

Dear Walking Fish Members,

The Farmer's Market has ended but we will still be at the same location at the Brickyard!

It is hard to believe this is the last delivery for the BLUE group. It seems like we just got started! We hope you have all enjoyed your seafood this season. This week the weather has been very pleasant along the coast with mild temperatures and light winds. We will be delivering littleneck clams and sea mullet to everyone.

Be sure to visit our Facebook page for links to interesting articles, recipes and photos (even if you don't have a Facebook account, you can still view the page)!

WEEK 11: December 7th, 2011 Delivery

WHERE: Duke Raleigh Hospital

WHEN: Wednesday, 4 – 5:30 pm

WHO: Every week and BLUE Group

SHARE DESCRIPTION:

LITTLENECK CLAMS – harvested by Paul Russell in Newport River

SEA MULLET – Caught along the coast using sink nets

Sea Mulletts are a very tasty, saltwater fish caught in the Atlantic Ocean. They are called Kingfish by folks north of us, Whiting in the Florida area and Sea Mullet or Virginia Mullet in our area. Local fishermen call them Roundheads. Sea Mullet is a very mild, firm fish that is a favorite with local residents. Locally, it is most often fried and served with french fries, slaw and hush puppies.

~The Walking Fish Crew