

December 2008—Oklahoma Gardening Shows

December 20 & 21

December 13 & 14

December 6 & 7

The Best of *Oklahoma Gardening* Information Sheet (#3526)

OETA air date: December 27 and 28, 2008

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

Bustani Plant Farm – In this segment Kim visits former host Steve Owens at Bustani Plant Farm in Stillwater, Oklahoma to learn about his specialty nursery and to look at a selection of native Oklahoma plants. Plants presented in this segment include:

Native wisteria, *Wisteria macrostacya*

Leather flower/ Native clematis, *Clematis versicolor*

Chinese parasol tree/ Varnish tree, *Firmiana simplex*

Lavender-leaf evening primrose, *Calylophus lavendulaefolia*

Pussy cat's toes, *Antennaria* species

Poppy mallow, *Callirhoe involucrata*

Foxglove penstemon, *Penstemon cobaea*

Red cupleaf penstemon, *Penstemon murrayanus*

Large flower penstemon, *Penstemon grandiflorus*

Smooth penstemon, *Penstemon digitalis*

Engelmann daisy, *Engelmannia peristenia*

Larkspur, *Delphinium carolinianum*

Plains yellow daisy, *Hymenoxys scaposa*

Barbara's buttons, *Marshallia caespitosa*

Black dalea, *Dalea frutescens*

Black lace cactus, *Echinocereus reichenbachii*

Plains zinnia, *Zinnia grandiflora*

To find out how to visit Bustani Plant Farm and for more information about the plants presented here, visit <http://www.bustaniplantfarm.com/Default.htm>.

Design Series: Color and Color Schemes – Color is an important design element, but is often given too much attention. However, understanding how colors work together and how they interact with the human eye can help us to use color effectively in the landscape. Color can add interest to a design and even evoke emotion. Warm colors (red, orange, and yellow) give a feeling of warmth and excitement. Warm colors can make an object appear larger and closer to you.

Cool colors (green and blue) are calming and make objects look smaller and farther away. They can be used to add depth to a planting or provide a backdrop to showy, warm colors.

Purple looks cool next to a warm color, and looks warm next to a cool color. And white is used for contrast. Dark seem to move away from the viewer, while bright colors jump out. This can be used to create greater depth to a planting. Color can be used to direct the eye, but if used improperly, can also be distracting.

The way colors are combined can have a large impact on how individual colors appear as well as

the overall feeling of a planting. A color wheel can help you understand the relationships of different colors and help you plan color schemes for the garden. Several common combinations, called color schemes, are used in planting.

- **Complementary:** Complementary colors are those that appear opposite one another on the color wheel. Complementary colors look better together than they do by themselves. A complementary garden uses flowers and foliage in complementary colors: blue and orange, yellow and purple, and red and green.
- **Analogous:** This color scheme utilizes colors that are immediately adjacent on the color wheel. Examples include red with red-violet and violet, or orange with yellow-orange and yellow.
- **Monochromatic:** This garden is planted primarily using a monochromatic color scheme. This color scheme utilizes a single color, here that is white, as the base of the planting. If a color other than white had been used, the monochromatic color scheme could also include flowers and foliage in several tints and shades of the main hue. Tints are lighter versions of the hue, while shades are darker versions.
- **Polychromatic:** Quite the opposite of monochrome, this scheme combines many colors in a single garden, including shades and tints of several colors. This type of planting can become too busy or distracting if too many bold colors are used.

Barbara Cooks – Barbara Brown, Extension Food Specialist, makes a fruit lassi, a traditional Indian drink similar to a fruit smoothie.

Fruit Lassi (Serves 2)

- 2 cups strawberries washed, stems removed
- 1/4 cup sugar
- 1/8 teaspoon ground cardamom
- 1 pinch salt
- 1 cup non-fat plain yogurt
- 1 cup ice cubes



- Combine all the ingredients in a blender. Blend until smooth and frothy.

