

January 2009—Oklahoma Gardening Shows

January 17 & 18

January 10 & 11

January 3 & 4

OETA Festival—January 31 through February 14

No *Oklahoma Gardening* shows available.

The Best of *Oklahoma Gardening* Information Sheet (#3530)

OETA air date: January 24 and 25, 2009

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

(Rerun of show #3516, originally aired October 18 and 19, 2008)

Oklahoma's Growing Wine Industry – In this segment Dr. Eric Stafne, Assistant Professor and Fruit Crop Extension Specialist, joins us to discuss the developing grape and wine industries in Oklahoma. Dr. Stafne shares with us a brief history of Oklahoma grape production and tips on getting started with grape production. His suggestion, educate yourself. Many opportunities are available to the interested student, including his annual Grape Production Course which familiarizes present and potential Oklahoma grape growers with grape management requirements throughout the growing season. More information on this and other educational opportunities is available on-line at <http://www.grapes.okstate.edu/>.

We also discuss grape production in the home garden. For wine production, as few as 5-10 vines can produce a suitable quantity of grapes to produce a 5 gallon carboy of wine. In general, hybrid grapes will be easier to manage in Oklahoma than the European (*Vitus vinifera*) varieties.

Dr. Stafne also recommends table grapes for the home. These tend to have fewer disease problems and are easier to manage than most wine grapes. He suggests cultivars from the Arkansas breeding program, such as the cultivars Mars, Jupiter, and Neptune.

Oklahoma's wineries also offer the opportunity for tourism. A map of vineyards in the state can be found at the Oklahoma Tourism website

(<http://agritourism.travelok.com/adventure.aspx?Level=AdventureType&ID=15>)

or you can find information on the Oklahoma Grape Growers' and Wine Makers' Association webpage (<http://oklahomawines.org/OklahomaWines.htm>).

To support the growing wine industry, a new educational opportunity will be offered April 3 and 4, 2009. The OSU School of Hotel and Restaurant Administration will present the first annual Oklahoma Wine Forum, with backing and support from OSU Alumni Carl and Marilyn Thoma, owners of Van Duzer Winery in Oregon. The forum will offer unique educational opportunities with an array of venues ranging from tasting panels with vintners, to an assortment of lectures by noted wine educators, vintners, scholars and scientists. The forum will have also showcase the benefits of sustainability in the context of grape production and wine making.

Echinacea Varieties with Plant Breeder Arie Blom – In this segment we interview plant breeder Arie Blom of AB-Cultivars. Mr. Blom started crossing various ornamental plants in his backyard in 2002. He has since released five Echinacea cultivars. Each new introduction represents years of breeding. Only plants that demonstrate a clear improvement to the existing trade assortment or unique character are placed into production. The following are Echinacea presented in this segment:

Echinacea purpurea 'Pink Double Delight' - This cultivar is very floriferous with pink, fully double pon-pon-like flowers. The cone of the flowers completely consists of ray flowers, which are however shorter than the lowest ray flowers, normally present with *Echinacea purpurea*. The plant develops many and very well branching flower stems, giving rise to a very floriferous plant habit. The stems are short, reaching a maximum height of about 26". Flowering starts mid-June and continues until September.

Echinacea purpurea 'Coconut Lime' - This cultivar is very floriferous with pon-pon-like flowers. The color of the cone is pale lime, pairing nicely with the white basal ray flowers. The ray flowers of the cone are tubular in shape and shorter than the basal ray flowers. This plant stands out because of its high number of flowering stems. It reaches a height of approximately 30". Flowering continues until September. Deadheading is recommended as it may extend the flowering period a little and provides a more tidy appearance.

Echinacea purpurea 'Meringue' - 'Meringue' is a sweet little *Echinacea* cultivar bearing beautiful white double flowers with a yellowish center. The disk flowers of this cultivar grow out into very long, tubular flowers, making a yellowish pompon, which is held up by a ring of pure white ray flowers. The short flower stems create a strong plant with an upright habit, and a maximum height of 18". Flowering starts in July and continues until in September.

Echinacea hybrid 'Hot Papaya' - This exciting new introduction is the first *Echinacea* hybrid with orange, fully double flowers. An interspecific cross (a cross between two species) has produced this fantastic hybrid. The astonishing flowers have a deep orange color and do not fade as they age. The cone completely consists of petals, in the same color as the lower ray flowers. Flowering of 'Hot Papaya' starts early, beginning in June, and continues until August. The very strong stems will reach about 32" and branch very well.

