



TURTLE CREEK GARDENS

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WHERE ARE THE MONARCH BUTTERFLIES?

We always plant zinnias on the farm because they provide a food source for the monarch butterfly, as well as serving a function for revenue and beauty. They are one of the brilliant flowers that add that splash of color amongst the green hues of vegetable foliage. I look forward to seeing the butterflies flitting from flower to flower by mid-July.

have taken to environmental changes and am learning so many fascinating things about monarchs through this novel from a biologist's perspective. (Of course, there is another underlying theme that parallels with the monarch crisis).

Monarch butterflies embark on a phenomenal journey that extends 1,200-2,800 miles from the United

States and Canada to central Mexican forests. The percentage has reached its lowest level in two decades. The nine hibernating colonies occupy of total area of 2.94 acres of forest, representing a 59% decrease

from the 2011-2012 survey of 7.14 acres. (ref. WWF-Telcel Alliance and Mexico's National Commission of Protected Areas (CONAP))

There are many factors as to why the populations are decreasing, in particular the decrease in the milkweed plant (Asclepias)--a primary food source for the monarchs in their larval stage. The decline in milkweed is due to the use of herbicides and GMO "Roundup

Ready" crops in the butterfly's reproductive and feeding grounds in the US. As well, extreme climate variations during the fall and summer affect butterfly reproduction. For instance, our wet and cold spring this year is one factor in late migratory patterns and reproduction. Extreme wet or hot conditions all affect the monarch's hibernation and reproductive cycles.

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This year however, their absence has been apparent not only through my observation, but other people I've been asking have the same response. So, I began an investigation about what is happening to the monarchs and why the populations are down. It just so happens that I'm also reading Barbara Kingsolver's new novel, Flight Pattern, which is a story about the abnormal response the monarchs

States and Canada to central Mexican forests. The butterflies hibernate in the mountain forests, where the temperatures are moderate enough for them to survive the winter. The monarch is the only species of butterfly that migrates to this extent and has the ability to hibernate as butterflies.

The percentage of forest occupied by monarchs in Mexico is used as an indicator of the number of butterflies that arrive to

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STORAGE/HANDLING GUIDE

THIS WEEK'S SHARE

Broccoli

Carrots

Lettuce

Potatoes

Beans

Tomatoes

Peppers

Beauty Heart Radish

Butternut Squash

Shallots

Kale

EOW WILL RECEIVE:

Cabbage
Celery

I did see my first--and only --monarch this past week flitting from zinnia to zinnia, and couldn't help but wonder where its mate might be, or if I will witness a trickle of them before the weather gets too cold. I will remain vigilant to observe the migration.



I want butterflies and wild pollinators to thrive and feast on the landscape we've created for them here at Turtle Creek. Farms should be sanctuaries--an aspiration for every farmer.

– Janet Gamble, Farm Manager

Reprint from September 2013

FALL SHARE
KYMBERLY SMITH

Fall Shares Orders are available! Make sure that your table is graced with the bounty of the fall harvest. The Fall Share consists mainly of root-type vegetables that store fairly well into the middle winter months such as beets, carrots, turnips, potatoes, rutabagas, parsnips, garlic, onions, etc. We also include crops that are still producing into the cooler months, such as leeks, cabbage, kale and other greens. I love that the last box of the fall share comes right before Thanksgiving so that there is lots of fresh, local, farm vegetables to grace your Thanksgiving table.

To Order:

- Print a copy of the [CSA brochure](#) and send with a check or order online on [Farm Match](#).
- The cost is \$130 for three, every other week deliveries in October and November.

BUTTERNUT SQUASH CHILI WITH QUINOA
THE COMPLETE VEGETARIAN COOKBOOK

This recipe is a stick-to-your-ribs African-style butternut squash chili featuring bold spices, a hefty amount of garlic and ginger, and aromatic coconut milk.

