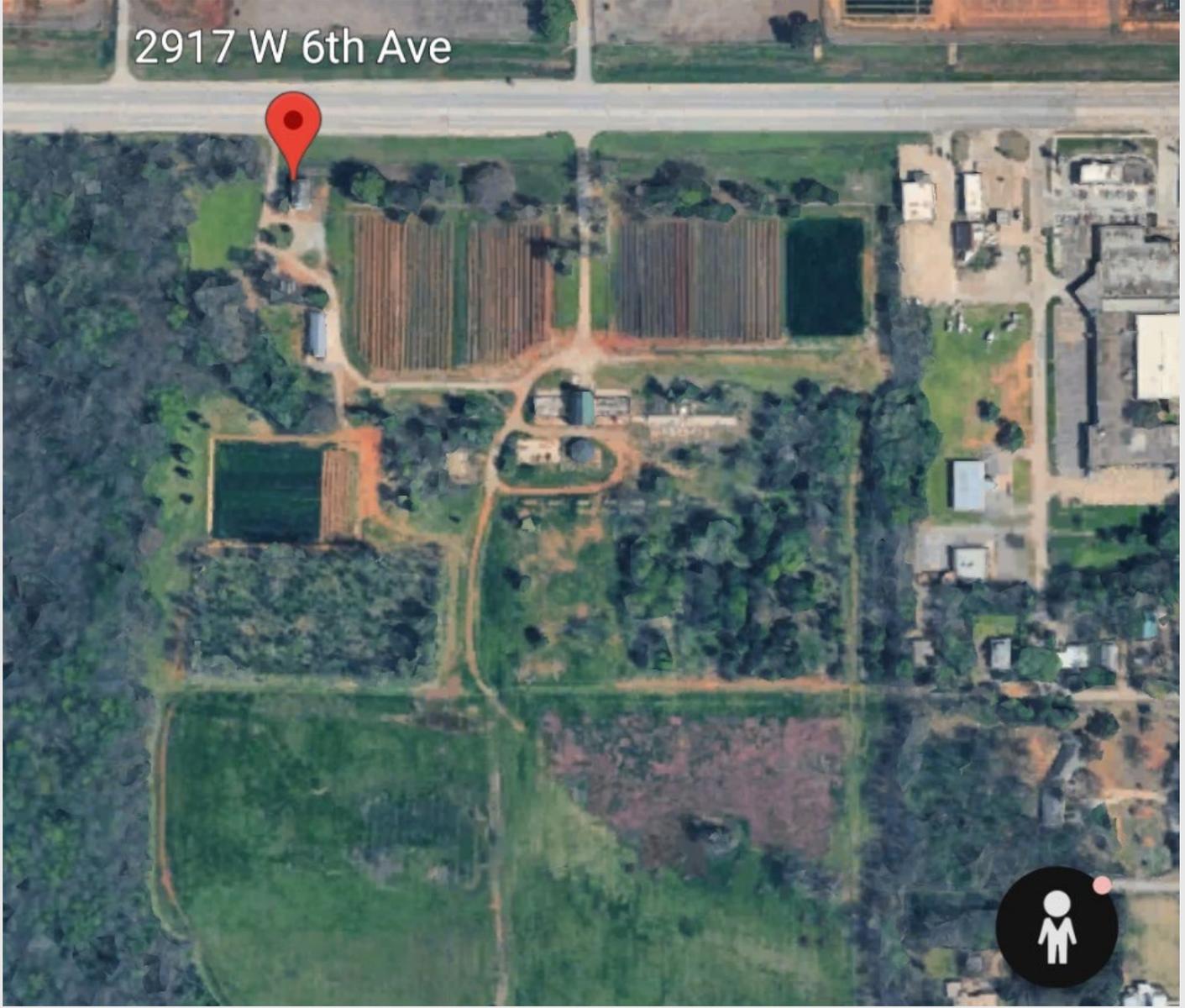
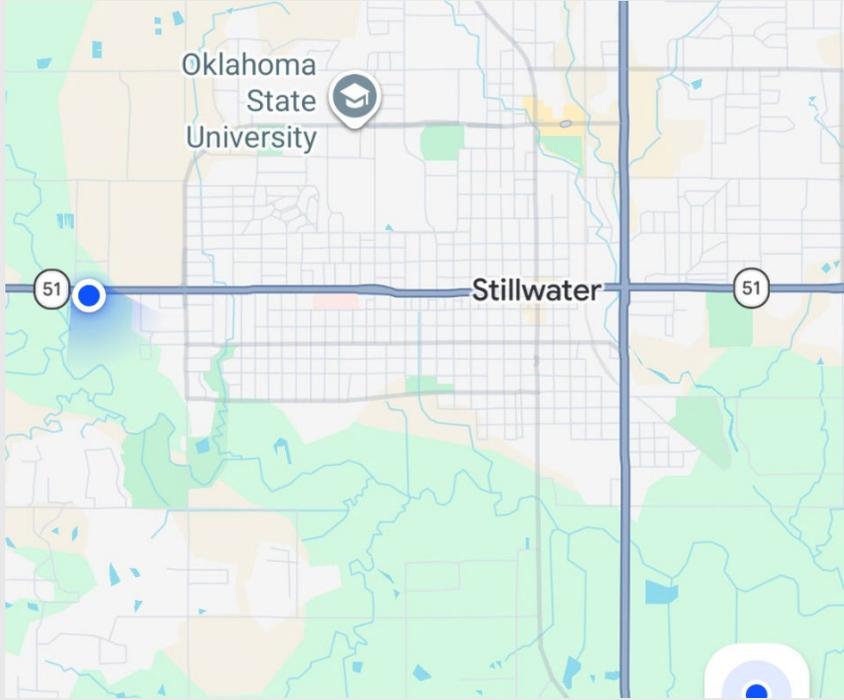