Nutrition Facts		
Servings per recipe: 2		
Calories 205	Calories from fat 9	
	% Daily Value	
Total Fat 1g		1%
Saturated Fat	trace	1%
Cholesterol 2mg		1%
Sodium 157mg		7%
Carbohydrate 44g		15%
Dietary Fiber	3g	13%
Protein 7g		15%
Vitamin A: 1%	Vitamin C: 141%	Folacin: 10%
Calcium: 25%	Iron: 3%	Potassium: 15%

Deadheading Roses – Once a rose has bloomed and the flower begins to fade, it should be removed. This is called deadheading. Roses are pruned to encourage the plant to produce more flowers. When spent blooms are allowed to remain on the plant, the rose puts energy into producing fruit and seed. If flowers are removed, the plant cannot produce seed and essentially tries again by producing more flowers. In a way, deadheading is used to trick the plant into flowering again.

Blooms should be removed with sharp pruners when the petals begin to fall off. Make cuts at a 45 degree angle about ¼ inch above a leaf pair. How far the cane is pruned is a matter of judgment. A rule of thumb you may be familiar with is to prune back to the first set of leaves that have 5 leaflets. As we move from the cane tip, down the stem, leaves appear first in sets of 3, then 5, and eventually 7. Using the number of leaves to guide pruning is a good rule of thumb and relates to cane size. As we move down the stem, the cane becomes larger. New growth will likewise be larger if it arises from a thicker portion of the stem. However, like all rules of thumb, there are exceptions. The first time a plant is deadheaded in a season, you may wish to cut back only to the first set of leaves, even if it has only three leaves, if there is not yet much new growth on a plant. In subsequent removals, you can cut back to the first set of 5 leaves. However, if there is excess growth and the plant becomes too tall or stems are too long, it is okay to cut farther back down the stem.

It is best to cut the stems back to an outward facing bud...new growth will be directed outward, keeping the center of the plant open.

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!

Sincerely,
Kim Rebek
Oklahoma Gardening Host

The Best of *Oklahoma Gardening* Information Sheet (#3525)

OETA air date: December 20 and 21, 2008

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

Irrigation for the Home Landscape – Irrigation is another component that should be added to the landscape design plan. In this segment, we meet with Dr. Lou Anella, Associate Professor of Horticulture, to learn about various irrigation options for the home landscape.

There are two basic types of irrigation, sprinkler irrigation and drip irrigation. Sprinkler irrigation is most commonly used in the lawn, though, as Lou points out, drip irrigation can also be used on turf. You may choose to irrigate turf with drip irrigation in very narrow strips of turf that are difficult to water with a sprinkler, for example the space between the street and sidewalk. New regulations in some cities that prohibit over-spray of sprinklers onto paved surfaces may increase the use of drip irrigation in turf.

Drip irrigation is up to 30% more efficient than sprinkler irrigation because it releases water slowly over time and delivers it to the root zone, where it is needed. This eliminates evaporation that occurs with overhead sprinkler systems. Drip lines are laid throughout a bed and small emitters along the drip line release a slow trickle of water. The water spreads through the soil via capillary action.

For containers and shrubs, a micro-irrigation system using miniature sprayers is useful. A variety of spray heads are available and can be used in conjunction with drip emitters. The heads are adjustable, allowing the flow rate of water to be increased or decreased depending on plant requirements.

Drip irrigation systems can be connected directly to the water spigot or can be attached to a hose. Several components are necessary to ensure a properly functioning irrigation system. Lou shows viewers how to install the necessary components. The basic parts include:

- Backflow prevention or anti-siphon device to prevent water in the system from re-entering the water supply line when the system is turned off
- Pressure regulator reduces the pressure from the water supply
- Hose fitting connects the hose to the pressure regulator
- Tubing – various sizes are available, depending on needs
- Fittings – straight, elbows or tee connectors and an end clamp
- Emitters – drip or micro-sprayers
- Timer

Different areas of the landscape have different water requirements. As you design an irrigation system, be sure to group plants with similar needs on the same watering zone. Irrigation components are available at many garden centers and home improvement stores.

Solarization, Revisited – Solarization is a non-chemical method of killing weeds or unwanted plant material using sheets of clear plastic to capture radiant heat energy from the sun. The heat is trapped beneath the plastic, heating the soil to kill seedlings and weed seeds, as well as some soil-borne disease organisms. Earlier this season, we established a solarization trial to clear space for a new garden. The plots we look at in this segment have been established about 10 weeks, and will check the progress of our trial.

