Х	Χ	Х	Χ	Х	Χ	Χ	Х	Χ	Х	Χ	Х	biup&
		Х	Χ	Х	Χ	Х	Х	Х	Х	Χ		Scallops: Sea
Х	Χ	Х	Χ						Χ	Χ	Χ	acsilops: Bay
Х	Χ	Х	Χ	Х	Х	Х	Х	Х	Х	Χ	Χ	Quahogs, ocean
Х	Χ	Х	Χ	Х	Χ	Х	Х	Х	Χ	Х	Χ	Oyatera
Х	Χ	Х	Χ	Х	Χ	Х	Х	Х				Popater.
	Χ	Х	Χ	Х	Χ	Х	Х					Соисһ
				Х	Χ	Х	Х					Softshelled
Χ	Χ	Х	Χ	Х	Χ	Х	Х	Х	Χ	Х	Χ	Crab: Blue
Х	Х	Х	Х	Х	Х	Х	Х	Х	Χ	Х	Х	Clams, hard/surf
D	N	O	S	A	ſ	ſ	M	A	M	Я	ſ	SHELLFISH
Х	Х	Х	Х	Х	Х	Х	Х	Х	Χ	Х	Х	<u> Биілі</u> М
Х	Х	Х	Х	Х	Х	Х	Х	Х				Weakfish
Χ	Χ	Х	Χ	Х	Χ	Х	Х	Χ	Χ	Χ	Χ	Tilefish
				Х	Х	Х	Х					Tautog
				Х	Χ	Х						Swordfish
Χ	Χ	Х	Χ	Х	Х	Х	Х	Х				Joqe
Х	Χ	Х	Х	Χ	Х	Х	Х	Х	Χ	Х	Х	Shark
	Х	Х	Х	Χ	Х	Х	Х	Х		Х	Х	Porgy
Х	Χ	Х	Χ	Х	Х	Х	Х	Х	Χ	Х	Х	ИейзүлөМ
Х	Х				Х	Х	Х	Х	Χ			Mackerel
Х	Χ	Х					Х	Х	Χ	Х	Х	цэке, гед
		Х	Χ	Х	Х	Х	Х	Х	Χ			Гјике
Х	Х	Х	Х	Х	Х	Х	Х	Х	Χ	Х	Х	Flounder
Χ	Х	Х	Х	Х	Х	Х	Х	Х	Х			Eels
		Х	Х	Х	Х	Х	Х	Х				Сгоакег
Χ	Х	Х	Х	Х	Х	Х	Х	Х			Х	Butterfish
	Х	Х	Х	Х	Х	Х	Х	Х	Χ			pluefish
Х	Х	Х	Х	Х	Х	Х	Х	Х	Х			boqhte
Χ	Х	Х	Х	Х	Х	Х	Х	Х	Χ	Х	Х	Bass: Sea
D	N	O	S	A	ſ	ſ	M	A	M	Я	ſ	FINFISH

Seafood in Season

River Rd. Leesburg 785-9899

River Rd. Leesburg 785-9878

785-0101

785-2293

785-2828

447*-*3014

785-0008

447-3479

785-1273

447-3002

785-7001

Matt's Landing

Old Beaver Dam Rd.

Newport

Matt's Landing

Delaware Ave.

Fortescue

Dorchester

south side of 553

Dividing Creek

Public Rd.

Fortescue

Dividing Creek next

to Restaurant

New Jersey Ave.

