

# Cape Ann Fresh Catch

## Halfway Rock and more...

*With half of the inaugural season completed CAFC looks ahead at new and extended seasons and seeks member's feedback.*

Halfway Rock is a rock that juts from the ocean floor in roughly 100 feet of water and looms some thirty feet high above the crashing waves. It has been a beacon for fishermen and mariners for as long as people have

to make sure you know just how gratifying it is to be partners with all of you that has exceeded all of our wildest hopes.

Not everything has gone



been plying the waters from which our seafood shares come from. It gets its name because it sits approximately halfway from Gloucester to Boston. As we approach the halfway point of our inaugural season CAFC is, as it were, passing halfway rock and headed for home with thoughts of the voyage so far and the journey yet to come.

From the conception of CAFC, where even the most optimistic hoped for 100 members, to the sometimes overwhelming yet insanely gratifying reality that well over 1000 people have joined this noble experiment, it has been a wild ride. And truly the biggest thanks goes to you the CAFC shareholders. Without your support, forbearance and enthusiasm none of this could have happened and all of us at CAFC want

perfectly. But rest assured we are listening. The top issues we have heard from members include increasing the variety of fish and that some fish have not been gutted. Flounder and whiting are bought and sold whole because unlike many other fish whose flesh is contained in a membrane, once you cut into fish like whiting and flounder the flesh is immediately exposed inviting bacteria. We decided to gamble with sending you home with these fish to respond to your call for variety. Despite your early reaction to having to deal with the guts, the feedback about whiting has been amazing. What we've heard back is that you really like it! And many of you have been asking for it again. So we'll do our best to keep that going.

### CAFC PROFILE: STEVE PARKES

The most constant face you see when you pick up your seafood is Steve Parkes, our boat-to-pick-up coordinator. He's also the guy doing all the fillet demonstrations. As you can see from the photos, he



likes his job and the crowds like him, too. Steve has worked in the seafood industry as a seafood processor since 1985. In 1990, he opened Pigeon Cove Seafood in Gloucester, Massachusetts that was acquired by Whole Foods Market in 1996. He then became Whole Foods' national seafood buyer where he led the charge in getting animal by-products out of farm raised seafood products and stopping the sale of Chilean Sea Bass. Throughout his career, Steve has focused on helping local (see Profile p.2)

### THE RECIPE RACK

CAFC Member Paul Baker is an award winning chef and owner of Foodie's Feast Restaurant and Bistro in Marblehead. He shared this recipe with me and I have to say it was a perfect summer dish. Paul used pollack, but it could be used on any of the white fish you get in your shares. For a wealth of recipes and fish discussions don't forget to check out <http://www.namanet.org/seafood-recipes>. Also note that there are some new kid friendly recipes posted there.

#### *Pollack a la Paul*

Salsa.

1 small red onion finely diced

4 ripe plum tomatoes diced

1 finely diced, seeded jalapeno  
 Juice of 2 freshly squeezed limes  
 1 bunch of chopped cilantro  
 salt to taste  
 Combine and leave aside at least 1 hour before serving

Pollock.