We find the area in which the turf had been removed and solarization used to kill weed seeds and seedlings appears to be rather free of vegetation. We do find a few clumps of Bermudagrass, which is an incredibly hardy plant, tolerant of very high temperatures.

In the area where solarization is used to kill the existing turf, we find both the clear plastic and the black plastic (not technically solarization) have successfully killed off the upper most turfgrass rhizomes. The rye and fescue grasses appear to have been killed out, however, as we dig into the soil, we find living bermudagrass rhizomes just a few inches down.

While we do find reasonably good surface kill of turfgrass, the process has not been enough to fully kill the bermudagrass. The following additional steps may improve the effectiveness of this technique:

- Remove plastic mid-season, after about 6 weeks
- Rack away the dead vegetation from the surface
- Till the plot very well, to break up remaining rhizomes into small pieces and bring rhizomes from deeper layers closer to the soil surface

- Replace the plastic, making sure the soil is adequately moist
- Leave the plastic in place an additional 6-8 weeks

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Sincerely,
Kim Rebek
Oklahoma Gardening Host

The Best of *Oklahoma Gardening* Information Sheet (#3524)
OETA air date: December 13 and 14, 2008
 OETA airtime: Saturday 11:00 a.m., Sunday 3:30 p.m.
 (Rerun of show #3450, originally aired June 14 and 15, 2008)

Three Springs Farm – In this segment we visit the growers at Three Springs Farm in Oaks, Oklahoma. Three Springs Farm is owned and operated by Emily Oakley and Michael Appel. Emily was born and raised in Tulsa, and Mike is originally from Long Island, New York. They have traveled to the Middle East, East and West Africa, South Asia, and Latin America to study sustainable agricultural systems. They have also worked with community gardens in Providence, Rhode Island and apprenticed on organic farms in California for three years. In September 2003, they moved back to Oklahoma to start a small-scale diverse vegetable farm.

Three Springs Farm grows on 10 acres in Cherokee County. Everything produced is certified organic. Some farm practices include:

- Using only certified organic pest control methods. They do not use any herbicides or chemical pesticides.
- Applying compost for fertility and organic matter. Healthy soil is the heart of their operation; they never use synthetic fertilizers.
- Utilizing low tillage practices that preserve the soil structure and layers.
- Maintaining contoured planting to prevent soil erosion and to conserve water.
- Planting certified organic seed whenever it is available.

Mike and Emily strive to create a biologically diverse agricultural system that protects nature rather than harming it. They do this by replenishing the land for future generations. They sell directly to customers through farmers' markets. For more information about Three Springs Farm, visit their website at: www.threespringsfarm.com/.

David Tip's – David Hillock, Consumer Horticulturist, shares some tips on watering plants during the summer months.

Watering is one of the most common activities in the garden during the summer months. Making sure newly planted plants are kept moist until their root systems become established is especially important. Newly planted trees and shrubs are particularly vulnerable to improper watering. Applying water in a slow drip or trickle helps keep their soil-less root-balls moist.

There are several methods used to keep new transplants watered – open hose, soaker hose, drip

systems, and root feeders.

Setting the end of the hose next to the tree and allowing a slow trickle to run long enough to moisten the root-ball is the open hose method. The open hose method works well for 1 to 3 trees if you can remember to move the hose after each tree has been adequately watered.

Unfortunately they are often forgotten and the plant is overwatered and water is wasted by percolating too deep or running off to the gutter or neighbors yard. Shutoff timers that can be attached to the spigot may alleviate the problem of overwatering. But you still have to remember to move it to the next tree if you have more than one that needs watering.

Soaker hoses are more suited for the flower or vegetable bed. They are relatively inexpensive and readily available, but it is difficult to determine how much is being applied and they often don't distribute the water evenly to the area.

