## 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 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!

| | | | | | |
|---|---|---|---|---|---|
| Anchor Marina | River Rd. Leesburg | 785-9890 | Hancocks Harbor & Bait Box Restaurant | Hancock Harbor Rd. Greenwich | 455-2610 |
| Andy's Marina | Matt's Landing | 785-0101 | Higbee's Marina, & Luncheonette | Downe Ave. Fortescue | 447-4157 |
| Beaver Dam Boat Rental & Crabbing | Old Beaver Dam Rd. Newport | 447-3655 | Hook, Line & Sinker | New Jersey Ave. Fortescue | 447-4212 |
| Berry's Driftwood Marina | Matt's Landing | 785-2293 | Husted's Landing | Husted-Bateman Rd. Fairton | 451-6195 |
| Boat World Marina | River Rd. Leesburg | 785-9878 | King's Wharf & Marina | Shell Pile, Port Norris | 785-2424 |
| Borkowski's Triangle Marina | Delaware Ave. Fortescue | 447-3671 | Longreach Marina | Bivalve, Port Norris | 785-1818 |
| Cox's Penny Hill | Dorchester | 785-0100 | Money Island Marina | Money Island | 447-4974 |
| Dividing Creek Marina & Boat Rentals | south side of 553 Dividing Creek | 785-2828 | Myers' Marina | Delaware Ave. Fortescue | 447-3103 |
| Double "A" Marina | Public Rd. Fortescue | 447-3014 | Popeye's Marina | Matt's Landing | 785-2351 |
| Downe By The Creek | Dividing Creek next to Restaurant | 785-0008 | Port Norris Marina & Restaurant | Shell Pile, Port Norris | 785-1205 |
| Fortescue Pavillion Marina | New Jersey Ave. Fortescue | 447-3479 | Sail Loft Marina | Bivalve, Port Norris | 785-9704 |
| Four Star Marina | 115 River Rd. Leesburg | 785-1273 | Sun Dog Marina | Newport Landing Rd., Newport | 447-3992 |
| Gandy's Beach | south end Gandy's Beach | 447-3002 | Spring Garden Marina | Spring Garden Rd. Port Elizabeth | 825-5334 |
| Greenwich Boatworks | Pier Rd. Greenwich | 451-7777 | Wildlife Boat Rentals | south side of 553 Dividing Creek | 785-1010 |
| Haase's Marina | Matt's Landing | 785-7001 | | | |

### Your Key to SEAFOOD MARKETS

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | | |
| clams | oysters | scallops | crabs | fish | other types | | | |
| Dill's Seafood | | | | | | 13 Washington St. Bridgeton NJ | 451-1932 |
| Gigi'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 | | | | | | 26 Fortescue Rd. Newport NJ | 447-4991 |
| King's Crab Ranch | | | | | | 1 Shellpile Pinch Port Norris NJ | 785-2424 |
| Bivalve Packing Co | | | | | | 6957 Bivalve Ave. Port Norris NJ | 785-0270 |
| Haase's Seafood | | | | | | 114 Potts Landing Rd. Fieldsboro NJ | 785-7001 |
| Bailey's Seafood | | | | | | 5531 Rt. 47, Port Elizabeth, NJ | 825-2621 |
| Ocean Fresh | | | | | | 3024 S. Delsea Dr. Vineland, NJ | 825-6473 |


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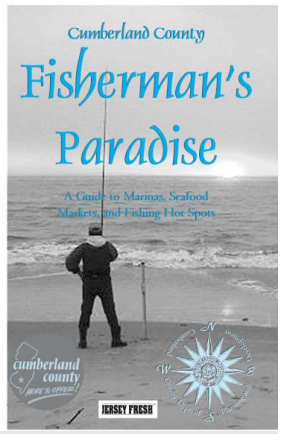
Prepared under the direction of the Cumberland County Board of Chosen Freeholders by the Department of Planning and Development

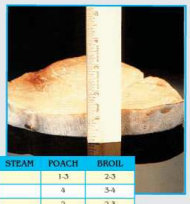




## HOW DO I HANDLE JERSEY FRESH SEAFOOD?

- Keep seafoods cold. Keep fresh, smoked, or pickled seafood products refrigerated at 32 -40 degrees F.
- Thaw frozen seafood in the refrigerator or under cold water.
- Keep frozen products rigidly frozen until ready to use. Store in freezer at 0 degrees F.
- Handle raw and cooked products separately. Use separate cutting surfaces and utensils. Wash your hands after handling seafood.
- 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.
- Keep live shellfish alive until ready to prepare. Don't cook or eat dead clams,crabs, oysters, or mussels.
- Refrigerate live shellfish properly. Live shellfish such as clams, mussels, and oysters should be stored under well ventilated refrigeration, not in air tight bags.
- Purchase seafood as the last item on your shopping list. If the weather is particularly warm, ask for some ice to keep your seafood cool on the way home.

