

OCTOBER 2013

COASTAL & MARINE RESOURCE NEWS

CALHOUN COUNTY

FALL RED SNAPPER SEASON

NOAA Announces a Quota Increase for Gulf of Mexico Red Snapper and a 14-Day Supplemental Recreational Season Beginning October 1, 2013

NOAA Fisheries announces a rule increasing the allowable catch for red snapper from 8.46 million pounds (mp) to 11 mp. The recreational quota will increase from 4.145 mp to 5.39 mp and the commercial quota will increase from 4.315 mp to 5.61 mp.

Federal waters of the Gulf of Mexico will open for red snapper recreational fishing beginning on October 1, 2013, at 12:01 a.m. (one minute after midnight), local time. The season will close on October 15, 2013, at 12:01 a.m., local time.

For more information on Red Snapper, Past, Present and Future, please visit

http://sero.nmfs.noaa.gov/sustainable_fisheries/gulf_fisheries/red_snapper/index.html

Have you taken the Challenge?

<http://www.40gallonchallenge.org/>

CELEBRATING NATIONAL SEAFOOD MONTH

October is National Seafood Month, a time to highlight smart seafood choices, sustainable fisheries, and the health benefits of eating a diet rich in seafood. Sustainability involves meeting today's needs without compromising the ability of future generations to meet their needs. In

terms of seafood, this means catching or farming seafood responsibly, with consideration for the long-term health of the environment and the livelihoods of the people who depend upon the environment. NOAA Fisheries has a web-based tool to help people make informed decisions about the seafood they eat by providing current and accurate information on the seafood available in the U.S. Learn more by visiting: <http://www.fishwatch.gov/>



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WHITE FISH WITH CILANTRO PESTO

[HTTP://WWW.TEXASCOOKING.COM/RECIPES/WFISH&PESTO.HTM](http://www.texascooking.com/recipes/wfish&pesto.htm)

1 cup fresh cilantro leaves
 1/2 cup olive oil
 1 large tomato, peeled, seeded and chopped (or 2-3 plum tomatoes)
 1 large clove garlic, chopped
 1 tablespoon fresh orange juice
 2 teaspoons sherry vinegar
 1/2 teaspoon salt
 1/4 cup toasted pine nuts

4 fish fillets (about 6 oz. each), rinsed and dried
 salt and freshly ground pepper, to taste
 1-1/2 tablespoons olive oil
 1 tablespoon butter

To make the pesto: Into the blender (or food processor) go the cilantro, oil and garlic. Pulse until mixture is smooth. Add the

tomato and pulse just a few times -- the mixture should be chunky. Put the cilantro mixture in a bowl, and mix in the orange juice, vinegar, salt and pine nuts. Set aside until ready to serve. The pesto is best if made just before you prepare the fish. In any case, it should be served at room temperature. **Note:** To toast pine nuts, heat a dry skillet over medium heat. Add the pine nuts and stir 6 to 8 minutes until they begin to brown.

For the fish: Any firm white fish such as Red Snapper can be used in this delicious, quick and healthful recipe. Sprinkle the fillets on both sides with salt and pepper. Over medium heat, melt the oil and butter in a large non-stick skillet. Add the fillets, and cook about 3 minutes on each side until they are opaque throughout and flake easily.

Serve fillets topped with a spoonful of pesto.

COOKING WITH SEAFOOD:

October 7th will be another "turf" night. As we enter fall and several hunting seasons open, we will sample a variety of meats like dove, rabbit and venison cooked by volunteer-chef Jack LaBarge. Game Warden Philip Bird will join us with a program about hunting.

Next month, we will return to the water for some catfish so tasty you will wonder why you don't cook more of this locally farmed resource in your own kitchen. Come learn about aquaculture on **November 4th**.

We will end our cooking year with a pot-luck dinner during the Extension Office's 5th annual Holiday Open House on **Dec. 9th**.

MANY THANKS TO LAST MONTH'S VOLUNTEERS:

September was a busy month with lots of volunteers: Vallei Camachogarcia, KyLee Cormier, Trent DeLaGarza, John Peter Hernandez, Maria Hernandez, Keria Lee, Priscilla Marmolejo, Kristen Pham, Emiliagh Silvas, Kelly Squyres, Carla Thigpen, Jeannine Thigpen, Natalia Torres, Jamie Weaver, Summer Whittkohl, Marissa Crowley, Erin Dent, Jonluke Estrada, Derrik Garcia, Martin Hernandez, Aidan Holford, Mary Kalafatis, Emily Llanes, Melbourn Motl, Emily Pfeifer, Jenny Pham, Ryan Franke, Zach Herrera, Bailey Mahoney, Emily Obregon, Aislynn Olascuaga, Autumn Wittkohl, Gabrielle Anderson, Benjamin Chen, Lucia Hernandez, Reilly Low, Manuel Ortiz, Juan (JP) Pina, Derek Servantes, Elizabeth Silvas, Sarah Villarreal, Jenna Weaver, Richard Chen, Greg Low, Leslie Hartman, Theresa Dent, Herb Wittliff, Philip Bird, Shelly Crow, Jack LaBarge, RJ Shelly, Vernon Lyssy, Tom Crenshaw, Carey Wilke, Armi & Bruce Singletary, Ashley Damborsky, Tom Andrews, Bill Cordell, Doc & Kim Hudson, Tresa Martell, Gayln Franke, Robin Villareal, Janie Ortega, Karen Lyssy, Kevin Durham, Joe Reyes, Shirley Harkey, Charlie Jones, Teri Austin, Debbie Case, Tom & Norma Gallagher, and to the 130 volunteers that participated at the Magnolia Beach Cleanup on Sept. 28th. **Special thanks to J&T's One Stop for donating ice and Michael Reeves at Republic Services who saved the day by donating dumpsters for our 89 bags of trash (and other loose items).**

"If a child is to keep alive his inborn sense of wonder...he needs the company of at least one adult who can share it."
 — Rachel Carson

This newsletter is available online @ <http://calhoun.agrilife.org/newsletters/coastal-and-marine-resources/>