International Rose Test Garden – Portland is known as the city of roses, and we simply could not leave the city without sharing the magnificent International Rose Test Gardens. Founded in 1917, Portland's are the oldest official, continuously operated public rose test garden in the United States. The garden houses nearly 8,000 roses, representing well over 500 cultivars. The primary purpose of the garden is to serve as a testing ground for new rose varieties and to show the public what is commercially available. The garden is one of 24 official testing sites for the internationally respected All-American Rose Selection (AARS) and is one of six testing sites for the American Rose Society miniature rose test program.

In this segment, we present the 2009 AARS winning selections:

Pink Promise – This graceful hybrid tea rose has delicate pink blooms on long stems for cutting. Selected by the National Breast Cancer Foundation, *Pink Promise* represents a continual blooming promise of compassion and awareness. For every *Pink Promise* plant purchased, a percentage of the sales will be donated to the National Breast Cancer Foundation to help extend women's lives through education and early detection. In addition to large pink blooms, the plant supports dark green foliage. *Pink Promise* has good disease resistance, flourishing in many climates. The blooms are also highly fragrant, carrying a delightful, fruity aroma. *Pink Promise* was hybridized by Jim Coiner and introduced by Coiner Nursery of LaVerne, California.

Carefree Spirit™ - Today's gardeners are looking for a rose that is easy to maintain. As a result, AARS stopped spraying fungicides on all shrub rose candidates in its 24 test gardens nationwide beginning in 2004. *Carefree Spirit* is the first and so far only landscape shrub to endure this real-world testing and be selected as a winner. This highly disease resistant selection has a compact,

mounding habit and deep red blossoms speckled with white, turning to pink and white as they mature. *Carefree Spirit* was bred from parent rose, *Carefree Delight*TM, which was an AARS Winner in 1996. However *Carefree Spirit* has even better disease resistance and blooming power than its parent rose, promising to perform well in any area of the country. *Carefree Spirit* was hybridized by Jacques Mouchotte, director of research at Meilland International and introduced by Conard-Pyle Co. of West Grove, Pennsylvania.

Cinco de MayoTM - A charming rose, with an unusual bloom color, *Cinco de Mayo* is a seedling of the much loved *Julia Child*. This floribunda rose never stops blooming, with clusters of smoky, rusty red-orange blossoms. Its compact habit makes *Cinco de Mayo* ideal for use as a hedge or in a border. *Cinco de Mayo* has fantastic disease resistance and has performed exceptionally well across the country with little-to-no care. *Cinco de Mayo* was hybridized by Tom Carruth and is introduced by Weeks Roses of Wasco, California.

Flower Carpet[®] Roses from Monrovia Nursery – While visiting with Nicholas Staddon, Director of New Plant Introductions for Monrovia Nursery, Nicholas shares with several new Carpet Rose varieties that are hitting the market. Carpet Roses are ideal for their ease of care.

Flower Carpet[®] Pink Supreme Ground Cover Rose - Lovely pink blooms tinged with white are displayed over an extra long flowering period. No fancy pruning, these low-growing, densely branched shrubs are highly resistant to black spot and mildew and tolerant of high heat environments. Plant Culture: deciduous, full sun, moderate grower to 24 to 36 inches tall and 36 to 40 inches wide.

Flower Carpet[®] Scarlet Ground Cover Rose - Easy care ground cover shrub that produces masses of brilliant, scarlet-red flowers from spring through fall. Flowers up to 10 months in warmer climates. Glossy, dark green foliage is resistant to mildew and black spot. Ideal in borders, pots, and hanging baskets. Plant Culture: fast growing, spreading shrub 2 to 3 ft. tall, 3 ft. wide, full sun, deciduous.

Flower Carpet[®] Amber Ground Cover Rose - From soft red buds, an abundance of semi-double peachy-amber flowers, fading to seashell pink, envelope the plant and are fragrant - a first for the series. Features higher disease resistance than others in the series. Beautiful in containers or en masse. A vigorous but compact shrub 24 to 30 in. tall and wide. Full sun.

Bridge Garden – We have a dedicated group of volunteers, our Garden Ambassadors. This year we have two gardens that were designed in part by our volunteers. Earlier this season we looked at our Patriotic Garden, in this segment we visit the Bridge Garden. Garden Ambassador Billie Richardson was part of the team that helped design the bridge garden and she joins Kim to describe the process. The theme of the garden is “Morning, Noon, and Evening, Too”. The garden is designed to shine at all times of the day, with morning bloomers on the east end of the garden, and evening bloomers on the west. Many plant materials were chosen based on the time of day they bloom (e.g. morning glories and four o’clock’s). Other plants were included because the name contains a reference to the time of day, such as ‘Morning Light’ Miscanthus and ‘Sunrise’ Echinacea. On the west end, plants with silver foliage were also included, as these shine brightly in the moon light. Billie describes the many challenges in designing a garden on paper, and shares with us some tips from her first experience with design.

