

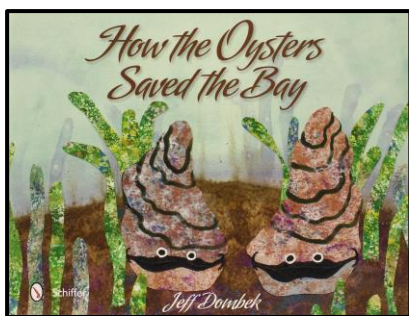
SOUNDSIDE LEARNING

THIS WEEK ON CORE SOUND

COMING UP AT CORE SOUND

- **October 15:** *Portraits of Down East* Exhibition Day 10 AM – 5 PM
- **October 28:** Core Sound on Canvas: *Halloween on Davis Corner*, Supper @ 5:30 & Class @ 6:30 PM

Sound Reading Material For You & Your Child



How the Oysters Saved the Bay

By Jeff Bomdek

Oysters Chester and Meredith have a big problem. They realize that pollution in the water of the Chesapeake Bay is making the underwater grasses sick. The peaceful habitat of so many is at stake! Can they possibly clear up this murky problem with the help of all their saltwater friends? Everyone can do their part!

Grade Level: K-2
Pages: 32

Finally, Oyster Season

Oysters. They're my favorite. When I was a little girl, my grandfather and I would sit elbow to elbow and see who could eat the most, and years later he caught, steamed and delivered messes to me throughout the fall of 1999 when I was pregnant and craved them incessantly. Ahhhh, those were the days!

Yes, I love to eat oysters--raw, roasted, steamed, and fried; but they are also my favs because they are so cool! When I was in high school, Mrs. Smith forced us to dissect oysters in biology. I was upset with her for making us take such a close look inside something so tasty, but I must admit that it was amazing to realize more value in an oyster than supper. Let's see if you agree ...

Oysters are bivalve mollusks that can live up to 40 years and grow up to eight inches; however, most Down East oysters are reaped at three years of age, at the minimum harvest size of three inches. In the early stages of an oyster's life, it is carried around by currents. As it matures, the oyster sinks to the bottom. To survive, the oyster must attach to a hard surface which is why they are found growing together in clumps or rocks.

Oysters are an important part of the estuarine food web and contribute to the cycling of nutrients. They can be food for other animals, such as crabs and birds, but oysters themselves are filter feeders. They draw water into their bodies and remove tiny phytoplankton. An adult oyster is capable of filtering between 15 to 35 gallons of water every day. Think of how much water a whole bed of them are cleaning, which makes these not only tasty creatures, but good-for-the-environment ones as well.

Oysters are harvested from October to March commonly with tongs, rakes, or by hand, in intertidal areas and shallow waters along our coast. This year oyster season runs October 15, 2022, through March 31, 2023.

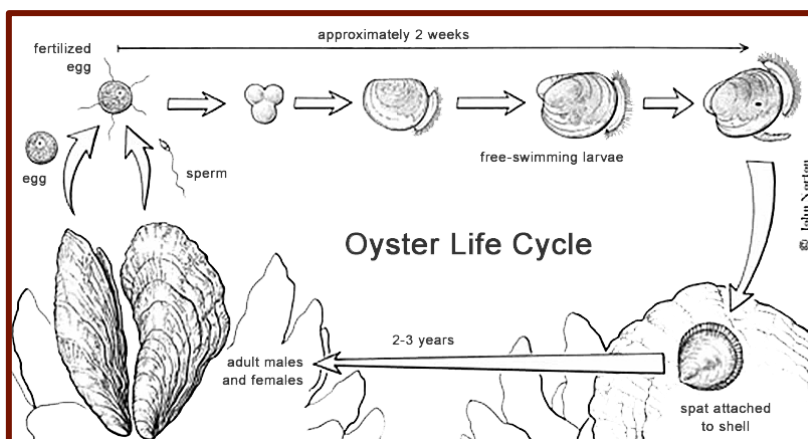


diagram from <https://shuckandshare.org>

Roasted Oysters

1 bushel oysters
1 can Pepsi Cola
Fried cornbread

Pickles, sour or dill
Vinegar & catsup
Contained brush fire

Option 1: Stack oak brush in a pile. Place washed oysters (in shell) directly into the fire. Start fire. Rake out oysters as they cook. Each will be cooked a little differently which makes them amazing!

Option 2: Stack oak brush in a pile. Place washed oysters (in shell) on top of a wire grate above the brush. Start fire. Carefully remove the oysters when mouths open.

Serve with a cold can of Pepsi Cola, cornbread, pickles, and dip in vinegar and catsup mixture, if desired.



Fried Oysters

1 Quart shucked oysters
Seafood breader
Salt & pepper
Fried cornbread

Cooking oil
Cocktail sauce
Tartar sauce
1 can Pepsi Cola

Rinse the opened oysters to rid of sand and grit. Salt and pepper them to taste. Heat oil in an iron skillet on medium heat. Bread oysters with seafood breader (my favorite is Ellis Davis Seafood Breader) and place them into the hot oil. Cook until medium brown. Flip them and cook the other side. Be careful not to overcook! Total cooking time is about 5 minutes.

Steamed Oysters

1 peck oysters (or more)
1 can Pepsi Cola
Fried cornbread

Pickles, sour or dill
Vinegar & catsup
Cocktail sauce

Wash mud off the oysters with a water hose not long before cooking. Place in a seafood steamer pot. Pour in 1 cup of water. Cover and cook on medium heat until oysters' mouths open.

Serve with a cold can of Pepsi Cola, fried cornbread, pickles, and dip into vinegar and catsup mixture or cocktail sauce, if desired.



Fried Cornbread

Ollie Moore's recipe
from *Island Born and Bred*

2 cups fine-ground cornmeal
1 cup plain flour
3 teaspoons baking powder
1 tablespoon sugar
Salt to taste
1 egg beaten

Sift dry ingredients in bowl. Add beaten egg and mix well. Slowly add water to make a thin batter. Heat oil in skillet. Spoon batter into hot oil making small cakes. Fry until golden brown.