

Island  **THE WEEKLY
Ad-Vantages PACKET**

THE VIEW FROM ATLANTIC AVENUE

By: Alexa Dayton

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Ocean Delights

I really love seafood and I can eat it 7 days a week, breakfast, lunch or dinner – you name it, I’m in and I’m grateful for the plentiful choices we have right here. Let’s start with shellfish, where our oysters are the best in the world in my opinion. The incredible variety across the range of flavors, colors, sizes and even textures is astonishing. I’m a big fan of raw oysters on the half shell, but I’ve also come to appreciate a steamed Belon oyster, or even an oyster stew, a warm cup of milk with floating balls of goodness. Let’s talk about scallops, which are becoming a mainstay of our fisheries. There’s nothing quite like eating these raw too. A little lime and cilantro is all it takes to create a gourmet maritime culinary experience; the bag of tortilla chips never had a better picnic companion! Did you know that you can eat more of the scallops than we typically see in the U.S. fish markets? Well, roe roe roe your boat to a tingling new culinary treat coming to a restaurant near you. A pile of steamed clams galore makes my day, and once you hit your maximum with a simple butter rinse, go for a little champagne dip and flour dredge crisped up for 1 minute in the air fryer, add simple tartar sauce made of mayo and dill relish with lemon -- and you have a fiesta for the whole family. Recently we’re seeing some new arrivals in town too. So just say “oh, the halibut” and try that fleshy fillet seared quickly and throw a mango chutney in there to create the most amazing fish sticks of your life. Let’s roll to the end of this culinary journey with a pile of cold chopped lobster meat bathed in tarragon and a touch of olive oil served on crisp summer greens. Now I’m full!

I remind myself that fishing is fundamentally about producing food, and seafood production relies on the stewards of the ocean, our fishermen, who year in and year out keep tabs on what is out there and what can be brought to the docks in a sustainable manner. I am grateful to our fishing industry for taking part in science and management that underpins this complex question, and I am thankful to each of you who take part in this rich fishing history we have here in coastal Maine to provide us with the most amazing selection of the most high-quality seafood in the world. (Small disclaimer: please be sure to get your raw seafood from a facility that safely handles the product, and selects from appropriately available cultured and wild options and specific times of year.)

Do you have a question about our fisheries? Send it to info@coastalfisheries.org or call 207.367.2708. Learn more about MCCF by visiting us at www.coastalfisheries.org.

FISHERIES LOG

Prices to Harvesters (in Stonington on 6/3/2024)

Lobsters (select): \$5.50/lb.

Lobster (hard): \$4.50/lb.

Bait (herring): \$90/box

Fuel (diesel): \$3.15/gal

Oceanographic Buoy I-01

44°6’10”N 68°6’44”W – Frenchboro

Sea Surface Temperature (1 meter):

7.63°C 45.73°F

Bottom Temperature (50 meters): 5.93°C 42.67°F

Source: www.neracoos.org