

Hi Everyone,

We have started selling shares for the Spring 2012 CSF! The season will run for 10 weeks, beginning April 19th and ending June 21st. This spring the deliveries will be every week and you can decide if you would like weekly or bi-weekly deliveries.

The species that are most likely to be included in the spring shares are mahi, soft shell crabs, shrimp, sea mullet, blue fish, flounder, clams and triggerfish.

Sign up today for the next round of fresh, local seafood!

WEEK 5: March 22nd Delivery

Where: Sarah P Duke Gardens (main entrance off Anderson Street)

When: Thursday, 4 – 6 pm

Share description:

Triggerfish – Captain Gilbert Mathis of the Atlantic Runner and his crew caught the triggerfish using hook and line in the Atlantic Ocean.

Littleneck Clams – Paul Russell harvested the clams using a hand rake in Newport River.

For those that signed up for **crabs, we will be bringing live, hard crabs caught in crab pots in Core Sound by Mark Hooper*

Captain Gilbert's wife, Kathy, shared the following recipe on Facebook. Check out other tasty recipes under 'Notes' (left hand column) on our Facebook page. **You do not have to be signed up with Facebook to view Facebook content, just click the link!*

Triggerfish Chowder

In a large stock pot:

Cut up 1/2 lb. Bacon in small pieces and fry, do not pour off oil (trust me here...)

Add 2 lbs. of cubed potatoes and 1 cubed large sweet onions

Add salt and pepper to taste

Barely cover with water and cook until nearly done

Add ½ qt of Half and Half

Add 1 ½ lbs of cubed or chunked Triggerfish

Add 2 cans of Cream Style Corn

Cook on low heat, then simmer, until done...stirring softly but often to prevent sticking.

We will be adding a delicious clam recipe with photos later this week!

~The Walking Fish Crew