The OSU Student Farm

Lynda Carrier &
Matt Beartrack
Student Farm
managers





Student Farm Mission

- Provide hands-on learning experiences
 - Students
 - Community
- Reduce food insecurity
 - Our Daily Bread
 - Stillwater
 - Payne County





OKLAHOMA:

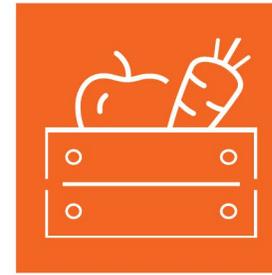
Source:

United Health Foundation —
America's Health Rankings,
2022 Annual Report



46th

FOOD INSECURITY (% OF HOUSEHOLDS)



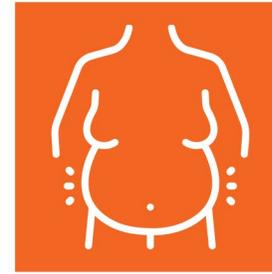
49th

FRUIT AND VEGETABLE CONSUMPTION
(% AGES 18+)



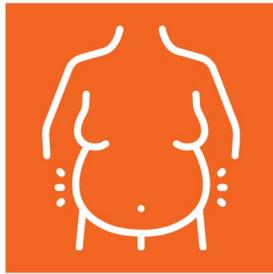
49th

NUTRITION AND PHYSICAL ACTIVITY



46th

ADULT OBESITY



36th

YOUTH OBESITY



41st

OVERALL HEALTH OUTCOMES

Oklahoma's New Ranking For Obesity

Adult-36th!

Children-34th!

Public horticulture is a perfect example of the intersection between plants and people. You can see the direct impact that you have every time you deliver, every time Rachael [at Our Daily Bread] speaks with us on how we're helping many families. It's exciting to see that what I studied is going into practice.

