

# SOW AND SO

Official Newsletter of the WFB Community Garden



Whitefish Bay  
**RECREATION**  
Bringing Community Together

## Message from Miriam:

As we close out the garden season for 2022, it's hard to believe how far our volunteer work has gone! It is truly amazing that a full blown garden with beans, tomatoes, peas, radishes, beets, lettuce, kale, eggplant, broccoli, zucchini, squash, peppers, basil, berries, swiss chard and garlic grows BETWEEN A FOOTBALL FIELD AND A SWIMMING POOL! Not only do we have the edibles, but beautiful native and perennial plants to brighten our community. It is truly gorgeous.

You guys are always looking for ways to spruce up the village we live in, so I'm excited to see what we can accomplish with our Middle School Beautification Project.

Our garden hours are filled with fun, friendship and just enough sweat to count as a workout some days! Thank you for all that you do and I look forward to the next garden season!

-Miriam,  
WFB Community Garden  
Coordinator



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# VOLUNTEER WELCOME



Ready to harvest  
at the next  
Volunteer Work Time:

- green beans
- tomatoes
- brussel sprouts (we're hoping they'll be ready to harvest soon before we get a frost!)
- kale
- eggplant

- 1** Miriam, the Garden Coordinator, will schedule a work time once or twice per week during the growing season, depending on the weather and what work needs to be done. Usually, the work sessions are one to two hours long.
- 2** You will receive an email with the volunteer opportunities. The email will include a link to the SignUpGenius garden page.
- 3** From there, you can choose which sessions you'll be able to volunteer for. If a session is cancelled due to weather, Miriam will notify you via SignUpGenius.
- 4** Show up and meet Miriam and the other volunteers at your scheduled work time. Once you arrive, Miriam will let you know what work needs to be done.
- 5** Please bring garden gloves and hand tools. A bottle of water is a great idea too.



# 2022 BUSINESS SPONSORS

Growing Community One Seed At a Time

Business Sponsors of the WFB Community Garden help our garden grow by securing equipment, water, staff support and general garden expenses.

Thank you sponsors!

## Cornucopia Level: \$2,500 Sponsorship

SARAH  
LEINWEBER



[sarah.shorewest.com](http://sarah.shorewest.com)

SARAH  
FETTERLEY



Sarah and Sarah stopped by during our annual Harvest Open House. Thanks for coming!

## Harvest Level: \$1,000 Sponsorship



Ellenbecker  
Investment Group

# Donor Central

**THANK YOU!**

To all of our 2022 Whitefish Bay Community Garden Volunteers, Donors and Sponsors. It was another wildly successful growing season, and a big reason is because of you.

A volunteer giving a garden tour during our annual Harvest Open House.  
Thank you for coming!



## 2022 Perennial Donors

Emily Byrnes  
Juliane Gaseor  
Karen Mathu  
Jonathan & Katie Petersen  
Tammy Enea  
Ann Wollmer  
Jeanne/Ted Fleagle

## 2022 Cultivating Donors

Darcy Drexler  
Mary Mueller  
Karen Costomiris  
Curby's Compost

The garden is supported by community donations, business sponsorships and in-kind donations. Monetary donations will go towards plants, tools, maintenance and coordination of the garden.

### Donor Levels

Perennial Donors \$35-\$99  
Cultivating Donors \$100-\$499  
Heirloom Donors \$500 +

# GARDEN SPOTLIGHT

## Black Swallowtail Caterpillars

A few weeks ago while walking my dog, I came across a Queen Anne's Lace plant that had something little and black on its stem. A caterpillar! The caterpillar resembled a monarch but wasn't eating its normal diet of milkweed - I knew this couldn't be a Monarch but some other good butterfly species.

Since this plant was growing on the shoulder of the road and would be mowed down the next time the city came to mow, I immediately harvested the plant and took it home.

After doing some research, I found out that my caterpillar was an Eastern Black Swallowtail. The caterpillar enjoyed a few weeks eating parsley, dill and Queen Anne's Lace until it became a chrysalis (see picture below!). I'm now "overwintering" the chrysalis in the garage until the spring when the butterfly will hatch.

Did you know...?

-Swallowtail caterpillars are equipped with a special retractable orange osmeterium (forked gland) resembling the tongue of a snake to help them scare off predators.

-The chrysalis will be a shade of green to brown depending on the material it was built on.

-Once in butterfly-form, the males have more prominent yellow spots, while the females have less yellow and more blue.

-Even though they're not poisonous, the Black Swallowtail butterfly's wing pattern mimics the poisonous Pipevine Swallowtail's.

-Unlike Monarch caterpillars which need to be hatched and released for their fall migration, Swallowtails can be overwintered in a safe, cold spot until the weather warms in the spring. Some people have even overwintered their Swallowtails in the refrigerator!

-Megan Kuehn



# Refrigerator Pickles Recipe

This recipe is from Megan Kuehn's great-grandmother.  
This was one of the dishes brought to our  
Harvest Open House.