There are several types of drip systems available, self-contained systems and semi-permanent emitter systems. Semi permanent emitter systems are very efficient, can be easily installed and can actually be designed to irrigate several areas of the landscape. They can be installed to in-ground sprinkler systems or set up so they can be hooked up to the spigot. Depending on the extent of the system, initial expense can be higher than some of the other methods. Self-contained systems means they have their own reservoir. There are several commercially available products available or you can make your own. The concept behind these systems is the slow release of water from the reservoirs through very tiny holes in the bottom of the system. A simple and inexpensive way to make your own is by using 1 gallon milk jugs or 5 gallon buckets. Drill holes no bigger than ¼ inch in the bottom of the containers to allow the water to slowly trickle out soaking the area.

The last method is root feeders. These products are usually hooked up to the end of a hose and water is injected about 8 to 12 inches into the ground. Water is slowly injected into the soil in the area of the tree roots. This system allows for deep root watering, lessens the chance of runoff and erosion, larger trees can be watered this way, and in some cases allows you to apply a water soluble fertilizer at the same time. However, this system requires you move it around, especially when watering larger established trees, and pay attention to the pressure being pushed through the system.

In any event, there is no exact science to watering plants and monitoring and management of systems and poking around in the soil on occasion is necessary to make sure the plants are receiving adequate irrigation.

Design Series: Planning for Color – We continue the design series in this segment about using color in the landscape. When we think of using color in the landscape, we most commonly think of flowers. But flowers blossom and fade, their color is fleeting. When we plan for color, we need to think beyond the blossom.

Foliage is our greatest source of garden color. Even when we look at just green foliage, we find a great range of hues. Some plants have a deep, dark green, like *Magnolia*, while others have a bluish tint, such as the Giant Coneflower (*Rudbeckia maxima*). We find pale green, grey-green, such as Lamb's Ears (*Stachys byzantina*), and yellow-green foliage like that of 'Marguerite' Sweet Potato Vine (*Ipomea batatas*). You can find just as much variety in just about every color of the rainbow. As we select plants for color in the garden, foliage becomes very important. As with flowers, color combinations in foliage are used to create balance and excitement.

Variation is another aspect of foliage color. Light-colored variegation, such as in the Variegated Boxwood (*Buxus sempervirens*), can be used to lighten a dark, shady site. We also find very bold variegation, such as that of the Gold Dust Plant (*Aucuba japonica* 'Variegata'). And the multicolored leaves of many Cannas (*Canna* spp.) and Coleus (*Coleus* spp.).

As we plan for color in the landscape, we can also consider seasonal color. Many plants have foliage that turns brilliant colors in the fall. Trees such as Maples (*Acer* species) and the Chinese Pistache (*Pistacia chinensis*) are most noted for the fall foliage, but many shrubs and even perennials such as Bluestar (*Amsonia*) have beautiful fall foliage.

Another type of seasonal color is that of berries. We find berries of all colors, from the purple beautyberry, to yellow crabapples, and the blue-green fruits of the Leatherleaf Mahonia (*Mahonia bealei*).

Bark can provide seasonal or year-round interest. The stems of Dogwood (*Cornus stolonifera*) are hidden during the summer, but in winter, when the foliage drops, the stems take on a brilliant red color. And the green stems of the Japanese Kerria (*Kerria japonica*) keep their color all winter long. Trees, such as the river birch, have colorful, cinnamon-orange bark that adds year-round interest.

Perhaps nothing is more seasonal than floral color. The bloom period of flowering plants varies greatly. Given proper care, annuals can bloom all season long, from the time they are planted in your garden until the first killing frost. Perennials, on the other hand, may bloom for only a few weeks or for months at a time. Grouping annuals and perennials together in a garden can ensure something will be in bloom throughout the season. You can also plant perennials together that will bloom in succession as the season progresses. Spring bulbs and late season bloomers such as Asters (*Aster*) and Hardy Mums (*Chrysanthemum*) can extend the bloom season from snow melt until late fall.

The majority of garden plants are purchased in the spring, when many late bloomers get overlooked. It is easy to be drawn in to those showy bloomers at the garden center, but without planning for color, you may end up with a garden that blooms all at once. Make sure to visit your favorite public garden or garden center periodically throughout the year and keep a record of your favorite bloomers throughout the season. Incorporate plants that bloom throughout the year, and also look to foliage and other plant traits to add color and interest to the garden.