Fortescue

115 River Rd.

Leesburg

south end

Gandy's Beach

Pier Rd. Greenwich

Matt's Landing

Anchor Marina

Andy's Marina

Beaver Dam Boat

Rental & Crabbing

Berry's Driftwood

Marina

Boat World Marina

Borkowski's Triangle

Marina

Cox's Penny Hill

Dividing Creek Marina

& Boat Rentals

Double "A" Marina

Downe By The Creek

Fortescue Pavillion

Marina

Four Star Marina

Gandy's Beach

Greenwich Boatworks

Haase's Marina

way to the table. finish cooking on its 7 ς-I Z-I I-2 biup2 ter, it's ready. It will ۷-5 Hard Shell Clams (quahogs) 01-8 remains in the cen-Hard Shell Clams (shucked) 2-2 Z-I I-2 translucent flesh Razor Clams (shucked) ς-ς 2-2 ς-ς Just a thin line of raw Soft Shell Clams (steamers) ۷-5 in appearance. When Blue Crabs (live) 70 turns opaque or solid Soft Shell Crabs Σ 7-7 translucent flesh 2-2 ۷-5 **1-**5 01 Crayfish As fish cooks, its 52 52 Lobsters (live) minutes per inch. ۷-5 (9vil) slassuM cooking time to 20 Oysters (live) ۷-5 01-8 frozen, double the c-I **Σ-I** Z-I Oysters (shucked) I your fish while still I-2 2-2 Z-I I-2 8-5 Rock Shrimp 2-2 you plan to cook 2-2 7 **7-I 7-I** Z-I 8-5 gay Scallops minutes per inch. If Sea Scallops 7 2-2 2-2 2-2 8-5 **ħ**-Σ foil or sauce, add 5 **ħ-**Σ **Σ-I** 2-2 2-2 Z-I 01 Shrimp If fish is cooked in poaching, or baking. POACH STIR-FRY BAKE **BKOIL STEAM** SAUTE DEEP-FRY SHELLFISH you're broiling,

Measure the fish at the thickest part. For every inch of thickness, cook 10 minutes. If less than 1" thick, shorten cooking time proportionately. This timing works whether

Unlike meat, fish does not need to be tenderized by cooking. In fact, the less cooking the more natural it will be. And because it's so low in fat, natural juices (and flavor) are easily lost by over cooking. For shellfish cooking times and methods, consult the chart below. For whole fish, steaks, and fillets, follow this 10 minute rule:

ow do I cook it? Quickly, quickly! Fresh fish is truly a convenience food. It lends itself to an incredible variety of fast cooking methods, all of them simple and simply delicious, as long as you don't overdo it.

right bags.

Purchase seafood as the last item on your shopping

Purchase seafood as the last item on your shopping

ice to keep your seafood cool on the way home.

 Refrigerate live shellfish properly. Live shellfish such as clams, mussels, and oysters should be stored under well ventilated refrigeration, not in air tight bags.

mussels.

Don't cook or eat dead clams, crabs, oysters, or

 Purchase shellfish carefully. Buy raw oysters, clams, and mussels only from reputable sources. If in doubt, ask to see the certified shipper's tag or check the shipper number on the container of shucked clams or oysters.

• Handle raw and cooked products separately. Use separate cutting surfaces and utensils. Wash your hands after handling seafood.

 Keep frozen products rigidly frozen until ready to use. Store in freezer at 0 degrees F.

cold water.

· Thaw frozen seafood in the refrigerator or under

• Keep seafoods cold. Keep fresh, smoked, or pickled seafood products refrigerated at 32 -40 degrees F.

LEESH SEVEOODS
HOM DO I HYNDIE TEESEK

Where can I get it?

If fishing is your sport, Cumberland County is a "fisherman's paradise". The Delaware bayshore and its tributaries are home to numerous marinas and boat rental businesses. In addition, there are public boat ramps on each of the County's two rivers and also at Union Lake and Menantico Ponds. Surf fishing is prevalent all along the Delaware Bay and Cumberland County provides plenty of shoreline to accommodate the sport. Beaches at Fortescue, Gandy's Beach and Thompson's Beach are among the fishing hot spots on the Bay. Freshwater anglers are not forgotten in Cumberland County. Both the Cohansey and the Maurice Rivers as well as Union Lake in Millville and Menantico Ponds in Maurice River Township, provide their share of

Rd. Greenwich

Downe Ave.

Fortescue

New Jersey Ave.

Fortescue

Husted-Bateman

Rd. Fairton

Shell Pile,

Port Norris

Port Norris

Money Island

Delaware Ave.

