

Dear Walking Fish Members,

It is hard to believe that we are halfway through the spring season. We hope everyone is enjoying their fresh seafood from Carteret County!

WEEK 5: May 26th, 2011 Delivery

WHERE: Duke Raleigh Hospital

P1 South Parking Garage, next to the lower level entrance

WHEN: Thursday, 4 – 6 pm

WHO: Every week and BLUE Group

Share Description:

Bi-weekly members will be receiving jumping mullet and littleneck clams.

Weekly members will be receiving sheepshead.

The clams were harvested by Paul and Billy Russell in Newport River. Carlyle Gilgo, a down east fisherman caught the jumping mullet and sheepshead. These were caught in the Core Sound area of Atlantic and Sea Level, NC. The sheepshead are native to the Atlantic coast. It is a firm, mild, white meat that can be cooked in a number of ways. The firmness of the fish makes it a good choice for grilling but it can also be broiled or fried.

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

~Your Walking Fish Crew