Some of the plants included with this theme are:

- Morning Glory, *Ipomea purpurea* ‘Sunrise Blend’
- Chinese Silver Grass, *Miscanthus sinensis*, ‘Morning Light’
- Coneflower, *Echinacea* hybrid ‘Sunrise’
- Coleus, *Solenostemon* sp. ‘Alabama Sunset’
- Moonflower, *Ipomea x alba calonyction*
- Russian Sage, *Perovskia atriplicifolia*

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 (#3529)

OETA air date: January 17 and 18, 2009

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

(Rerun of show #3515, originally aired October 11 and 12, 2008)

Van Duzer Winery – During our visit to Oregon, we stopped by Van Duzer Vineyards, owned by OSU alumni Carl and Marilyn Thoma. Nestled in the Willamette Valley, Van Duzer experiences the perfect climatic conditions for producing a world class selection of wines. The vineyard focuses on producing Pinot Noir and Pinot Gris cultivars, varieties well suited to the local climate. The staff at Van Duzer is proud to be certified by LIVE (Low Input Viticulture and Enology, Inc.), the Oregon organization which developed and evaluates vineyards and wineries against a rigorous set of international standards. The sustainable agriculture practices followed by Van Duzer originate in the notion that the highest level of fruit quality is achievable only through attention to soil health, biodiversity in the vineyard, and responsible pest and canopy management that relies on alternatives to off-farm inputs of chemicals and fertilizers.

We meet with Norbert Fiebig, vineyard manager, who explains the relationship between the local climate and topography, and the grapes grown at Van Duzer. He showcases cultural practices followed in the field to encourage full development of flavor in the grapes. Norbert also highlights a number of unique management and stewardship practices.

Winemaker Jim Kakacek walks us through the process followed to craft a fine wine, from harvest to bottling. He explains the use of several different clonal varieties of Pinot Noir, and how these are handled during fermentation. We look at each stage of production, and learn how different clonal varieties are mixed to produce a smooth, consistent flavor. There is certainly an intimate connection between the vineyard practices and the final flavor of each and every wine produced at Van Duzer.

Barbara Cooks – Barbara Brown, Extension Food Specialist, makes roasted salmon with vegetables.

Roasted Salmon with Vegetables

- 1 pound salmon fillet, skin removed
- 2 stalks celery, cut in 2-inch long pieces
- 1/2 medium yellow onion, sliced thinly
- 2 tablespoons vegetable oil
- 1/4 cup chopped onion
- 1/4 pound fresh mushrooms, quartered
- 2 medium red potatoes, cubed
- 1 pound fresh spinach, sliced thin
- 2 cloves garlic, finely chopped
- 1/2 cup white wine
- 1/2 teaspoon black pepper



1. Divide salmon into 4 portions, about 4 ounces each. Measure thickness of fillets.
2. Preheat oven to 400°F. Place celery and onion in a roasting pan and top with salmon fillets. Roast 10 minutes per inch of thickness.
3. Heat a medium-sized sauté pan over medium heat. When pan is hot add vegetable oil. Add chopped onion and mushrooms and cook until soft but not browned, about 5 minutes.
4. Add potatoes and continue cooking until potatoes are slightly browned and tender, another 12 to 15 minutes.
5. Stir in garlic, sauté 30 seconds.
6. Add wine and cook until pan liquids almost evaporate. Stir in spinach and pepper. Cook until spinach wilts, 1 to 2 minutes.
7. Place vegetables on plate and top with salmon. Reserve celery and onion from roasting pan for use in soup or discard.

Serves 4.

