

Dear Walking Fish Members,

Welcome to the spring 2012 season of Walking Fish, a community supported fisheries (CSF)!

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 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)!

*Note: In an effort to reduce the use of plastic bags, please remember to bring something to transport your seafood home!

WEEK 1: Tuesday, April 17, 2012

WHERE:

3 – 4 pm - Holy Trinity Lutheran Church Parking Lot (intersection of Clark and Brooks Avenue)
5 – 6 pm – Duke Raleigh Hospital Parking Lot (P1 South Parking Garage, next to the lower level entrance)

WHO: Every week and BLUE Group

SHARE DESCRIPTION:

Southern Flounder
The flounder were gigged by fisher member, Lin Chestnut in Core Sound.

Please take a look at our [Walking Fish Cookbook](#) on our website for other delicious recipes!

Flounder with Spinach, Feta and Parmesan

- 2 Flounder Fillets
- Spinach, approximately 3/4 cup (thawed and well drained)
- Onion, ¼ cup, chopped
- Garlic, ½ to 1 clove, chopped
- Feta Cheese, ¼ cup
- Parmesan Cheese, 2 TBSP
- Salt and Pepper to taste
- Olive Oil, 1 TBSP

Preheat oven to 400 degrees. Saute onion and garlic in olive oil until tender. Add spinach and cook for approximately 5 more minutes. Remove from heat and add feta and parmesan cheeses.

Spray a baking pan with cooking oil and place one of the fillets in the pan, skin side down. Lightly salt and pepper the fillet. Spread the spinach mixture evenly on the fillet. Salt and pepper the other fillet and place skin side up on mixture. Lightly drizzle with olive oil. Bake at 400 degrees for about 25 to 30 minutes or until fish flakes easily. *Hollandaise sauce is excellent poured over the cooked fish.

(This is a simple, healthy recipe that has been adapted to suit our taste – Debbie Callaway)

~The Walking Fish Crew