Fortescue

Matt's Landing

Shell Pile,

Port Norris

Bivalve,

Port Norris

Newport Landing

Rd., Newport

Spring Garden Rd.

Port Elizabeth

south side of 553

Dividing Creek

451-6195

785-1818

447-4974

447-3103

785-2331

785-1205

785-9704

447-3992

825-5334

785-1010

Hancocks Harbor &

Bait Box Restaurant

Higbee's Marina,

& Luncheonette

Husted's Landing

King's Wharf &

Longreach Marina

Myers' Marina

Popeye's Marina

Port Norris Marina

& Restaurant

Sail Loft Marina

Sun Dog Marina

Spring Garden

Marina

451-7777 Wildlife Boat Rentals

447-3633 Hook, Line & Sinker

785-0100 Money Island Marina

Hancock Harbor 455 acres great fishing experiences.

Perhaps fishing is not high on your agenda of preferred activities, but seafood is one of your favorite meals. Cumberland County has a number of seafood markets where

JERSEY FRESH seafood is available to grace your dinner table.

Explore and Discover!
Your Key to SEAFOOD MARKETS

Dill's Seafood	13 Washington St. Bridgeton NJ	451-1932					
Cigi's Seafood Market	851 N. Pearl St. Bridgeton NJ	455-4780					
Weber's Seafood	5 Hilltop Drive Bridgeton NJ	451-0215					
Little Dad's	1811 N, Delsea Dr. Vineland NJ	794-883					
Jenkin's Seafood	38 Fortescue Rd. Newport NJ	447-4991					
King's Crab Ranch	1 Shellpile Plaza Port Norris NJ	785-2424					
Bivalve Packing Co	6957 Bivalve Ave. Port Norris NJ	785-0270					
Haase's Seafood	114 Matts Landing Rd. Heislerville NJ	785-7001					
Bailey's Seafood	3531 Rt. 47, Port Elizabeth, NJ	825-2621					
Ocean Fresh	3524 S. Delsea Dr. Vineland, NJ	825-6473					

Cumberland County Board of Chosen Freeholders

Douglas M. Rainear, Freeholder Director
Bruce T. Peterson, Deputy Director
Dr. Mary L. Gruccio
Louis N. Magazzu
James A. Rocco
Jane Y. Christy
Jeffrey M. Trout

Cumberland County
Agriculture Development Board

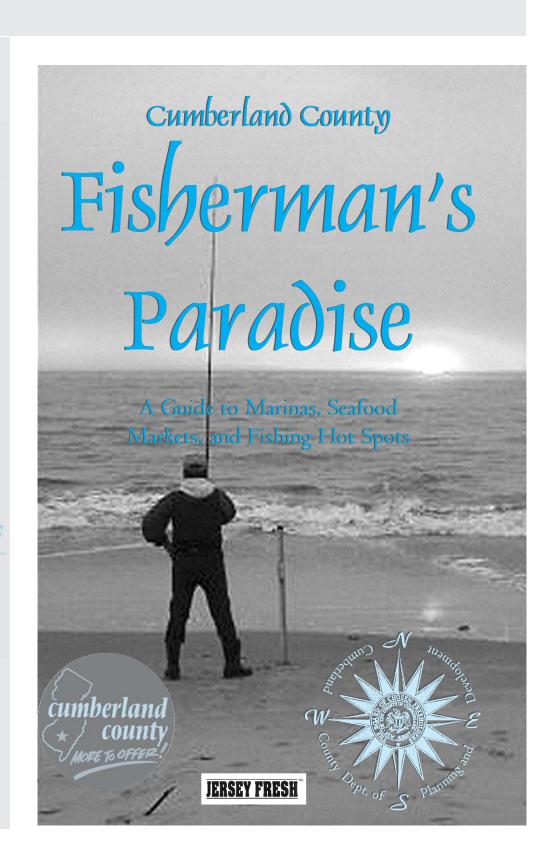
David Sheppard, Chairman
Richard Stratton, Vice Chairman
Fred Van Meter, Treasurer
Raymond Graiff, Secretary
Albert Johnson
Dr. Ernie Zirkle
Lenny Rera, Soil Conservation District
Dr. Wesley Kline, Agriculture Agent
Jeffrey Trout, Freeholder Liaison