— **Samantha Pratt**

B.S. in horticulture and current horticulture graduate student



Fall 2022 Efforts

- Soil improvement
 - Soil sampling
 - Land leveling
 - Sprayed grass
 - Organic matter
 - Cultivated ground (incorporated OM)
 - Plant Winter cover crop
 - Started With Nothing-Borrowed Tractors



Fall of 2022



- Cultivating Organic Matter
- Planting Cover Crop Seeds: Winter Wheat & Crimson Clover



Winter 2023 Efforts

- Busy winter
 - Installing:
 - Water lines & faucets
 - Wildlife exclusion fence
 - Acquiring equipment
 - Tractor
 - Implements
- Started Transplants at GLC





Planting Methods

- **Direct Sowing or Transplants:**
 - Direct Sowing
 - Seeds sown directly in the garden (peas, beans, corn, most cucurbits, melons).
 - Some cucurbits and melons do better as direct seed than transplants (transplant shock)
 - Transplants starting your own
 - Start early indoors
 - Determine timing on size of plants for transplanting
 - Plenty of light so they don't stretch (extra lights)
 - Heat mats for warm season crops
 - Keep moist or on a mist bench
 - Purchasing Transplants
 - Tomatoes, peppers, broccoli, cabbage
 - Plant succession plantings



Crops We Grow

Cool Season

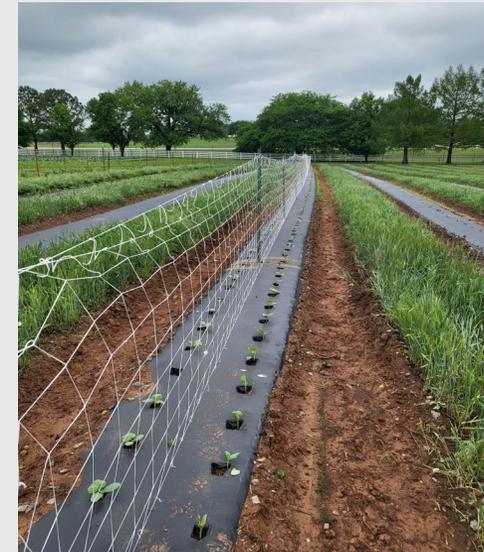
- Broccoli
- Cabbage
- Cauliflower
- Potatoes (Irish)
- Lettuce
- Napa Cabbage
- Beets
- Carrots
- Onions

Warm Season

- Tomatoes
- Peppers
- Okra
- Sweet Corn
- Squash (summer and winter)
- Watermelon
- Cantaloupe
- Sweet Potatoes

- Know Your Crops/Market

- Timing
- What Does Well in Your Area
- Season Extension (early/late)
- Grow What People Want
- Multiple Revenue Streams



*First season produced 54 thousand pounds-2.5 acres

Jan-Feb 2023

- Plants Started
- Fence Up
- Irrigation ready
- Time to get Ground Ready!!-Strip Till



FEB 18th



March 5th







How we install drip irrigation

- Can be laid out over the top of the row
- Using a bed layer under the soil

- Rainflo Model 2570
- Shapes Bed
- Lays Drip Tape
- Lays Plastic
- Saves Time
- Efficient



Advantages of Our System for Vegetables

- Buried drip tape
 - Water/Fertigate where we need it
- Raised row bed
 - Less weed pressure
 - Flood event: won't wash out
 - Holds water well
- Timers
 - Multiple daily watering events in summer
- Shutoff valves
 - Water individual rows
- Injector
 - Can apply different water-soluble fertilizers easily















2024 season

- Plant cool season crops
 - January approximately 3500 transplants started at GLC
 - February approximately 2200 transplants started at GLC
 - Seed potatoes and onions
 - Direct seed beets, spinach & turnips
 - February 19 start planting
 - Start warm season, seed tomatoes, peppers and basil
 - Finish planting March 14, start working ground for summer crops





