

Dear Walking Fish Members,

The shrimp that we will be bringing today were caught using a channel net. This technique is a relatively clean method and reduces bycatch. The method is basically setting two anchors across a very narrow channel where the tide is extremely focused. The tide is so strong in these areas that the shrimp are swept along with the tide. The shrimp utilize this current for their movement. The shrimp were caught in an area locally known as the Straits off of Core Sound. The shrimp are small and very clean and do not even require deveining!

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

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WEEK 6: May 22nd 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 GREEN group

Share Description:

**LITTLENECK CLAMS** – Harvested by fisher member, Paul Russell in Newport River using a hand rake

**SHRIMP** – channel net caught in the Straits off of Core Sound

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### **Shrimp Salad**

1 lb. small shrimp (peeled and deveined)

½ cup finely chopped celery

1 2 TBSP pickle relish

1 or 2 boiled eggs, chopped (optional)

¼ cup mayonnaise (start with this – you can add more if needed)

½ tsp. dill weed

Salt and pepper to taste

Bring a pot of water to a boil. Add shrimp and cook until pink (this does not take long, just a couple of minutes). Drain shrimp and place in fridge to cool. While shrimp are cooling, mix together mayonnaise,

celery, egg, dill weed, salt and pepper. Add this mixture to the shrimp. Chill at least one hour before serving.

This can be served on a bed of lettuce for a light lunch. Or our favorite way is to simply top a cracker! YUM!!

*\*This is a basic shrimp salad recipe that has been used by my family for many years. The only thing I added to it is the dill weed, which goes very well with seafood of any type. My Mom doesn't like celery so she adds finely chopped onions. Easy recipe to adjust to your taste!!*

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*~The Walking Fish Crew*