and well drained
- 1/2 cup salsa
- 4 cups shredded lettuce
- 1/2 cup shredded reduced fat cheese
- 1 large tomato, chopped
- Optional topping ingredients: additional salsa, diced green pepper, sliced green onions, sliced radishes, diced avocado, sliced black olives, fat free sour cream, light ranch dressing



1. Preheat oven to 425°F. Tear 4 large sheets of aluminum foil. Crumple each sheet into a 3-inch diameter ball and place on a baking sheet. Cover each ball with a tortilla. Spray tortillas with nonstick cooking spray. Bake 6 to 8 minutes, until golden brown.
2. In large skillet brown meat, breaking it into crumbles as it cooks. Drain well. Stir in chili powder, beans and salsa. Heat through.
3. Divide lettuce between tortilla shells. Top with meat, cheese and chopped tomato.
4. Serve with desired optional topping ingredients.

Serves 4.

Nutrition Facts (does not include optional toppings)		
Servings per recipe: 4		
Calories 500	Calories from fat 135	
	% Daily Value	
Total Fat 15g		23%
Saturated Fat	4g	19%
Cholesterol	93mg	31%
Sodium	613mg	26%
Carbohydrate	55g	18%
Dietary Fiber	9g	36%
Protein	38g	76%
Vitamin A:	45%	Vitamin C: 43%
Calcium:	16%	Iron: 39%
		Folacin: 45%
		Potassium: 29%