

Hi Everyone,

Time goes by so quickly! We can't believe tomorrow is our last delivery for the spring season. Thanks for your participation in Walking Fish CSF. We couldn't have done it without you!

Our next full season will start in September, but we may offer a short summer season in conjunction with the main run of shrimp if you are interested. We will send everyone an update with sign up information when we work out the details.

Please keep sending us your delicious recipes and stay in touch by email and Facebook.

WEEK 10: June 23th Delivery

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

WHEN: Thursday, 4 – 6 pm

WHO: Every and BLUE Group

SHARE DESCRIPTION:

SHRIMP - caught in Adams Creek by Kenny Pittman's trawlers

Shrimp with veggies and feta cheese

Shrimp, 1 lb. peeled and deveined

Mushrooms, sliced, 4 oz

Onion, medium, sliced

Red Bell Pepper, ½, cut in strips

Garlic, minced

Feta cheese, 8 oz

Salt and pepper

Olive oil

Pasta or rice

Prepare vegetables. Sauté in olive oil over medium heat. Remove vegetables from pan. Add garlic, a little more olive oil, and the shrimp. Cook the shrimp until pink. Remove from heat and add the vegetables to the pan. Put the mixture in a baking dish and top with the feta cheese. Bake at 350 degrees for about 15 minutes or until the cheese is melted. While this is in the oven, cook the pasta or rice. Serve over the pasta/rice.

Have a wonderful summer!

Debbie and the Walking Fish Crew