

**September 15, 2009**

**Dear Walking Fish CSF Members,**

Welcome to the first CSA style community-supported fishery (CSF) in the southeastern U.S.! We hope you are as excited as we are. We feel privileged to be part of this effort and are humbled by the tremendous enthusiasm and support we have already received.

This season, there are 400 members participating in the CSF! Over the course of the season, we hope you will be inspired to share your thoughts, ideas, and feedback, as well as your recipes, cooking tips, and general CSF stories. This is an opportunity to connect, not just with food, but with people interested in local capacity building, healthy eating, vibrant communities and stewardship.

The Members' Forum is one place to start a dialog (<http://www.walking-fish.org/members.php>). You can also use this space to buy, swap, or trade shares if you are unable to pick up a share on a given week (some people have already posted messages).

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**WEEK 1: September 17th Delivery**

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

**When:** Thursday, 4 – 6 pm

For our first delivery, the Duke Sustainability Office has graciously donated reusable insulated bags for all Walking Fishmembers. Feel free to use these to transport your first delivery home, but remember to refrigerate your seafood as soon as possible.  
Share description: Southern Flounder from the shallow waters of Pamlico & Core Sound

This week's fishermen: Aron Styron and Coastal Seafood, owned by Carlyle Gilgo. The fishermen from Coastal Seafood are Anthony Salter, Danny Davis, Hamilton Richard, Brandon Gavatti, and Cecil Simons among others.

Fishermen in Carteret County are in the process of transitioning from summer to fall fisheries. This week, flounder fishermen in Pamlico and Core Sound are shifting from gillnets to pound nets.

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*Flounder en Papillote by Chef's 105 Restaurant*

105 South 7th Street

Morehead City, NC  
<http://www.chefs105.com/>

En Papillote simply means steamed in a pouch, flounder (at least in the east) typically ends up in a fryer or frying pan, which is fine however its mild delicate texture makes it perfect for steaming or roasting as well. Here is one preparation we prefer:

- 1 flounder fillet, pin boned and portioned into 6oz
- .25 oz mushrooms, cremini or oyster are appropriate
- 2 cloves of fresh garlic roughly chopped
- ½ vine ripe or heirloom tomato cut into small wedges
- 3-4 pitted black olives cut in half
- 2 slices of lemon cut into rounds
- Chopped parsley
- Tablespoon extra virgin olive oil
- Sea salt and pepper to taste

Enough parchment paper (available at local grocery store) or aluminum foil to wrap fish loosely. In a large bowl combine all ingredients except fish coating them in the olive oil, salt and pepper. Layer half of the ingredients on parchment paper or foil, place fish on top, top with remainder of aromatics and wrap with paper folding at the ends to create a half moon shape. Place in 400 degree oven for approximately 8-10 minutes, open pouch by cutting and beware of steam that will release, check fish for doneness and serve over rice or preferred starch!

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We look forward to seeing you on Thursday!

~ **your Walking Fish Crew**