

# WETLAND GOURMET

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### WATERFOWL WRAP-UPS

Waterfowl hunting has provided a source of food and income throughout history. Though many people today oppose the use of animals in food and other consumer products, it is important for students to understand that animals have supplemented human diets and incomes since prehistoric times. Hunting, trapping and fishing are a part of our cultural and economic past.

#### Recipe

Duck or goose  
Bacon  
Lawry's Seasoned Salt  
Toothpicks

Cut waterfowl off the bone. Cut meat into nugget-size chunks. Cut bacon strips into thirds. Wrap one piece of cut bacon around waterfowl nugget. Sprinkle lightly with seasoned salt. Place on broiler pan and broil until done, approximately 10 minutes.

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### BLUEBERRY BOG

The blueberry is a very common shrub found in forested wetlands, shrub swamps, bogs, and even wet overgrown fields. It is a native American species. Early settlers cherished the fruit as a staple ingredient in foods and medicines. They incorporated the berries into their diets, eating them fresh off the bush and adding them to soups, stews, and many other foods.

#### Recipe

##### *Sauce*

4 cups blueberries  
1 ½ cups sugar  
2 TBSP. lemon juice  
2 TBSP. grated lemon rind  
½ tsp. cinnamon  
3 cups water

##### *Dumplings*

1 cup sifted flour  
¼ cup sugar  
2 tsp. baking soda  
½ tsp. salt  
3 TBSP. shortening  
1/3 - ½ cup milk

Combine sauce ingredients in a heavy sauce pan. Bring to a boil, then reduce the heat and simmer 5 minutes. While the sauce is cooking, mix dry ingredients for dumplings together into a bowl. Cut in shortening until crumbly. Add enough milk to make a sticky dough; do not over mix. Drop dough from greased spoons onto the surface of bubbly sauce. Cook uncovered 10 minutes. Cover tightly and cook 10 more minutes without lifting the lid.

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### **MINT TEA**

Wild mint will very likely be recognized by your nose before your eyes have found it. This beautiful plant is a very variable perennial plant that can grow up to two feet tall. It is most often found in wet lands throughout the United States and most of Canada. There are several types of mints including peppermint, spearmint, apple mint and many others which can be recognized by their scents.

### **Recipe**

Mint leaves  
Filter Paper  
Boiling Water

Crush mint leaves. Place into filter and tie closed. Place into boiling water for 15 minutes. Remove tea bag and pour tea over ice. May garnish with fresh mint leaves or lemon slices. Serve with sugar or sweetener.

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### **WILD RICE**

What is wild rice? Often referred to as “the caviar of grains,” wild rice really isn’t a rice at all. It’s the seed of *Zizania palustris*, a tall, blooming water grass that prospers in shallow lakes, marshes and streams. It is the only cereal grain native to the North American continent. Wild rice is grown in the clean, clear water of the Great Lakes region and the fruitful western valley in the shadow of the Sierra Nevada’s and the Rocky Mountains.

### **Recipe**

6 cups of water  
3 TBSP. margarine  
1 tsp. salt  
3 cups wild rice

Bring water, margarine and salt to boil in a 3-quart pot. Stir in rice and reduce heat to low. Cover and simmer 2-3 minutes. Remove from heat and fluff with a fork. Serves 9.

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### MINI CRANBERRY MUFFINS

Cranberries are one of the only three fruits native to America. For centuries cranberries were used by Native Americans, mixed with meat, to make a dried product called Pemican, a winter mainstay. The Pilgrims named the berry, cranberry since the flower looked like the head of a sand crane. Cranberries were used at the first Thanksgiving between the Native Americans and the Pilgrims. In the 1800's cranberries were also put in barrels, placed on masted schooners and used to prevent scurvy.

#### Recipe

1 cup sugar  
1/4 cup margarine  
1 egg  
1 cup milk  
2 ½ cups flour  
1 TBSP. baking powder  
1 cup chopped cranberries

Mix first 6 ingredients until flour is moistened. Add cranberries. Bake at 400 degrees for 20-25 minutes.

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### CATTAIL COMBO

Marsh plants like cattails grow in widespread dense stands because they spread and grow from underground stems called rhizomes. These rhizomes grow through the mud and sprout hundreds of thousands of stems, all from a start as a single seed!

#### Recipe

##### *Cob of Cattail*

Young cattail buds  
8 quarts of boiling water

Remove sheaths from young cattail buds. Plunge spikes into boiling water and boil rapidly for 15 minutes. Remove from water and butter and salt. Eat like corn on the cob.

##### *Cattail-Cumbers*

Young cattail leaf spikes  
8 quarts of boiling water

Gather leaf spikes before the plant is more than 2 feet tall. Scrub spikes. Peel and uncover the crisp whitish-green core, usually 12-18 inches long. Boil in water about 15 minutes. Remove from water and add butter and salt to taste. Serve hot.

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### **DIPPETY DO FROM THE SLOUGH**

The shallow water and sometimes dense plants in coastal wetlands are ideal for sheltering animals from predators until the animals are big enough or fast enough to avoid predators outside the wetland. For this reason, wetlands are “nursery areas” for many fish and shellfish. Wetlands are thought of as “biological supermarkets” because they provide great volumes of food that attracts and supports many animals.

#### Recipe

8 oz. package of cream cheese, softened  
1 TBSP. Miracle Whip  
1 TBSP. lemon juice  
1 TBSP Worcestershire Sauce  
1/3 of a 12 oz. bottle of chili sauce  
1 - 6 oz. can baby shrimp or crab meat  
2 oz. shredded mozzarella cheese  
Garlic salt, parsley, and dry oregano

Place first 5 ingredients in a large bowl, sprinkle with garlic salt to taste. Mix together and spread onto a tray. Spread the chili sauce on top of cheese mixture. Arrange meat on chili sauce. Sprinkle with mozzarella cheese, parsley, and oregano. Refrigerate and serve with crackers.