

Dear Walking Fish Members,

Welcome to the spring 2012 season of Walking Fish, a community supported fishery(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: April 19th Delivery

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

WHEN: Thursday, 4:00 – 6:00 pm

Share Description:

Gray Trout – The fish were caught using a gillnet in Core Sound

Littleneck Clams - Harvested with a hand rake in Newport River, by fisher member, Paul Russell

Shrimp – The shrimp were caught in Core Sound. These are the first crop of the year so they are small but very sweet and tasty.

*We will have a limited amount of Gray Trout this week so approximately the first 50% of members will get to choose trout and shrimp or trout and clams.

Shrimp Wrap
A fast, easy and healthy lunch!

- Shrimp, peeled and deveined*
- 1 8” Flour Tortilla*
- ¼ Avocado, diced*
- Tomato, diced*
- Spinach*
- Sharp Cheddar Cheese, grated*

*Ranch Dressing
Salt & Pepper, to taste
Cayenne Pepper*

Rinse and pat dry the shrimp with a paper towel. Place the shrimp on a baking dis. Season with salt and pepper and a dash of cayenne (optional). Bake in a 400 degree oven for about 5 – 6 minutes, until pink. Heat the tortilla according to package directions. Put avocado, tomato, spinach, cheese and ranch dressing in center of tortilla. Top with the cooked shrimp.

~The Walking Fish Crew