

Dear Walking Fish Members,

Welcome to the Spring 2011 Season of Walking Fish, a community supported fisheries (CSF)! We hope you are as excited about the upcoming season as we are. It's hard to believe this is already our 5th season. We feel privileged to be part of this effort and are humbled by the tremendous enthusiasm and support we are receiving.

Over the course of this season, we hope you will be inspired to share your thoughts, ideas, and feedback, as well as your recipes, cooking tips, and general CSF stories. This is an opportunity to connect, not just with food, but with people interested in local capacity building, healthy eating, vibrant communities and stewardship.

We want to encourage you to share your thoughts, ideas and recipes on our member's forum. This space can be used to buy, swap or trade shares if you are unable to pick up a share on a given week. Also, be sure to visit our Facebook page for links to interesting articles, recipes and photos (even if you don't have a Facebook account, you can still view the page)!

WEEK 1: April 14, 2011 Delivery

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

WHEN: Thursday, 4 – 6 pm

WHO: Every week and BLUE Group

SHARE DESCRIPTION:

SEA MULLET - The sea mullet were caught by fishermen in Sneads Ferry. This is also where Kathy and Gilbert Mathis often land their fish. (Sneads Ferry fishing industry was in a UNC-TV documentary this past fall)

Sea Mulletts are a very tasty, saltwater fish caught in the Atlantic Ocean. They are called Kingfish by folks north of us, Whiting in the Florida area and Sea Mullet or Virginia Mullet in our area. Local fishermen call them Roundheads. Sea Mullet is a very mild, firm fish that is a favorite with local residents. Locally, it is most often fried and served with french fries, slaw and hush puppies.

~The Walking Fish Crew