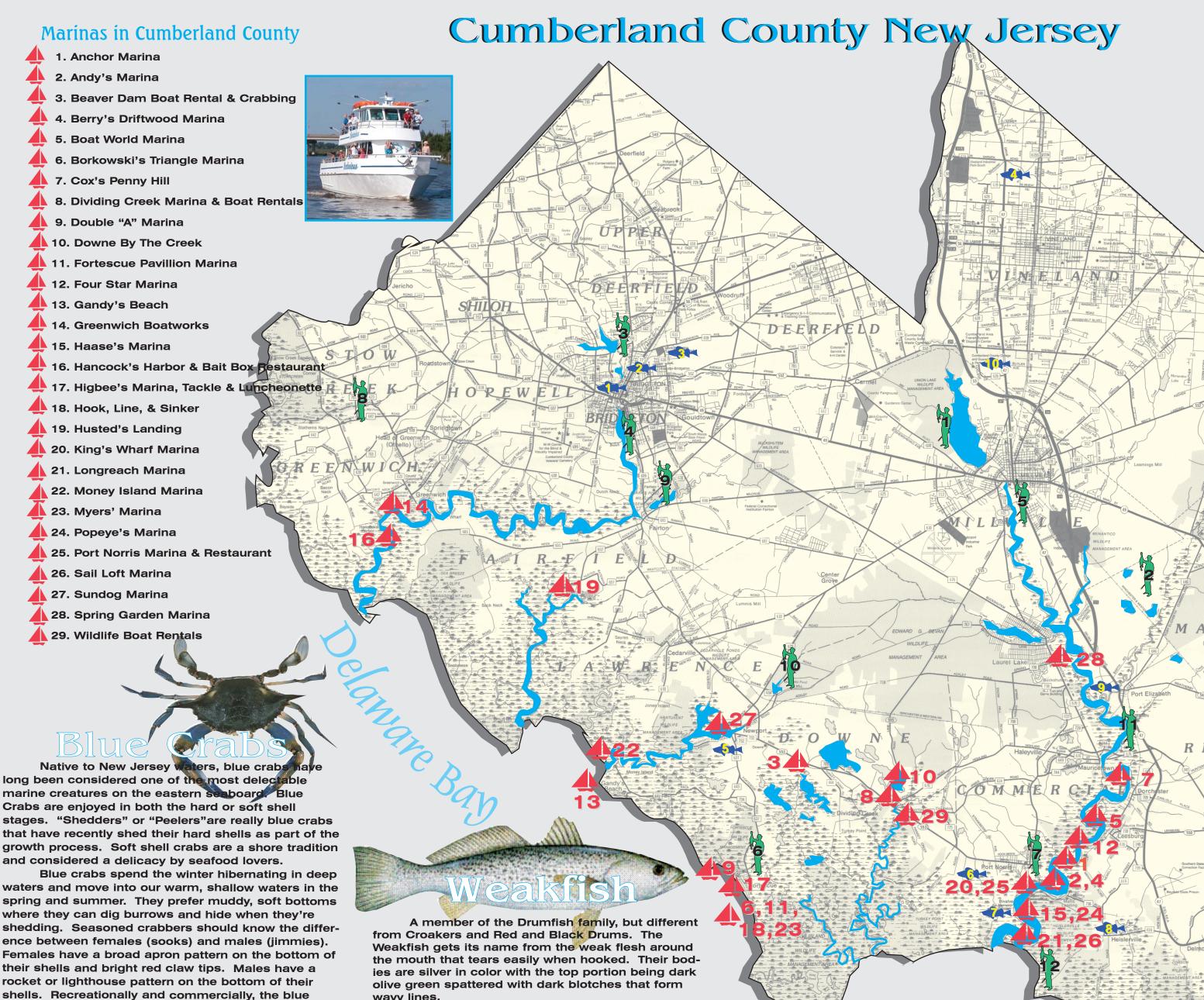
Jeffrey Trout, Freeholder Liaison
Robert Brewer, Planning Director
Matthew Pisarski, Senior Planner
Kenneth Browne, Design & Graphics

