

October 20, 2010

WEEK 6

Dear Walking Fish Members,

We hope the weather in Durham is as beautiful as it is on the coast today. This week marks the halfway point! The pleasant weather conditions are allowing us to bring in a nice variety of seafood which hopefully will continue for the remaining six weeks.

As usual, we want to remind everyone to please bring an insulated bag and/or a cooler for your seafood.

WEEK 6: October 21st Delivery

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

WHEN: Thursday, 4 – 6 pm

SHARE DESCRIPTION:

The fish this week will be Sheepshead and Black Drum. Bi-weekly members will also receive clams. Weekly members can expect to receive shrimp along with their fish.

The sheepshead and black drum were caught by Aron Styron and Buddy Goodwin in Core Sound (Cedar Island). Kenny Pittman, who lives and works in Merrimon, caught the shrimp you'll receive this week. The clams were caught in North River (Beaufort) by Paul Russell.

Baked Fish

2 lbs. fish fillets
3 TBSP butter
3 TBSP olive oil
2 TBSP lemon juice
1/3 cup white wine
2 tsp. basil
¼ cup chopped parsley (optional)
½ cup green onions, sliced

Heat oven to 375 degrees. Spray a shallow baking dish with cooking spray. Arrange the fillets in the dish. Melt butter and add remaining ingredients. Pour butter mixture over the fillets. Bake for 15 to

20 minutes, according to the thickness of the fillet. Fish is fully cooked when opaque and flakes easily with a fork. This is delicious served over rice!

Debbie Callaway

We look forward to seeing you on Thursday!

~ **your Walking Fish Crew**