

Dear Walking Fish Members,

We are very excited about this week's delivery: local oysters. Jay Styron, one of the members of the cooperative, owns a small, family owned oyster farm in Cedar Island, NC about 30 miles NE of Beaufort. We offered oysters this winter and people loved them. As one member wrote, "Fantastic -- More oysters are always welcome, as those Cedar Island oysters are the best I've ever had".

Jay Styron has been a pioneer in the oyster growing and restoration sector in North Carolina and he is actively involved in a number of groups and organizations (both academic and non-profit). Since the oysters were grown in suspended cages rather than on the bottom they are far more clean than other oysters you may try.

In addition to the oysters, we will be bringing fresh, local shrimp. The shrimp are some of the first of the season caught in Adams Creek and are wonderfully tasty and sweet.

WEEK 10: June 23rd Delivery

WHERE: Duke Raleigh Hospital

P1 South Parking Garage, next to the lower level entrance

WHEN: Thursday, 4 – 6 pm

WHO: Every and Blue Group

SHARE DESCRIPTION:

Oysters harvested by Jay Styron

Shrimp caught in Adams Creek by Kenny Pittman's trawlers

This is an easy recipe for oysters. Also on the Walking Fish website, Amy Tornquist, of Watt's Grocery has another delicious way to prepare oysters.

Oysters on the Half Shell

Oysters

Bacon (cooked halfway)

Worcestershire Sauce

Wash the oysters. Shuck the oysters and remove the top shell. Place the oyster in the shell on a baking dish. Put a dash of the Worcestershire sauce on the clam and a small piece of the bacon. Broil for 3 to 4 minutes or until bacon is done.

Sometimes I add a little parmesan cheese on top the bacon. This recipe is excellent using oysters or clams!

** Note: Due to the way these oysters were raised, they can be enjoyed year round, not just with months with an 'R' **

~The Walking Fish Crew