

December 1, 2010

Dear Walking Fish CSF Members,

We hope everyone had a lovely Thanksgiving. This week is the last pick up for the 'BLUE' bi-weekly members. We thank you for your support and we hope you've enjoyed the fresh fish. Please consider participating again this winter. We will send you an email with sign up information soon.

** 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.

WEEK 11: December 2nd Delivery

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

When: Thursday, 4 – 6 pm

*** Paul's white refrigerated truck***

Share description:

Everyone - *sea mullet* and *triggerfish*

*The members that requested live hard crabs this week will receive live hard crabs and sea mullet

Ron Sparks caught the *sea mullet* off of Shackleford Banks using a sink net.

The *triggerfish* was caught by Gilbert Mathis in the Atlantic Ocean on a hook and line.

The live *hard crabs* were caught in Jarrett's Bay by Mark Hooper.

Keep in mind if you are getting hard crabs that the crabs are kept cold. When they are on ice or refrigerated they behave very lethargic. When the crabs begin to warm up, they become much more active.

RECIPES:

(Kathy Mathis shared this recipe with us. It is also posted on the Walking Fish Facebook page)

Captain Gilbert's Triggerfish Corn Chowder

In a large stock pot:

Cut up 1 lb. bacon in small pieces and fry, do not pour off the oil
(trust me here...)

Add 5 lbs. of cubed potatoes and 2 cubed large sweet onions

Add salt and pepper to taste

Barely cover with water and cook until nearly done

Add 1 qt. of Half & Half

Add 3.5 lbs. of cubed or chunked Triggerfish

Add 2 cans of Cream Style Corn

Cook on low heat, then simmer, until done...

Stirring softly but often to prevent sticking

Yumm

We look forward to seeing you on Thursday!

~ **The Walking Fish Crew**