How do I cook It? *Quickly, 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.

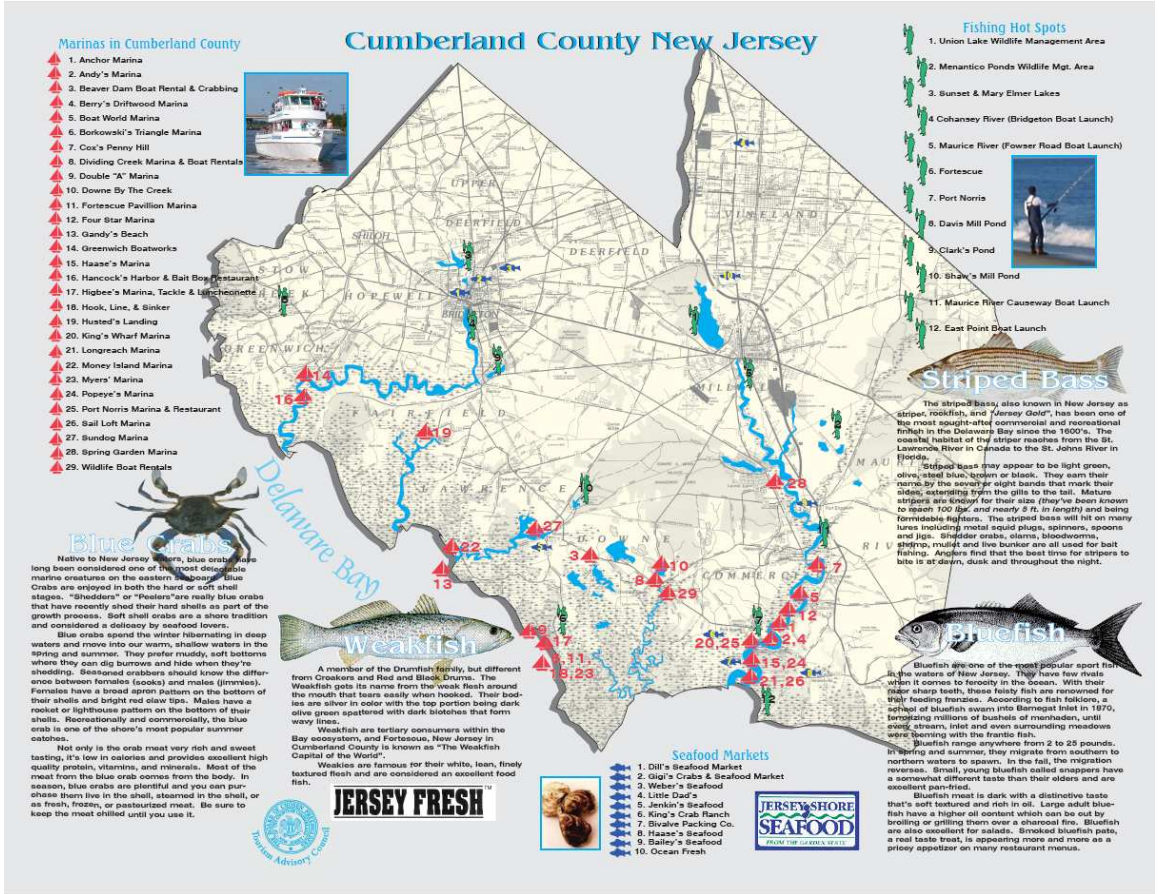
Unlike meat, fish does not need to be tenderized by cooking. In fact, the less cooking the more natural it will be. And because it's so low in fat, natural juices (and flavor) are easily lost by over cooking. For shellfish cooking times and methods, consult the chart below. For whole fish, steaks, and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



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 you're broiling, poaching, or baking. If fish is cooked in foil or sauce, add 5 minutes per inch. If you plan to cook your fish while still frozen, double the cooking time to 20 minutes per inch.