Nutrition Facts		
Servings per recipe: 4		
Calories 265	Calories from fat 72	
	% Daily Value	
Total Fat 8g	12%	
Saturated Fat 1g	5%	
Cholesterol 59mg	20%	
Sodium 172mg	7%	
Carbohydrate 17g	6%	
Dietary Fiber 5g	18%	
Protein 28g	56%	
Vitamin A: 155%	Vitamin C: 75%	Folacin: 60%
Calcium: 14%	Iron: 27%	Potassium: 42%

Barbara Brown, Food Specialist
Oklahoma Cooperative Extension Service

9/08

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Sincerely, Kim Rebek, *Oklahoma Gardening* Host

The Best of *Oklahoma Gardening* Information Sheet (#3528)
OETA air date: January 10 and 11, 2009
OETA airtime: Saturday 11:00 a.m., Sunday 3:30 p.m.
(Rerun of show #3514, originally aired October 4 and 5, 2008)

Monrovia Nursery, New Plant Introductions – In this segment we visit with Nicholas Staddon, Director of New Plant Introductions for Monrovia Nursery. Monrovia is among the premiere nurseries producing quality container-grown plants for garden centers around the world. Founded in 1926, today Monrovia grows over 2,200 varieties and 22 million plants annually. Each season they offer new, improved varieties and we take a look at some of these varieties that are well suited for Oklahoma’s climate.

Some of the features that Nicholas looks for in improved cultivars include year-round, or multi-seasonal interest, multi-use plants, dwarf cultivars, bold, new foliage colors, and wildlife interest. The following is a list of the plants presented in this segment:

River Birch, *Betula nigra*; improved cultivar ‘Summer Cascade’
Dianthus (Pinks), *Dianthus* ‘Wink’
Barberry, *Berberis thunbergii* cultivars: ‘Crimson Pygmy’ ‘Rose Glow’ and ‘Golden Ruby’
Itoh Peony, *Peonia* hybrid ‘Julia Rose’
Weigela, *Weigela florida* cultivars ‘Magical Fantasy’ (variegated) and ‘Pink Poppet’
Snowberry, *Symphoricarpos* ‘Scarlet Pearl’

Monrovia Nursery Tissue Culture Facility – In this segment we visit the tissue culture facility at Monrovia. Tissue culture is a plant propagation technique that allows for the mass production of plant material under sterile conditions. Some advantages of tissue culture include:

- Cloning to produce exact copies of plants with particularly good flowers, fruits or other desirable traits.
- Rapid production of large numbers of mature plants.
- Propagation of plants that otherwise are difficult to reproduce.
- Ability to clean a plant stock of unwanted disease agents.

Lisa Butera, Tissue Culture Research Coach, joins us to discuss the process of tissue culture from the laboratory to the greenhouse.

Barbara Cooks – Barbara Brown, Extension Food Specialist, makes cauliflower with almonds.

Cauliflower and Almonds

A main dish recipe

- 3 tablespoons slivered almonds
- 2-1/2 pounds cauliflower, cut in florets
- 1/2 cup crem fresh or crema Mexicana*
- 3 ounces Swiss cheese, grated
- 1/2 teaspoon coarse salt
- 1/2 teaspoon pepper
- 3 tablespoons dry bread crumbs
- 2 tablespoons chopped flat leaf parsley



8. Heat oven to 350°F. Spread nuts on a rimmed baking sheet and bake until browned and fragrant, about 6 to 8 minutes. Remove from oven.
9. Preheat oven to 375°F. Spray a 2-quart baking dish with nonstick cooking spray.
10. Bring a large pot of water to boiling. Add cauliflower and cook until just tender, about 5 minutes. Drain and spread on paper towels to dry.
11. Place cauliflower in baking dish and gently toss with crem fresh, half the cheese, salt and pepper. Sprinkle with remaining cheese. Cover with bread crumbs and toasted nuts.
12. Bake 20 to 25 minutes, until crumbs and nuts are golden. Garnish with parsley and serve.

Serves 6.

*To make your own crem fresh, warm 1/2 cup heavy cream to 100°F. Add 1 tablespoon sour cream, buttermilk or plain yogurt (whichever is chosen must contain active cultures). Let the mixture sit at room temperature for at least 9 hours then refrigerate until needed.

Nutrition Facts		
Servings per recipe: 6		
Calories 210	Calories from fat 135	
	% Daily Value	
Total Fat 14g		22%
Saturated Fat	7g	37%
Cholesterol 40mg		13%
Sodium 288mg		12%
Carbohydrate 14g		5%
Dietary Fiber	5g	21%
Protein 10g		19%
Vitamin A: 10%	Vitamin C: 149%	Folacin: 29%
Calcium: 21%	Iron: 8%	Potassium: 19%

Modified from original source: <http://whatscookingamerica.net>
 Barbara Brown, Food Specialist
 Oklahoma Cooperative Extension Service

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Sincerely,
 Kim Rebek
Oklahoma Gardening Host

The Best of *Oklahoma Gardening* Information Sheet (#3527)

OETA air date: January 3 and 4, 2009

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

Horticulture Vocational Program at the Cimarron Correctional Facility – In this segment Kim visits the Cimarron Correctional Facility in Cushing to learn about the Horticulture Vocational Program. The program is a year-long intensive introduction to diverse aspects of horticulture taught by OSU graduate Theresa Morris. Theresa selects class participants from a list of inmates who have completed their GED. She looks for participants that she feels have the

most to gain from the program, both in terms of educational development as well as spiritual growth. The program is as much horticulture therapy as it is vocational training.