This brochure was partially funded by a grant from **JERSEY FRESH** of the New Jersey Department of Agriculture and by the Cumberland County Tourism Advisory Council. For More Information call 1(866) 866-MORE www.state.nj.us/agriculture/rural/seafood



Prepared under the direction of the Cumberland County Board of Chosen Freeholders by the Department of Planning and Development





Weakfish are tertiary consumers within the Bay ecosystem, and Fortescue, New Jersey in Cumberland County is known as "The Weakfish Capital of the World".

crab is one of the shore's most popular summer

Not only is the crab meat very rich and sweet

tasting, it's low in calories and provides excellent high

quality protein, vitamins, and minerals. Most of the

meat from the blue crab comes from the body. In

season, blue crabs are plentiful and you can pur-

as fresh, frozen, or pasteurized meat. Be sure to

keep the meat chilled until you use it.

chase them live in the shell, steamed in the shell, or

Weakies are famous for their white, lean, finely textured flesh and are considered an excellent food

JERSEY FRESH



1. Dill's Seafood Market 2. Gigi's Crabs & Seafood Market

3. Weber's Seafood

4. Little Dad's

5. Jenkin's Seafood

6. King's Crab Ranch

7. Bivalve Packing Co.

8. Haase's Seafood

9. Bailey's Seafood 10. Ocean Fresh

FROM THE GARDEN STATE

Fishing Hot Spots 1. Union Lake Wildlife Management Area

- 2. Menantico Ponds Wildlife Mgt. Area
- 3. Sunset & Mary Elmer Lakes
- 4 Cohansey River (Bridgeton Boat Launch)
- 5. Maurice River (Fowser Road Boat Launch)

6. Fortescue

7. Port Norris

8. Davis Mill Pond

Clark's Pond

10. Shaw's Mill Pond

11. Maurice River Causeway Boat Launch

12. East Point Boat Launch

Striped Ba

The striped bass, also known in New Jersey as striper, rockfish, and Jersey Gold", has been one of the most sought-after commercial and recreational finfish in the Delaware Bay since the 1600's. The coastal habitat of the striper reaches from the St. Lawrence River in Canada to the St. Johns River in

Striped bass may appear to be light green, olive, steel blue, brown or black. They earn their name by the seven or eight bands that mark their sides, extending from the gills to the tail. Mature stripers are known for their size (they've been known to reach 100 lbs. and nearly 5 ft. in length) and being formidable fighters. The striped bass will hit on many lures including metal squid plugs, spinners, spoons and jigs. Shedder crabs, clams, bloodworms, shrimp, mullet and live bunker are all used for bait fishing. Anglers find that the best time for stripers to bite is at dawn, dusk and throughout the night.

Bluefish are one of the most popular sport fish the waters of New Jersey. They have few rivals when it comes to ferocity in the ocean. With their razor sharp teeth, these feisty fish are renowned for their feeding frenzies. According to fish folklore, a school of bluefish swam into Barnegat Inlet in 1870, terrorizing millions of bushels of menhaden, until every stream, inlet and even surrounding meadows were teeming with the frantic fish.

Bluefish range anywhere from 2 to 25 pounds. In spring and summer, they migrate from southern to northern waters to spawn. In the fall, the migration reverses. Small, young bluefish called snappers have a somewhat different taste than their elders and are excellent pan-fried.

Bluefish meat is dark with a distinctive taste that's soft textured and rich in oil. Large adult bluefish have a higher oil content which can be cut by broiling or grilling them over a charcoal fire. Bluefish are also excellent for salads. Smoked bluefish pate, a real taste treat, is appearing more and more as a pricey appetizer on many restaurant menus.