Barbara Cooks – Barbara Brown, Extension Food Specialist, makes tabbouleh.

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Sincerely,
Kim Rebek
Oklahoma Gardening Host

Tabbouleh



Bulgur is a grain that has a nutty flavor. It becomes soft as it absorbs the liquid from the salad.

- 1 cup bulgur
- 1 cup hot water
- 3 cups fresh flat leaf parsley, chopped
- 1/4 cup fresh mint, chopped
- 4 green onions
- 1/2 cup fresh lemon juice
- 1 garlic clove, minced
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup diced tomatoes

1. Put bulgur in a medium bowl with hot water. The bulgur will absorb the water.
2. Wash parsley and mint in a colander under running water. Roll herbs in paper towels to dry.
3. Wash green onions and pat dry. Cut off roots and slice white portion into 1/4 – inch slices. Finely chop slices. Save green tops for another use.
4. Combine green onions, lemon juice, garlic, olive oil, salt, and pepper in a small bowl and whisk together. Fold lemon juice mixture into bulgur with a spoon. Add tomatoes and continue stirring until well combined.

Serves 4.

Nutrition Facts		
Servings per recipe: 4		
Calories 219	Calories from fat 72	
	% Daily Value	
Total Fat 8g	12%	
Saturated Fat 1g	5%	
Cholesterol 0mg	0%	
Sodium 307mg	13%	
Carbohydrate 35g	12%	
Dietary Fiber 9g	37%	
Protein 7g	13%	
Vitamin A: 57%	Vitamin C: 140%	Folacin: 26%
Calcium: 11%	Iron: 27%	Potassium: 17%

Source: www.fruitsandveggiesmatter.gov
Oklahoma Cooperative Extension Service

5/08

The Best of *Oklahoma Gardening* Information Sheet (#3523)
OETA air date: December 6 and 7, 2008
 OETA airtime: Saturday 11:00 a.m., Sunday 3:30 p.m.
 (Rerun of show #3452, originally aired June 28 and 29, 2008)

Growing Cut Flowers – Many gardeners like to grow their own flowers for cutting, but do not like to remove too many blooms from the garden. One solution to this dilemma is to set aside an area solely dedicated to cutting flowers. Think of the cutting garden as being more like a vegetable garden, an area that is continually harvested, and not necessarily a beautiful display garden. Of course, a cutting garden can be beautiful.

We have established a cut flower garden with a layout of a mixed bed. Some gardeners prefer to establish cutting gardens in rows, more like a vegetable garden, to make access easier. Either method is acceptable, but both require a sunny location, as many cut flowers require full sun.

Many different annuals and perennials are good for cutting. Annuals tend to dominate the cutting garden, because they are more prolific bloomers and harvesting flowers only encourages more blooms to appear. Of course, many perennials also make excellent cut flowers, such as Columbine (*Aquilegia* species). One consideration that may guide you in selecting plants to grow for cutting is stem length. Flowers with longer stems are more versatile in a container. Straw flowers (*Helichrysum*) have a nice long stem that allows them to be used in tall vases.

Two factsheets that may be helpful in identifying flowers to try for cutting include:

[HLA-6410 Perennial Flowers for Specific Uses in Oklahoma](#) and
[HLA-6425 Annual Flowers for Specific Uses in Oklahoma](#).

This is a garden to have fun with. Experiment with different species. There is no need to stick to the common cut flowers. Try different annuals and perennials and keep track of how long they keep in the vase. As you choose plants for the cutting garden, select plants that bloom at different times during the season to ensure something is always in bloom.