As fish cooks, its translucent flesh turns opaque or solid in appearance. When just a thin line of raw translucent flesh remains in the center, it's ready. It will finish cooking on its way to the table.

| SHELLFISH | BAKE | DEEP-FRY | STIR-FRY | SAUTE | STEAM | POACH | BROIL |
|---|---|---|---|---|---|---|---|
| Shrimp | 10 | 1-2 | 2-3 | 3-4 | | 1-3 | 2-3 |
| Sea Scallops | 5-8 | 2-3 | 2-3 | 2-3 | | 4 | 3-4 |
| Bay Scallops | 5-8 | 1-2 | 1-2 | 1-2 | | 2 | 2-3 |
| Rock Shrimp | 5-8 | 1-2 | 1-2 | 2-3 | | 1-2 | 2-3 |
| Oysters (shucked) | | 1-2 | 1 | 1-3 | | 1-3 | |
| Oysters (live) | 8-10 | | | | 5-7 | | |
| Mussels (live) | 7 | | | | 5-7 | | |
| Lobsters (live) | | | | | 25 | 25 | |
| Crayfish | 10 | 1-2 | 2 | 3 | | 5-7 | 2-3 |
| Soft Shell Crabs | | 2-4 | | 3 | | | |
| Blue Crabs (live) | | | | | 20 | | |
| Soft Shell Clams (steamers) | | | | | 5-7 | | |
| Razor Clams (shucked) | | 3-5 | 2-3 | 3-5 | | | |
| Hard Shell Clams (shucked) | | 1-2 | 1 | 1-2 | | 2-3 | |
| Hard Shell Clams (quahogs) | 8-10 | | | | 5-7 | | |
| Squid | | 1-2 | 1-2 | 1-3 | | 2 | |

## Seafood in Season

| FINFISH | J | F | M | A | M | J | J | A | S | O | N | D |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Bass, Sea | X | X | X | X | X | X | X | X | X | X | X | X |
| Striped | | | X | X | X | X | X | X | X | X | X | |
| Bluefish | | | X | X | X | X | X | X | X | X | | |
| Butterfish | X | | | X | X | X | X | X | X | X | X | |
| Croaker | | | | X | X | X | X | X | X | | | |
| Eels | | | X | X | X | X | X | X | X | X | X | X |
| Flounder | X | X | X | X | X | X | X | X | X | X | X | X |
| Fluke | | | X | X | X | X | X | X | X | X | | |
| Hake, red | X | X | X | X | X | | | | | X | X | X |
| Mackerel | | | X | X | X | X | | | | | X | X |
| Monkfish | X | X | X | X | X | X | X | X | X | X | X | X |
| Porgy | X | X | | X | X | X | X | X | X | X | X | |
| Shark | X | X | X | X | X | X | X | X | X | X | X | X |
| Spot | | | | X | X | X | X | X | X | X | X | X |
| Swordfish | | | | | | X | X | X | | | | |
| Tautog | | | | | X | X | X | X | | | | |
| Tilefish | X | X | X | X | X | X | X | X | X | X | X | X |
| Weakfish | | | | X | X | X | X | X | X | X | X | X |
| Whiting | X | X | X | X | X | X | X | X | X | X | X | X |
| SHELLFISH | J | F | M | A | M | J | J | A | S | O | N | D |
| Clams, hard/surf | X | X | X | X | X | X | X | X | X | X | X | X |
| Crab, Blue | X | X | X | X | X | X | X | X | X | X | X | X |
| Softshelled | | | | | X | X | X | X | | | | |
| Conch | | | | | X | X | X | X | X | X | | |
| Lobster | | | | X | X | X | X | X | X | X | X | X |
| Oysters | X | X | X | X | X | X | X | X | X | X | X | X |
| Quahogs, ocean | X | X | X | X | X | X | X | X | X | X | X | X |
| Scallops, Bay | X | X | X | | | | | | X | X | X | X |
| Scallops, Sea | | X | X | X | X | X | X | X | X | X | | |
| Squid | X | X | X | X | X | X | X | X | X | X | X | X |