- First Lettuce Harvest April 24





Spring 2024 CNG Area

- Certified Naturally Grown
- 1 Acre Research Plot
 - Organic Research





Mowing Winter and Summer Cover Crops

- Winter: Crimson Clover & Winter Wheat
- Summer: Sorghum Sudan & Sunn Hemp



March 5

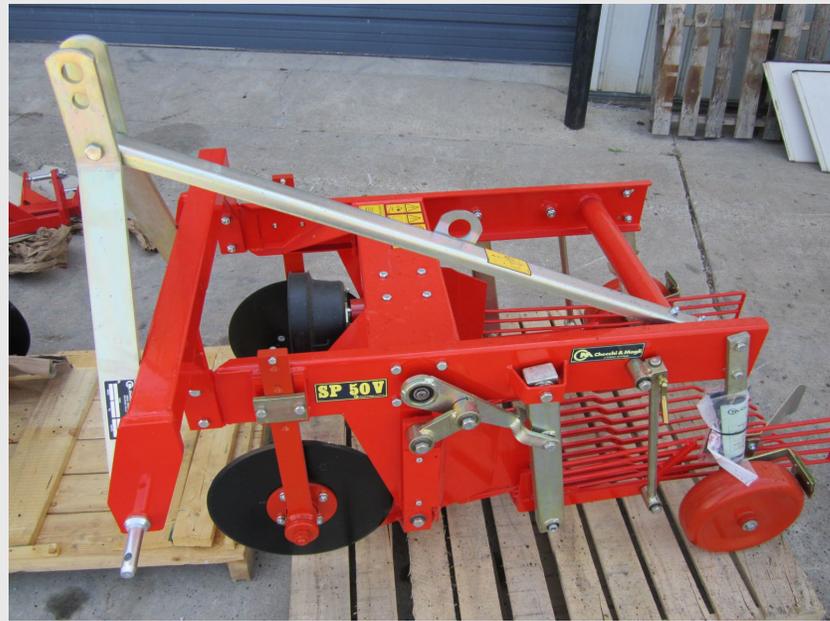


• Cover Crop Study



-
- New Wash Station (2024)
 - Key to expansion
 - 9 acres
 - Delivery to Regional Food Bank