Throughout the course of the program, each student tends a vegetable plot, an ornamental bed and is allotted a bench in the greenhouse where they practice propagation techniques. The hands-on nature of the program gives inmates an outlet from the tension of everyday life in prison, as well as practical experience that they can someday use in the home or job setting. Kim visits with three different class participants to learn about each of the three planting areas tended by the students. She also visits the classroom to look at some of the design work being developed by class participants.

Much of the produce raised by students in the vegetable gardens is sold at the local farmer's market. All proceeds raised through sales are given back to the community to help beautify the downtown area. Past donations have gone to support projects such as the Centennial Pocket Garden. Students also raise plants, produce and cut flowers to enter into the Payne County Fair. The many ribbons hanging on the classroom walls show just how much pride the students take in their work, and how successful they have been over the years.

Xeriscaping with David Hillock - In this segment Consumer Horticulturalist David Hillock joins us to introduce the concept of Xeriscaping. Xeriscape gardening, defined as quality landscaping that conserves water and protects the environment, is a concept that has been around since the early 1980s. The idea came from educators, professionals and city officials in the Denver, Colorado area in an effort to reduce the demand on the watering system during peak summer months. Today the concept takes on many forms such as Water-Wise Gardening, WaterSmart Gardening, etc., but the principles are all the same. Based on seven sound horticultural principles, the Xeriscape concept provides guidelines for the gardener that helps ensure a beautiful, thriving landscape that is not only less work in general, but also environmentally friendly.

Unfortunately there are a few misconceptions that exist, perhaps due to the meaning and pronunciation of the root word xeric. The term Xeriscape (pronounced zeri-scape not zero-scape) was derived from two terms, "xeric" referring to dry and "scape" referring to vista. One of the first misconceptions is Xeriscape means rocks and yucca or cactus and gravel (zero-scape). This misconception is somewhat ironic as the use of rocks and gravel may actually increase temperatures resulting in an increase of water use around nearby plants and an increase in the homes cooling costs.

A second misconception is that Xeriscape means dry landscaping only or "no" water. On the contrary, the design and use of appropriate irrigation is a very integral part of the concept. And the third misconception is that Xeriscape means no lawn. This is not true either, rather the use of practical turf areas and turf species is recommended. Less lawn does not mean lawless.

The seven principles of Xeriscape landscaping are not new; they have been practiced in the landscape industry for decades. The concept of combining all seven guidelines into one effort toward landscape water conservation is what makes Xeriscape landscaping unique. The principles are given below:

1. *Plan and design* – planning and design is the foundation of any water-wise landscape.
2. *Consider improving the soil* – soil analysis will determine whether soil improvement is needed for better water absorption and improved water-holding capacity.

3. *Create practical turf areas* – practical turf areas suggest that turfgrasses be used as a planned element in the landscape. Avoid impractical turf use, such as long, narrow areas.
4. *Use appropriate plants and zone the landscape* – appropriate plant selection keeps the landscape more in tune with the natural environment. Both native and exotic plants make up the huge variety of plants available for Xeriscape landscaping.
5. *Irrigate efficiently* – by simply using efficient irrigation, you can instantly save 30 to 50 percent on your water bill.
6. *Consider using mulches* – use mulches in flower and shrub beds to increase water penetration during irrigations and prevent water loss from the soil through evaporation.
7. *Maintain the landscape appropriately* – appropriate maintenance preserves the beauty of the Xeriscape landscape plus saves water. Pruning, weeding, proper fertilization, pest control and irrigation system adjustments all conserve water.

Plants listed in this segment include Cock's Comb (*Celosia argentea cristata* 'Cramers Burgundy'), Russian Sage (*Perovskia atriplicifolia*), Lamb's Ear (*Stachys byzantina*), Zinnia (*Zinnia elegans* 'Dreamland Mix' and Portulaca or Moss Rose (*Portulaca graniflora* 'Sundial Yellow').

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