

Dear Walking Fish Members,

This week we will be delivering oysters and flounder!

Jay Styron, a fisher member, owns a small, family owned oyster farm in Cedar Island, NC (about 30 miles NE of Beaufort). Jay has been a pioneer in the oyster growing and restoration sector in North Carolina and he is actively involved in a number of groups and organizations (both academic and non-profit). Since the oysters were grown in suspended cages rather than on the bottom they are far cleaner than other oysters you may try.

In addition to the oysters, we will be bringing fresh flounder gigged by one of our fishermen.

\*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 7: June 5th 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:

**Oysters** harvested by Jay Styron (full share – 24 oysters, half share – 12 oysters)  
**Flounder** gigged in Core Sound by Lin Chestnut

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Don't forget to check out our website for more delicious recipes. If you have a favorite way of preparing flounder or oysters, please consider posting your recipe on Facebook!

**Raw Oysters**

*(Amy Tornquist, chef and owner of Watts Grocery in Durham shared this oyster recipe with Walking Fish.)*

*"I would serve these raw. They are yummy and actually not that hard to open. Here are the sauces we like to serve with them":*

*Mignonette:*

*2 shallots, tiny dice*

*½ cup of champagne vinegar*

*Pepper*

*Dash Tabasco*  
*Pinch of sugar or honey*

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*~The Walking Fish Crew*