

*Volunteer Extraordinaire:
Mr. Dale
Biddy*



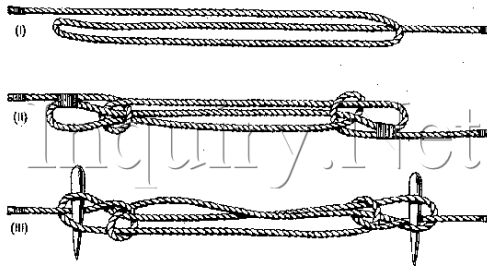
Volunteers make a difference

Hundreds of people volunteer their time and talents to help us each year. The annual County Fair is an excellent showcase of the impact volunteers can have on an event. The Fair has more people working behind the scenes than you could possibly imagine or list here. Yet, I must tell you about one very special man who made our lives in the Extension office bearable during October. Had it not been for the efforts of this one man, countless items would have been done incorrectly or not done at all. His tireless energy and flexibility were nothing short of miraculous. Wherever he saw a need, he was there to help with it, from pig pen to computer room, mutton-busting to petting zoo. Working 16 hour days that week, right alongside Chance and I, was more than anyone could have

asked for or hoped for. You are the perfect example of how one person can make a difference. **Thank you Dale,** for being that person to step up and go beyond all expectations, for helping to make the 2010 Fair and our office successful.

Tie a sheepshank

The Sheepshank is used for shortening a rope without cutting it.



<http://www.inquiry.net/outdoor/skills/b-p/knots.htm>



Rhonda Cummins
Coastal & Marine Resource Agent
Texas Sea Grant Extension Program
186 CR 101, Suite 1
Port Lavaca, TX 77979
Phone (361) 552-9747
rdcummins@ag.tamu.edu
<http://kyakradio.tamu.edu>

Coastal & Marine Resource News

Calhoun County
November 2010

HAPPY
THANKSGIVING!



Texas Oyster Seasons opens Nov. 1

Effective on Monday, November 1, 2010, the Texas Department of State Health Services is issuing their shellfish maps in order to open the upcoming oyster season. Most of their classified areas should be open to start the season, however they only have the public reefs in the East Approved Area of Galveston Bay, only the private leases in this area are open to harvest. This should be a busy season. **Maps are available at the Calhoun County Extension Office at the Fairgrounds.**

(photo @ <http://www.texasoysters.org/buy.html>)

http://www.texasoysters.org/moroccan_oysters.html

OYSTERS WITH A MOROCCAN SAUCE OF ROASTED PEPPER, LEMON, OLIVES AND FRESH CORIANDER

- 24 Texas oysters, shucked, liquid reserved
- 1 Lemon, peeled, white pith removed, segmented and chopped coarsely
- 2 Texas red peppers, roasted & cut in 1/4" dice
- 16-20 Moroccan green or black olives, pitted and coarsely chopped (about 1/2 cup)
- 2 Tablespoons Texas coriander or cilantro, chopped
- 2 Tablespoons fresh lemon juice
- 1/2 Cup extra-virgin olive oil
- Sea Salt and freshly ground pepper
- 1 Bolo of round rough bread

Combine first 7 ingredients in a bowl. Let mixture sit in the refrigerator for 2 hours. Bring a skillet to high heat, with a little sea salt and pepper dancing in the bottom. Add the entire bowl to skillet and sauté for about 3 minutes, just until oysters curl up.

Serve one of two ways: 1) Slice off the top of the bread bowl and hollow out. Set bread pieces aside. Place bread bowl on large platter and surround with bite-sized bread pieces. Pour contents

of the skillet into the bread bowl and serve. 2) Serve oysters and sauce in individual ramekins sided with bread and cheese for a light meal. Adjust to your taste with more olive oil and a bit of tomato puree to tame it down, or add more olives and lemon juice to jazz it up.



Oysters are good nutrition

Oysters are a valuable source of protein, vitamins and minerals needed for good health. A 3-ounce serving, or about 6 oysters, is a good source of protein and low in fat. That same serving has only 58 calories and 46 milligrams of cholesterol. These shellfish are an excellent source of the minerals iron and zinc, as well as vitamin B12. A serving of oysters supplies 31 percent of the Daily Value for iron, 268 percent for vitamin B12 and 509 percent for zinc. Iron functions primarily as a carrier of oxygen in the blood and muscles. Vitamin B12 assists in forming red blood cells and in building genetic material. It helps the nervous system to function and protein and fat to metabolize in the body. Vitamin B12 is

found only in animal products. Zinc helps form protein in the body. It assists with wound healing, blood formation and general tissue growth and maintenance. Because zinc is a component of many enzymes, it is involved in most metabolic processes. Oysters are also a good source of the mineral phosphorus, providing 12 percent of the Daily Value. Phosphorus helps build strong bones and teeth. It is also involved in releasing energy from fat, protein and carbohydrates during metabolism, and in forming genetic material, cell membranes and many enzymes.

New TAA deadline is Dec. 23, 2010

This second petition, with its own separate 90-day application period, provides shrimpers another opportunity to apply for TAA benefits **if they were unable to apply within the first application period.**

Horizon Oil Spill

Keep up with the latest facts by visiting <http://texas-sea-grant.tamu.edu/>

Remember: Gulf Seafood is still safe and delicious. Buy some today!

This newsletter is available online @ <http://calhoun-tx.tamu.edu>

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