

**October 5, 2011**

**Dear Walking Fish Members,**

The cooler temperatures have finally arrived along with an abundance of fall fish. During the fall, vast schools of spot form to begin their migration from the inshore estuaries to the ocean where they journey south along the eastern seaboard. This movement begins with the first shift of crisp, fall air.

Spots are a local delicacy and a fall staple in the down east diet. The meat is wonderfully sweet, firm and flaky. The custom of eating spots in the fall continues in down east communities. Ron Sparks, a fisher member of the Walking Fish Cooperative caught these spot using gill nets. The clams were hand raked by fisher, Paul Russell in Newport River.

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**WEEK 3:** October 5<sup>th</sup> Delivery

**WHERE:** NCSU Campus Farmer's Market

**WHEN:** Wednesday, 1 – 3 pm

**WHO:** Every and BLUE Group

**SHARE DESCRIPTIONS –**

Spot     *\*the fish will be headed and gutted and not filleted* (Ron Sparks)  
Littleneck clams (Paul Russell)

**FISHERMEN –** Ron Sparks, a fisher member of the Walking Fish Cooperative  
Paul Russell, a fisher member of the Walking Fish Cooperative

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We apologize for the delay in notifying you of the week's catch. Oftentimes, we have to wait and see what the fishermen will be catching. We will be adding pictures and recipes to our Facebook page later this morning!

*~The Walking Fish Crew*