

Dear Walking Fish Members,

We hope everyone is enjoying being a part of the Walking Fish Community Supported Fishery! This week we will be bringing flounder and oysters.

The oysters were harvested by James Morris' on his oyster farm. The Morris family has been commercial fishing in Carteret County for six generations. They have been culturing shellfish for over 25 years. The oysters were harvested in Carteret County and then placed on the farm at Harkers Island to enhance the taste and quality. You should find the oysters grit free and salty!

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**WEEK 4:** March 1st Delivery

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

**When:** Thursday, 4 – 6 pm

**SHARE DESCRIPTIONS –**

Oysters harvested by James Morris from his oyster farm on Harkers Island  
Flounder trawl caught by Kenny Pittman in the Atlantic Ocean

\*The members that requested live hard crabs this week will be receiving live, hard crabs and oysters. The crabs were caught in crab pots in Core Sound 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 are very lethargic. When the crabs begin to warm up, they become much more active.*

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*Flounder and Tropical Salsa*

- 1 lb flounder fillets
- ½ cup bread crumbs (season with 1 tsp. blackened seasoning)
- 2 Tbsp oil
- 2 Tbsp butter
  
- ½ cup pineapple
- ½ cup mango
- ½ cup cucumber
- ½ cup red bell pepper
- 1 jalapeno pepper
- 2-3 tsp lime juice
- Salt and pepper

Dice the pineapple, mango, cucumber and bell pepper. Seed and mince the jalapeno. Combine all. Add the lime juice and season with salt and pepper. Set aside.

Rinse the fillets. Coat with the seasoned bread crumbs, pressing the crumbs onto the fillets. Heat the oil and butter in a frying pan over medium heat. When the butter has melted, cook the flounder until golden brown, flipping once.

We have a new look to our recipe page! Please be sure to check it out for some delicious flounder recipes.

[http://www.walking-fish.org/recipes\\_link.php#flounder](http://www.walking-fish.org/recipes_link.php#flounder)

*~The Walking Fish Crew*