

HOOKING AND COOKING

Extension hosts workshop on catching, cleaning and preparing local fish

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WATERLOO — When it comes to eating local, Moira Tidball isn't just talking about fruits and vegetables.

The Finger Lakes is a prime fishing and hunting area, and she is a proponent of making local fish and game part of area residents' diets.

Tidball, a human ecology nutrition resource educator with Seneca County Cornell Cooperative Extension, recently organized a Panfish to Plate workshop, held at Oak Island in Waterloo. About 20 participants — including several children — attended, and had the chance not only to fish but to learn about fishing regulations and how to fillet, store and prepare their catch for eating.

At the onset, about one-third of the attendees said they had eaten fish they had caught before.

■ See **HOOKING** on Page 5C



T.A. Smith of the Department of Environmental Conservation's Division of Law Enforcement went over fishing license requirements and catch limits.

The goal of the recent workshop was to expose people to how easy it is to fish, how to process their catch and how to cook it so it's tasty.



Cornell intern Rachel Blomberg shows Joshua Mercer, 9, of Palmyra, and others how to attach a hook and bobber to a fishing line.

The workshop hosted by Cornell Cooperative Extension at Oak Island in Waterloo included showing participants how to properly clean and fillet a fish (below).



Photos by Spencer Tulis
Finger Lakes Times