

Dear Walking Fish Members,

This week marks the halfway point for the Spring CSF! We hope everyone is enjoying their seafood this season.

The shrimp that we will be bringing tomorrow were caught using a channel net. This technique is a relatively clean method and reduces bycatch. The method is basically setting two anchors across a very narrow channel where the tide is extremely focused. The tide is so strong in these areas that the shrimp are swept along with the tide. The shrimp utilize this current for their movement. The shrimp were caught in an area locally known as the Straits off of Core Sound. The shrimp are small and very clean and do not even require deveining!

*Note: In an effort to reduce the use of plastic bags, please remember to bring something to transport your seafood home!

WEEK 5: May 17th Delivery

WHERE: Sarah P. Duke Gardens (off of Anderson Street)

WHEN: Thursday, 4:00 – 6:00 pm

Share Description:

MAHI – caught using the hook and line method by Captain Gilbert Mathis aboard the ‘Atlantic Runner’. These fish were caught in the Atlantic Ocean.

SHRIMP – channel net caught in the Straits off of Core Sound

Shrimp Salad

1 lb. small shrimp (peeled and deveined)
½ cup finely chopped celery
1 2 TBSP pickle relish
1 or 2 boiled eggs, chopped (optional)
¼ cup mayonnaise (start with this – you can add more if needed)
½ tsp. dill weed
Salt and pepper to taste

Bring a pot of water to a boil. Add shrimp and cook until pink (this does not take long, just a couple of minutes). Drain shrimp and place in fridge to cool. While shrimp are cooling, mix together mayonnaise, celery, egg, dill weed, salt and pepper. Add this mixture to the shrimp. Chill at least one hour before serving.

This can be served on a bed of lettuce for a light lunch. Or our favorite way is to simply top a cracker!
YUM!!

**This is a basic shrimp salad recipe that has been used by my family for many years. The only thing I added to it is the dill weed, which goes very well with seafood of any type. My Mom doesn't like celery so she adds finely chopped onions. Easy recipe to adjust to your taste!!*

~The Walking Fish Crew