Here are few good cut flowers that bloom during the month of June:

- Straw flowers (*Helichrysum* 'Bright Bikinis') – Papery daisy-like flowers in autumn colors
- *Gomphrena haageana* 'Strawberry Fields' – Gomphrena are small, clover-like globes that come in vibrant colors; also good for drying
- Blue Anise Sage (*Salvia guaranitica* 'Black and Blue') – many salvia species, both annuals and perennials, make good cut flowers
- Cock's Combs (*Celosia argentea cristata* 'Cramers Burgundy') – wavy, brain-like flowers come in bright colors – a classic cut flower and good for drying as well
- Calendula (*Calendula officinalis*) – Daisy like flowers in hot hues of orange and yellow
- Baby's Breath (*Gypsophila elegans* 'Covent Garden') – excellent filler for a floral arrangement
- Verbena (*Verbena canadensis* 'Homestead Purple') – small clusters of flowers that mix well in an arrangement
- Zinnias (*Zinnia elegans* 'Dreamland Mix') – pom-pom blossoms in bright colors, often with a contrasting center

Flowering places a high demand on plants in terms of energy and nutrition. For this reason, it is a good idea to fertilize your cutting garden regularly, or mix a granular, slow-release fertilizer into the soil when planting. Annuals also need to be harvested regularly and deadheaded to keep plants blossoming for longer periods of time.

When it comes to collecting cut flowers, it is best to cut the flowers in the morning, when

temperatures are coolest. Put the cut flowers into water as quickly as possible. When you bring the flowers indoors, these additional tips will help you keep your flowers looking fresh:

- Remove excess foliage, especially if it will be underwater
- Re-cut the stems underwater and place immediately in vase
- Use warm water and a floral preservative
- Keep flowers in a cool location and avoid drafts or hot spots
- Change water every two days
- Keep cut flowers away from fruit

For more information about harvesting and handling cut flowers, see factsheet: [HLA-6426 The Care and Handling of Cut Flowers](#).

Design Series: Designers Perspective with Landscape Architect John Fluitt – In this segment we visit with members of Garden Design Associates of Oklahoma City. Co-owners John Fluitt and Marquette Clay walk us through several gardens their team designed, looking at a variety of landscape features along the way. Roger Runge, a member of the design team, joins us to look at ways to update an older design, and how to add the finishing touches. In this segment we will discuss seasonal color, along with many of the challenges that can be overcome through creative design. Plants discussed are Akebia Vine (*Akebia quinata*), Magnolia (*Magnolia grandiflora* 'Little Gem'), Foster's Holly (*Ilex x attenuate* 'Fosteri'), Emerald Spreader® Yew (*Taxus cuspidata* 'Monloo'), Variegated English Holly (*Ilex aquifolium* 'Variegata') and Hetz Columnar Juniper (*Juniperus chinensis* 'Hetzii Columnaris').

Barbara Cooks – Barbara Brown, Extension Food Specialist, makes a red kidney bean salad.

Red Kidney Bean Salad

- 3 tablespoons extra virgin olive oil
- 1-1/2 tablespoons cider vinegar
- 1 clove garlic, minced
- 1/8 teaspoon chili powder
- 1-1/2 teaspoons fresh oregano, chopped, or 1/2 teaspoon dried oregano leaves
- 2 cups cooked kidney beans, well drained
- 1 green pepper, chopped
- 1/2 cup chopped red onion
- 1/4 cup chopped red pepper
- 12 pitted black olives, sliced
- 6 Bibb or leaf lettuce leaves



1. Combine olive oil, cider vinegar, garlic, chili powder and oregano well with whisk or shake together in a container with a tight fitting lid.
2. Combine kidney beans, green pepper, red onion, red pepper and black olives together in large bowl. Add olive oil mixture to beans and stir well.
3. Refrigerate at least 2 hours to allow flavors to blend.
4. Serve on lettuce leaves.

Serves 6.

Nutrition Facts

Servings per recipe: 6

Calories 160

Calories from fat 64

	% Daily Value	
Total Fat 8g	12%	
Saturated Fat 1g	5%	
Cholesterol 0mg	0%	
Sodium 80mg	3%	
Carbohydrate 17g	6%	
Dietary Fiber 5g	20%	
Protein 6g	11%	
Vitamin A: 12%	Vitamin C: 54%	Folacin: 23%
Calcium: 4%	Iron: 12%	Potassium: 10%

Adapted from Cooks.com at <http://www.cooks.com>

Barbara Brown, Food Specialist

Oklahoma Cooperative Extension Service

6/08

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