



Volunteers Rock!

First, I must apologize to the OLG eight grade class for not listing them as volunteers last month. I should have thanked Mrs. Lyssy, Hannah Armstrong, C J Carmichael, Michael Chen, Harley Desoto, Darbi Dowell, Mason Elgin, Zane Herrera, Kevin Holdgraf, Dillon Janecka, Stephanie Johnstone, Natalie Lyssy, Tristin Phillips and Hannah Rose for helping make the BYOB (Build Your Own Beach) kits.

For February, many more thanks are in order to the following:

Ritha Bunarai, Theresa Dent, Herb Wittliff, Jack LaBarge, Sheree Smith, Terry Whitaker, Philip Bird, Jim Munro, Shelly Crow, Norman Boyd, Teri Austin, Kay McPherson, Sherrie Krause, Leslie Hartman, Lacey Ekberg, Tina Crow, Tom Andrews, Bill Cordell, Jim O'Neil, David Zelenski, Patricia Trevino, Nic McHenry, Betty Cummins, Doug Schiller, Mike Mitchell, Kody Franke, Hillary Boyd, Kyle Malaer, Rebecca Crain, Laurel Cahill, Holly Behrens, Brooke Behrens, Stephanie Abraham, Brantley Bordovsky, Laurie Weaver,

Cody Malaer, Tim Dent, Joe Surovik, and the Calhoun Co. Commissioners' Court.

UPCOMING EVENTS:

Seafarer Issues 2010 Conference

March 9 & 10 in Houston
<http://www.seafarerissues.net/>

Town Hall II: a follow up session to last month's meeting with John Jacob. 7 p.m. March 18th in the Ag Auditorium at the Fairgrounds.

Clean Shores Spring Event

Port O'Connor, March 27th
details inside newsletter.

I Support Outdoor Ed Workshop

Texas Tech Campus in Junction, Texas
March 26 -27- 28, 2010
<http://isupportoutdoored.com/workshop.html>

Adopt-A-Beach Spring Cleanup

Saturday, **April 24th** 9 a.m. to noon.
Details on locations next month.



Rhonda Cummins

Coastal & Marine Resource Agent
Texas Sea Grant Extension Program
Texas AgriLife Extension Service
186 CR 101, Suite 1
Port Lavaca, TX 77979
Phone (361) 552-9747

<http://kyakradio.tamu.edu>

Coastal & Marine Resource News

Calhoun County
March 2010

HAPPY ST PATRICK'S DAY!



Eastern Oyster (*Crassostrea virginica*),

Oysters filter and absorb the nutrients from the water and treat the abiotic sediment as waste. The oyster "wraps" the sediment in mucus and expels the waste "pellets" which are heavy enough to sink to the bottom of the bay. In this way, oysters and other filter feeders trap and remove suspended sediment, making the water less turbid.

http://www.jason.org/digital_library/3343.aspx

From Chef Matt Martinez @ Matt's El Rancho:

MIDNIGHT OYSTER MIGA OMELET

- 4 Bacon slices, cut into 1" squares
- 4 corn tortillas
- 1 Cup onions, finely chopped
- 2 garlic cloves, thinly sliced
- 1 jalapeno, thinly sliced
- 1 Pint oysters, drained
- ½ Cup fresh tomatoes, chopped
- ¾ Teaspoon salt
- ½ Teaspoon pepper
- 4 Eggs
- 1-1/2 Cups Monterey Jack cheese, shredded

Preheat Oven to 400°F. In a cast-iron or other oven-proof skillet, fry the bacon until it is crisp, and then drain on paper towels. Leave approx. 3 tablespoons of drippings in the skillet.

Cut or tear the tortillas into one-inch pieces, and fry them in the skillet with the bacon drippings until the tortillas are gently crisp. Add the onions, garlic and jalapenos. Sauté until the onions are translucent.

Chop the oysters in halves or quarters, and sprinkle them evenly throughout the pan without mixing them into the other ingredients.

Mix together the tomatoes, salt, pepper and eggs. Add the tomato/egg mixture to

the skillet, pouring evenly across the pan without mixing. Add cheese, and place the skillet in the oven 3 to 4 minutes, allowing the eggs to set. For more information visit:

www.texasoysters.org/midnight_oysters.html

Clean Shores Event - POC

Clean Shores Association announces their Spring Clean Event - Port O'Connor, to be held Saturday March 27, 2010. This is an all-volunteer bay and estuary shoreline clean-up event that will be hosted at Froggie's Bait Dock.

Please bring your boat and lend a hand as we rid our bay shorelines of unsightly litter. Heavy duty plastic trash sacks will be provided. We will have volunteers dockside to assist boat captains unload their "catch of the day."

Barbecue and refreshments will be provided starting at 10:00 am.

Contact: Curtiss Cash 361-564-7032, email captlowtide@airmail.net

MAKE A DIFFERENCE- DONATE A DAY FOR THE BAY

Aw shucks!

Here's a pearl of wisdom for you - **Texas is the country's third-largest oyster producer.** Not only are oysters delicious,

but they're also one of the most nutritionally well balanced of foods, containing protein, carbohydrates and lipids. The National Heart and Lung Institute suggests that oysters are an ideal food for inclusion in low-cholesterol diets. Oysters are an excellent source of vitamins A, B1 (thiamin), B2 (riboflavin), B3 (niacin), C (ascorbic acid) and D (calciferol). Four or five medium-sized oysters supply the recommended daily allowance of iron, copper, iodine, magnesium, calcium, zinc, manganese and phosphorus.

www.gotexan.org/gt/channel/render/items/0,1218_1670_4538_7612_0,00.html#7612

Why does rainfall close the bays to the commercial harvesting of oysters?

Rainwater runoff is a major source of pollution in our bays since it is often contaminated with automotive fluids and excess fertilizer from residential areas. Closures give the oysters time to purge themselves of any toxins so they will be safe for human consumption. To learn what areas are open (or closed) call the Texas Department of State Health Services hotline at 1-800-685-0361.

This newsletter is available online @

<http://calhoun-tx.tamu.edu>

Extension Programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.