- 3 lbs butternut squash, peeled, seeded, and cut into ½” pieces**
- 2 onions, cut into ½” pieces**
- 6 tbs. vegetable oil**
- 5 cups water, plus extra as needed**
- ¾ cup dry-roasted, salted peanuts, chopped**
- 1 large red bell pepper, stemmed, seeded, and cut into ½” pieces**
- 1 jalapeno chile, stemmed, seeded, and minced**
- 3 garlic cloves, minced**
- 2 tbs. grated fresh ginger**
- ¾ tsp. ground cinnamon**
- ¾ tsp. ground coriander**
- ½ tsp. cayenne pepper**
- 14.5 ounces diced tomatoes**
- 1 can (13.5 ounces) coconut milk**
- 1 cup pre-washed white quinoa**
- ¼ cup minced fresh cilantro or parsley**

1. Adjust oven racks to upper-middle and lower-middle positions and heat oven to 450 degrees. Toss squash, onions, ¼ cup oil, 1 tsp. salt, and ½ tsp. pepper together in bowl. Spread vegetables out in even layer over 2 rimmed baking sheets. Roast vegetables stirring occasionally, until tender, 45-50 minutes, rotating and switching sheets halfway through roasting.
2. In food processor, process ½ cup roasted vegetables, 2 cups water, and ¼ cup peanuts until smooth, about 1 minute.
3. Heat remaining 2 tbs. oil in Dutch oven over medium-high heat until shimmering. Add bell pepper, jalapeno, and 2 tsp. salt and cook until peppers start to soften, about 5 minutes. Stir in garlic, ginger, cinnamon, coriander, cayenne, ¾ tsp. pepper, and cook until fragrant, about 30 seconds.
4. Stir in remaining 3 cups water, tomatoes and their juice, coconut milk, and quinoa and bring to boil. Reduce heat to low and simmer, stirring occasionally, until quinoa is tender about 15 minutes.
5. Stir in pureed vegetable mixture and remaining roasted vegetables and let heat through (3 minutes). Sprinkle portions with cilantro and peanuts and serve.

RAW KALE SALAD

BOUNTY FROM THE BOX

This salad is really more of a Kale slaw. It is refreshing and light compared to the usual hefty coleslaw available in most supermarkets.



- 1 lb kale, very finely chopped, stems removed**
- 1 medium red onion, diced**
- 3 carrots, grated**
- 1 cup chopped green beans**
- Several Radishes, Sliced thin**

Mustard-Balsamic Dressing

- ¼ cup olive oil**
- ¼ cup balsamic vinegar**
- 2 tbs. brown sugar**
- 2 cloves garlic, crushed**
- 1 tsp. salt**
- Freshly ground black pepper**
- 1 tsp. curry powder**
- 2 tsp. Dijon mustard**
- Several fresh basil leaves, chopped**

Thoroughly mix all of the ingredients together, and toss evenly to coat with the dressing. If you like, top with crumbled bacon, Gorgonzola cheese, or slivered almonds.

THE BEST PUMPKIN MUFFINS

THEPPK.COM

Fall is here! Squash has arrived! I have a serious thing for this recipe. It is so simple, and versatile. You can use any squash that you have on hand. Simply roast the squash (cut in half and roast at 350 degrees for about an hour and then puree) and you're ready to go!

- 1 3/4 cups all-purpose flour**

- 1 1/4 cups sugar**
- 1 tablespoon baking powder**
- 1/4 teaspoon salt**
- 1 teaspoon ground cinnamon**
- 1/2 teaspoon ground or freshly grated nutmeg**
- 1/2 teaspoon ground ginger**
- 1/4 teaspoon ground allspice**
- 1/8 teaspoon ground cloves**
- 1 cup pureed pumpkin (or whatever squash is on hand)**
- 1/2 cup soy milk**
- 1/2 cup vegetable oil**
- 2 tablespoons molasses**



1. Preheat oven to 400°F. Lightly grease a twelve-muffin tin.
2. Sift together flour, sugar, baking powder, salt, and spices. In a separate bowl, whisk together pumpkin, soy milk, oil, and molasses. Pour the wet ingredients into the dry and mix.
3. Fill the muffin cups two-thirds full. Bake for 18 to 20 minutes, until a toothpick or knife inserted in the center comes out clean.

MEMBER SHARE

To submit your favorite recipes or vegetable ideas, simple email us!

Email: newsletter@turtlecreekgardenscsa.com