

## Wet Your Appetite: Cuisine for Critters Recipe Contest

The following is the list of the United States' Wetlands of International Importance with a signature wetland animal. Choose a wetland/animal pair to research (use at least 3 sources) and create a recipe that your wetland creature will be sure to enjoy! Read the sample recipe below for help. In addition to the recipe include a short passage that includes a description of the wetland, the animal, and why your recipe is appropriate for that specific animal.

Wetland of International Importance	Common name	Scientific name
1 Izembek National Wildlife Refuge (NWR), AK	Wolverine	<i>Gulo gulo</i>
2 Forsythe NWR, NJ	Tiger Beetle*	<i>Cicindela dorsalis dorsalis</i>
3 Okefenokee NWR, GA, FL	Florida Soft Shelled Turtle	<i>Apalone ferox</i>
4 Ash Meadows NWR, NV	Southwestern Willow Flycatcher*	<i>Empidonax traillii extimus</i>
5 Everglades NP, FL	Florida Manatee*	<i>Trichechus manatus</i>
6 Chesapeake Bay	Broad-Clawed Hermit Crab	<i>Pagurus pollicaris</i>
7 Cheyenne Bottoms, KS	Massasauga*	<i>Sistrurus cantenatus</i>
8 Cache-Lower White Rivers	American Alligator	<i>Alligator mississippiensis</i>
9 Horicon Marsh, WI	Trumpeter Swans*	<i>Cygnus buccinator</i>
10 Catahoula Lake, LA	Brown Pelican*	<i>Pelecanus occidentalis</i>
11 Delaware Bay Estuary	Red Knot	<i>Calidris canutus</i>
12 Pelican Island NWR, FL	Dwarf Seahorse	<i>Hippocampus Zosteriae</i>
13 Caddo Lake, TX	Texas Blind Salamander*	<i>Eurycea rathbuni</i>
14 Connecticut River Estuary Complex	American Eel	<i>Anguilla rostrata</i>
15 Cache River-Cypress Creek Wetlands, IL	Grey Bat*	<i>Myotis grisescens</i>
16 Sand Lake NWR, SD	Chorus Frog	<i>Pseudacris triseriata</i>
17 Bolinas Lagoon, CA	California legless lizard	<i>Anniella pulchra</i>
18 Quivira NWR, KS	River Otter	<i>Lontra canadensis</i>
19 Tomales Bay, CA	Tule Elk	<i>Cervus elaphus nannodes</i>
20 Tijuana River NERR, CA	Arroyo Toad*	<i>Buffo boreas</i>
21 Grassland Ecological Area, CA	Vernal Pool Fairy Shrimp	<i>Branchinecta lynchi</i>
22 Kawaiinui and Hamakua Marsh Complex, HI	Crested Honeycreeper	<i>Palmeria Dolei</i>
23 Francis Beidler Forest	Water Moccasin	<i>Agkistrodon piscivorus</i>
24 Wilma H Schiermeier Olentangy River Wetland Research Park	Mink	<i>Mustela vison</i>
*Animals denoted by asterisk are listed as endangered or threatened		

### Green Darner Two-fly Pie (Sample Recipe)

5 tsp. granulated white sugar	5 tsp. packed brown sugar
5 tsp. Cattail flour	800 frog eggs
5 tsp. melted unsalted butter	1 tbs. chopped caddisflies
1 tbs. chopped mayflies	1 (3-inch) unbaked pie crust

Mix white sugar, brown sugar and cattail flour. Whisk in frog eggs and butter, combining well. Fold in caddisflies and mayflies. Spread mixture in crust, and bake under hot sun for 60 to 70 minutes or until a claw inserted in the center comes out clean. Beat wings over pie to cool. Sprinkle any extra flies on top for garnish and serve. Makes 16 servings



**Environmental Concern, Inc.**

P.O. Box P, St. Michaels, MD 21663

Phone: 410.745.9620 Fax: 410.745.3517 [www.wetland.org](http://www.wetland.org)