

Dear Walking Fish Members,

This week we will be bringing live soft shell crabs and fresh shrimp!

Be sure to use the Member's Forum if you need to swap or trade shares. This space can also be used if you are unable to pick up your share on any given week. Also, be sure to check our Facebook page to find useful information and more recipes!

*Note: Soft shell crabs need to be kept cool, but not too cool. They should be fine in an insulated bag or a cooler without ice for a short period of time. We do not recommend putting them directly on ice, since this may kill them. An ice pack works, or ice with a barrier (such as newspaper) between it and the crabs also works.

Week3: Tuesday, May 1st Delivery

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:

Soft Shell Crabs – Rodney Salter of Davis, NC is our newest fisher member. He will provide the soft shell crabs this week.

Pink Shrimp (sometimes called spotted shrimp) – The shrimp were caught in Core Sound. These are some of the first caught this year...very sweet and tasty.

Shrimp Wrap

A fast, easy and healthy dish!

Shrimp, peeled and deveined
8" Flour Tortillas
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 dish. 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.