

Dear Walking Fish Members,

It is hard to believe we are already on our 4th delivery of the spring season! We hope you are all enjoying being a part of the Walking Fish community.

WEEK 4: May 5th, 2011 Delivery

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

WHEN: Thursday, 4 – 6 pm

WHO: Every week and GREEN Group

SHARE DESCRIPTION:

BI-WEEKLY MEMBERS (GREEN GROUP)

 Littleneck Clams harvested by Billy Russell, Paul’s brother in Newport River
 Live Softshell Crabs from Rodney Salter in Davis, NC

**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/clams also works. We will be sending you details on how to clean the softshell crabs later today.

EVERY WEEK MEMBERS

 Cobia – caught in the ocean between Beaufort Inlet and Cape Lookout
 Bluefish – caught in Core Sound by James Styron

**Cobia come in this time of year and are caught by hook and line. The fish has a mild flavor and is great for grilling. Another fish that is caught mainly in the spring is bluefish. It also does well on the grill or simply pan fried.

The member’s forum on the Walking Fish website is a great place to look for new ways to cook seafood. There are lots of good ideas for cooking seafood and some great tasting recipes already posted. If you have a seafood recipe you would like to share with others, we encourage you to post it on the forum or on Facebook.

** Please remember to bring a cooler, insulated bag or other means for transporting your seafood. Remember to refrigerate your seafood as soon as possible to ensure safety and freshness.

~The Walking Fish Crew