

Dear Members,

Time goes by so quickly! Here we are with our last delivery for the Winter CSF. Thanks to everyone for your support of Walking Fish. We hope you have enjoyed the fresh fish and shellfish that the winter season has provided. This spring, as the waters finally warm, you can expect much more diversity! Last season our fishermen caught flounder, triggerfish, clams, oysters and hard crabs.

Lin Chestnut, one of the cooperative's fishermen and a board member, will be joining Paul at tomorrow's delivery. He's excited to meet everyone! Lin fishes for several different species, but he is well known for his expertise at flounder gigging. This winter Lin had back surgery and wasn't able to fish, but he's eager to get back on the water this spring. Please say hello and wish him luck! His fish are your fish.

As a reminder, shares for the Spring will be on sale until Saturday. Please help us grow by passing along our information to anyone you think might be interested.

WEEK 7: April 7th Delivery

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

When: Thursday, 4 – 6 pm

Share description:

Southern Flounder – trawl caught in the Atlantic Ocean by Kenny Pittman

Littleneck clams – harvested by Paul Russell in Newport River

Flounder with Spinach, Feta and Parmesan

2 Flounder Fillets

Spinach, approximately 3/4 cup (thawed)

Onion, ¼ cup, chopped

Garlic, ½ to 1 clove, chopped

Feta Cheese, ¼ cup

Parmesan Cheese, 2 TBSP

Olive Oil, 1 TBSP

Salt and Pepper to taste

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)