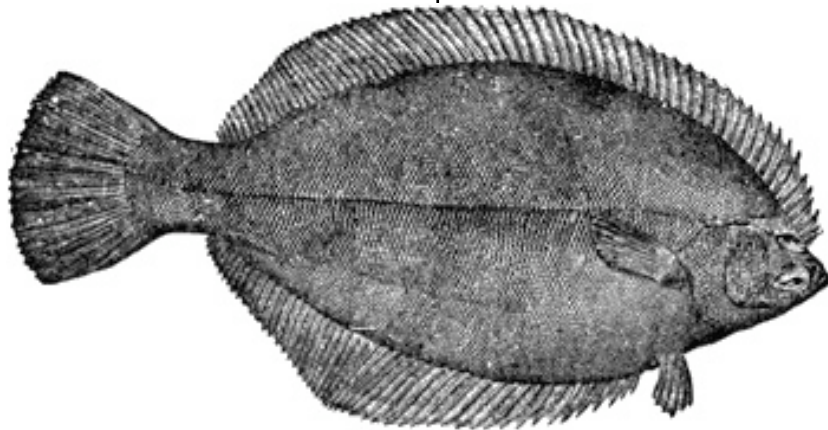
Cut fish in to 1-2 inch steaks

season with salt and pepper to taste

*Recipe Rack Continued...*

One of the most gratifying parts of the CAFC experience has been to hear the success stories. From the people who struggled with filleting their catch in the first few weeks, to those who are cooking whole fish for the first time. But first and foremost has been the appreciation for the incredible freshness of the catch, to which we can only thank our fishermen and shore-side help. Last

Heat grill pan and sear fish on each side quickly to mark  
Place on sheet pan and finish cooking in oven @ 375 degrees  
Do not overcook!  
Serve over steamed rice (with beans ?) & salsa & corn chips  
Serves 4



but by no means least, we have some exciting news about future shares. We will be commencing a new 12 week season, mainly for those who missed out on the first sign up, as well as an extended 8 week season for those who wish to extend their CAFC shares into the fall. We are also excited to announce a Gulf of Maine Shrimp share (details of dates etc., on p. 2) to begin when the season opens, which will be announced in October. (Editors note: Once you have GOM shrimp you will never order or buy another shrimp in your life. As our friend Steve Parkes (profiled to the right) says of Whiting, the only thing you'll wonder after eating GOM shrimp is why you haven't had them before and when you'll get to have them again!)

So, as we pass our Halfway Rock with a following wind and an exciting future, we thank and salute you for being part of CAFC.

**A Note About Worms**

Many people have asked about the presence of worms in the cod and other fish. Worms, though unsightly are an unfortunately common occurrence in some fish, especially cod. However, they are fairly easy to remove and if fully cooked present little problem.

There is a lot of good information about worms here: <http://namanet.org/csf/cape-ann-fresh-catch#comment-144>



*(Profile cont'd)*

fisherman from organizations and coalitions, and lent his advice and support on their continual fight for survival. He was executive director for the Northeast Seafood Coalition when first formed and current board member, and founding board member of the New England Seafood Producers Association.

Tapping into this decades of experience as a fish monger and fisheries advocate, Steve has helped the Cape Ann Fresh Catch CSF to develop a set of standards for the fishermen who are working with us to ensure that the seafood you get is the best we can bring to shore and how our fishermen fish leaves plenty back into the ocean to ensure sustainability of our marine resources. All of us at Cape Ann Fresh Catch CSF feel pretty lucky to have Steve on our team.

**NEWS AND NOTES**

- Anyone interested in contributing to the newsletter can email Sean at [winterwaterman@gmail.com](mailto:winterwaterman@gmail.com)
- For more information about joining this community supported fishery in your community please visit [www.namanet.org/csf/cape-ann-fresh-catch](http://www.namanet.org/csf/cape-ann-fresh-catch) or call 978-283-2504.
- Please support our sponsoring organizations.

THE GLOUCESTER FISHERMEN'S WIVES ASSOCIATION



**New 12 Week Season, 8 Week Season and Shrimp Shares plus...other news.**

- A new 12 week season will begin Aug. 17. For information about share prices, details go to <http://namanet.org/csf/cape-ann-fresh-catch>
- A new 8 week season, primarily for existing members who wish to extend their season into the fall begins September 14. Again to sign up visit <http://namanet.org/csf/cape-ann-fresh-catch>
- A new Gulf of Maine Shrimp season will begin sometime this late fall early winter. Once the season is announced we will have dates and share prices. GOM Shrimp are one of the tastiest shrimp you will ever find!
- For anyone looking to get in touch with CAFC regarding shares etc., if you are a member please use [confirmedcapeannfreshcatch@gmail.com](mailto:confirmedcapeannfreshcatch@gmail.com). To direct non-members to CAFC please use [capeannfreshcatch@gmail.com](mailto:capeannfreshcatch@gmail.com).
- Look for our member feedback survey coming soon.