- checchi and magli potato digger





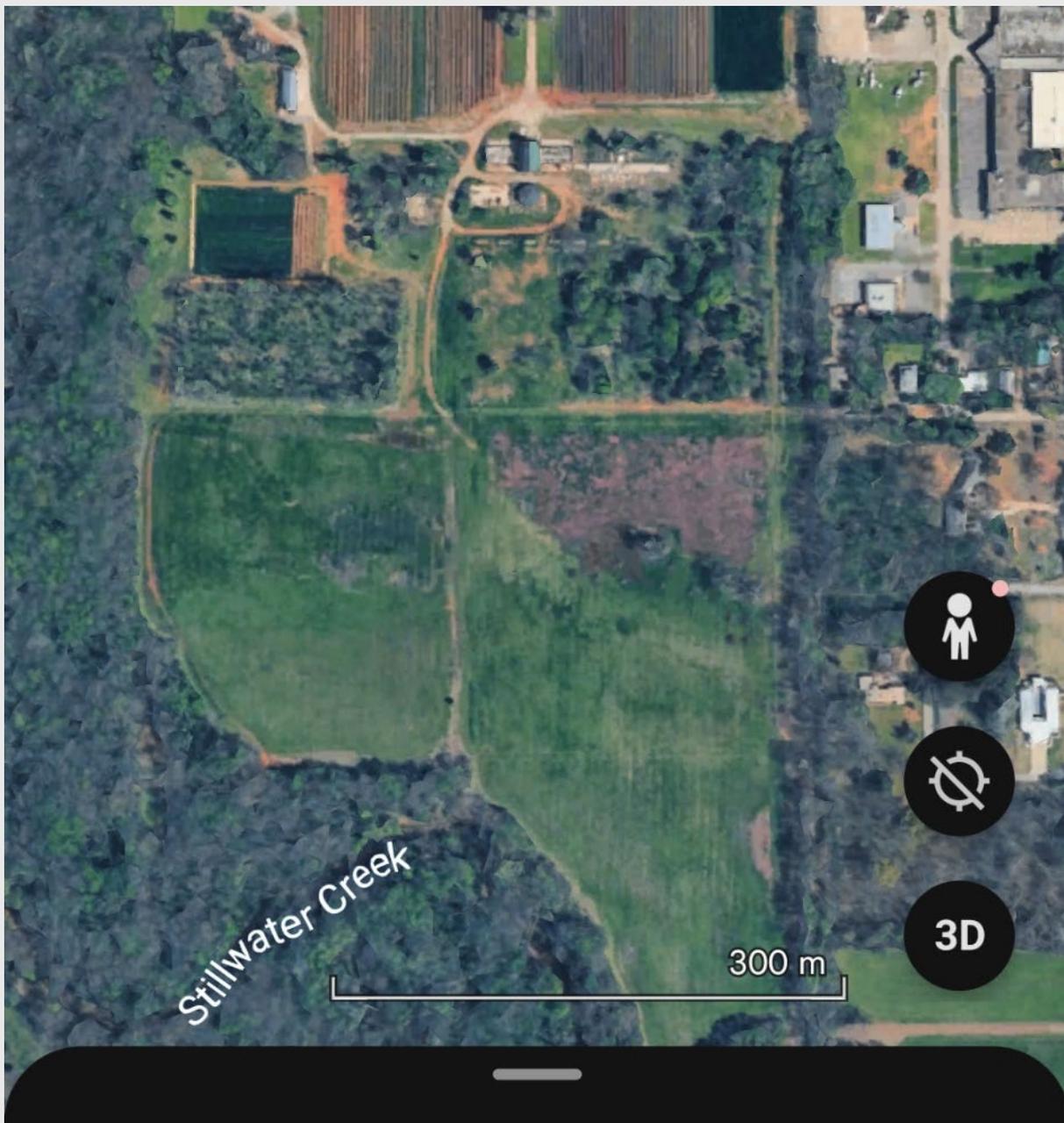
• Why have two?





*New Projects

Herbal Plant Production-Dr. JoHanna Biang
(Herb Empire)



Developing the 9



Upton Hay House



LYNDA'S CABBAGE SALAD

Nutritional Information

Yields 10-12 servings | Calories per serving: 632 | Fats: 51g
Carbs: 40g | Protein: 9g | Cholesterol: 27mg

Ingredients

Salad

- 1 head nappa cabbage, chopped
- 1 bunch green onions, chopped
- 2 packages chicken ramen noodles, crushed
- 1 cup sunflower seeds
- 1/2 cup slivered almonds
- 1 cup croutons

Sauce

- 1/2 - 3/4 cup oil
- 1/2 cup sugar
- 1/4 cup wine or cider vinegar
- 2 tablespoon soy sauce
- 2 seasoning packets from the ramen noodles



Directions

1. Chop all of the salad ingredients and toss with hands or salad spoons.
2. For the sauce, mix together sugar, wine/cider vinegar and seasoning packets. Then, mix in oil and pour over the salad.
3. For storage purposes, you can keep the sauce and salad separate. If not serving immediately, keep the croutons and noodles separate so they don't get soggy. The vinegar and oil mixture will keep in the fridge for around 1 week.





OKLAHOMA COOPERATIVE EXTENSION SERVICE

Josh Campbell, PhD

Assistant Extension Program Specialist
Beginning Farmer and Rancher
509 Legacy Hall
405-744-1721

- Lead programs that support new agricultural producers across Oklahoma
- Work centers on helping people get started—and succeed—in farming and ranching
- Aid with launching a new small farm business or transitioning an existing operation from one generation to the next

“Whether I’m teaching a workshop, mentoring new producers, or collaborating on statewide initiatives, my goal is always the same: to connect people with the knowledge and resources they need to grow strong, resilient farm businesses and strengthen Oklahoma communities.”

Questions?

