

**April 22, 2010**

**Dear Walking Fish CSF Members,**

We hope you are as excited as we are to be starting the Spring 2010 CSF. Welcome back to all of our Fall 2009 CSF members and welcome to all of our new members! We are humbled by the tremendous enthusiasm and support we have received. We hope you enjoy being a part of the Walking Fish community-supported fishery initiative and our first Spring 2010 CSF season.

**WEEK 1:** April 22nd

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

**When:** Thursday, 4 – 6 pm

**Bi-weekly group:** BLUE

**Full Share:** Jumping Mullet and Clams

**Half Share:** Clams

\* Please remember to bring a cooler, insulated bag, or other means for transporting your seafood. We will provide ice, so please bring a plastic bag if necessary. Remember to refrigerate your seafood as soon as possible to ensure safety and freshness.

\*\*Note: If you are receiving clams this week, remember that the clams are alive. They 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 clams also works. A simple way to tell if your clams are good: If clams remain closed before cooking they are still alive, if they open before cooking then they have died. Discard any clams that open before they are cooked.

### **Fishers**

Karen Smith caught much of the Jumping Mullet for this week's delivery. Karen has been fishing for 45 years and usually fishes with one other person (always a family member). Karen caught our mullet on Tuesday using a "run-around net". A run-around net is a type of small-mesh gill net that is used to encircle a school of mullet and then pulled in quickly. Other than mullet only one sea trout was caught with our catch.

Carlyle Gilgo from Coastal Seafood in Sea Level also provided jumping mullet for our shares this week. Carlyle and his crew at Coastal Seafood also provided seafood for the first week of the Fall 2009 CSF.

The clams were harvested by Paul and William Russell of Beaufort. Paul and William are brothers and their family owns 14.29 acres of shellfish leases in Core Sound. They harvested our clams from their clam beds. Paul is also the driver of the refrigerated truck, so look for him this Thursday.

\*\*Profiles and pictures of Paul and Carlyle can be found on our website! Karen's profile is coming soon.

## **Recipes**

Below is one recipe for clams. There are additional recipes attached. The "April22\_recipes.pdf" includes a clam recipe and a jumping mullet recipe. Both of these recipes were taken from the Fourth Edition of the Hampton Mariners Museum's Strange Seafood Recipes (August, 1980), and edited for our purpose. The Hampton Mariners Museum is now the North Carolina Maritime Museum. The "jumping mullet.pdf" is from Watt's grocery. Remember to check the member's forum for more recipes and cooking tips!

### Clam's 105

- Clams are very versatile in that they can be simply steamed and eaten just that way, used in soups, sauces, pastas, seafood boils etc. Here is one of Chef's 105 favorite SIMPLE preparations.

- Clams in Farro pasta with spicy white wine butter sauce, olives, oven dried tomato, and arugula -

- You can buy good Farro or wheat pasta at most grocery stores so find one you like, cook al dente remove from water and toss in olive oil and hold

- In saucepan start with hot oil and add 10-12 clams, toss clams in oil until coated and let sit for several minutes or until one or two begins to open

- Add 1 tablespoon chopped garlic and 2 teaspoons crushed red pepper flakes and toss until garlic begins to brown.

- Deglaze pan with 6-8 oz crisp white wine such as pinot grigio and reduce by 3/4. Add spoonful of clam juice or chicken stock, pasta, and 2 tablespoons butter, cover and reduce until thickened. Add sundried or house-made oven dried tomatoes, arugula, and salt and pepper to taste, toss quickly and serve!

## **Community**

Over the course of the season, we hope you will be inspired to share your thoughts, ideas, and feedback, as well as your recipes, cooking tips, and general CSF stories. This is an opportunity to connect, not just with food, but with people interested in local capacity building, healthy eating, vibrant communities and stewardship.

Our Members' Forum (<http://www.walking-fish.org/members.php>) and Facebook page (<http://www.facebook.com/walkingfishcsf>) are great places to meet other Walking Fish members and start a dialog. You can also buy, swap, or trade shares if you are unable to pick up on a given week (some people have already posted messages); or just have a chat.

We look forward to seeing you on Thursday!

~ your Walking Fish Crew