## Refrigerator Pickles

7 cups of cucumber, thinly sliced	1 cup white vinegar
2 Tbsp canning salt	1 tsp celery salt
2 cups granulated sugar	1 tsp mustard seed
1 cup onion, thinly sliced	1 green pepper, finely diced

Put sliced cucumbers in a large bowl and sprinkle canning salt on top. Mix thoroughly and let stand for two hours in fridge and drain.

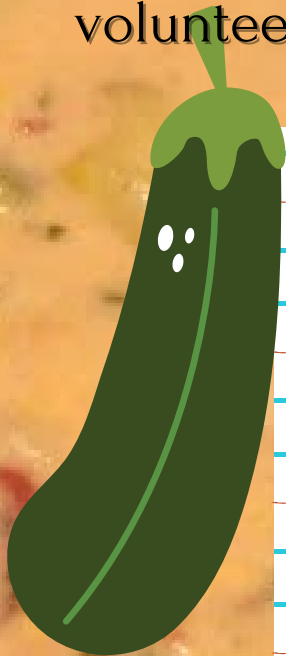
Mix sugar, vinegar, celery salt and mustard seeds.

Pour mixture over drained cucumbers. Add onion and green peppers.


Put in sealable container and refrigerate.

This fast and easy, delicious recipe from volunteer Carin Keland is guaranteed to warm you up!

## Zucchini Garden Chowder



2 medium zucchini, chopped	1 can (14.5 oz) diced tomatoes, undrained
1 medium onion, chopped	1 can (12 oz) evaporated milk
2 Tbsp minced fresh parsley	1 package (10 oz) frozen corn
1 tsp dried basil	1/4 cup Parmesan cheese
1/3 cup butter	2 cups (8 oz) shredded cheddar cheese
1/3 cup all-purpose flour	pinch sugar, optional
1 tsp salt	additional chopped parsley, optional
1/4 tsp pepper	
3 cups water	
3 chicken bouillon cubes	
1 tsp lemon juice	



In a Dutch oven/soup kettle over medium heat, sauté the zucchini, onion, parsley and basil in butter until veggies are tender. Stir in flour, salt, and pepper. Gradually stir in water. Add bouillon and lemon juice; mix well. Bring to a boil; cook and stir for two minutes. Add tomatoes, milk and corn; bring to a boil. Reduce heat. Cover and simmer for five minutes or until corn is tender. Just before serving, stir in cheeses until melted. Add sugar and garnish with parsley if desired.

### Substitutions/Adjustments:

3 cups water + 3 cubes bouillon = 3 cups chicken broth

1 can diced tomatoes = two fresh medium tomatoes, chopped

Also very easy to add extra zucchini without adjustments to recipe!

8-10 servings, approximately 2 1/2 quarts

# Stuffed Chorizo and Gouda Jalapenos

As part of our 2022 Business Sponsorship Program, The Bay restaurant receives a portion of our harvest to feature on their menu each month. Their fourth garden item is the JALAPENO PEPPER!

-4 large jalapenos  
-4 slices of bacon

**Filling:**

-2 lb chorizo  
-3/4 cup red onion, chopped  
-1/2 tsp salt

-1/2 tsp pepper  
-1 egg, slightly beaten  
-18 oz of shredded smoked gouda  
-3/4 cup of cream cheese

**Topping:**

-1/4 cup of sour cream  
-4 Tbsp of Franks Red Hot

- 1) BROWN THE CHORIZO SAUSAGE UNDER MEDIUM HEAT.
- 2) ADD RED ONIONS AND 1/4 TSP OF SALT AND PEPPER AND COOK TOGETHER UNTIL MEAT IS FULLY DONE.
- 3) ONCE THE CHORIZO IS COMPLETELY DONE, DRAIN THE EXCESS GREASE.
- 4) GET A SMALL FLAT PAN LINED WITH PAPER TOWEL AND PUT THE CHORIZO ON IT TO ABSORB ANY MORE GREASE.
- 5) GET A MEDIUM MIXING BOWL AND COMBINE THE FILLING INGREDIENTS (NOT THE PEPPERS).
- 6) CUT IN THE JALAPENOS IN THE MIDDLE JUST ABOVE THE STEM. KEEP THE STEM AND BACK EDGE IN TACT. CLEAN ALL THE SEEDS OUT AND WASH IN COLD WATER.
- 7) THEN FILL THE 4 JALAPENOS WITH MIXTURE (~ 1.25-1.5 OZ).
- 8) WRAP THE JALAPENOS WITH A SLICE OF BACON. FOR CRISPIER BACON, PAR COOK AND THEN WRAP THE PEPPERS.
- 9) ROAST OR GRILL UNTIL DESIRED TEMP - USUALLY ABOUT 25-35 MINUTES AT 400 DEGREES.
- 10) MIX SOUR CREAM AND FRANKS RED HOT IN A CONDIMENT BOTTLE AND DRIZZLE OVER STUFFED PEPPERS.



**STOP BY THE BAY RESTAURANT TO TRY IT OUT!**

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