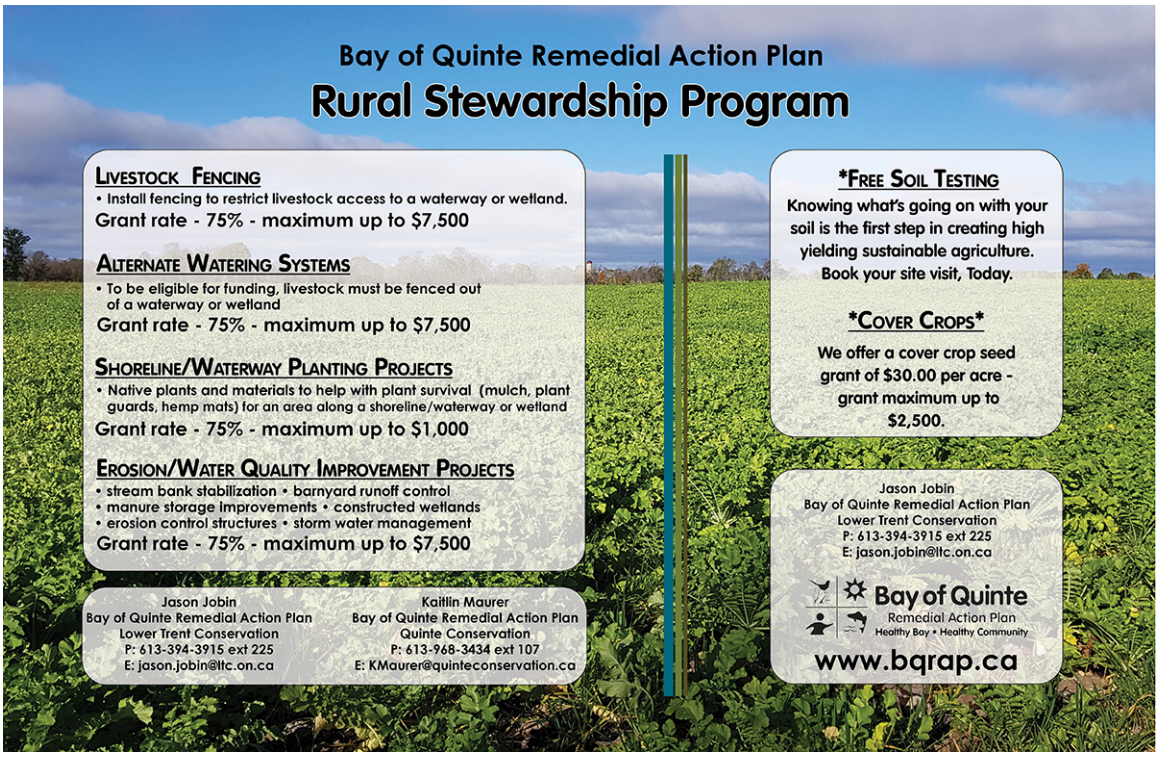
HASTINGS COUNTY PLOWING MATCH AND FARM SHOW

A sure sign summer is starting to wind down is the Hastings County Plowing Match and Farm Show. We attend this event each year to connect with the agricultural community. Farmers have always been big supporters of the Remedial Action Plan and its objective to improve water quality through stewardship initiatives. Here are some photos and an action packed video of the two days we spent at the plowing match.

Hastings County Plowing Match and Farm Show 2024 video

www.bqrap.ca

IMPROVING WATER QUALITY WITH STEWARDSHIP PROJECTS



FISH CONSUMPTION SURVEY

Do you fish in the Bay of Quinte?

The Bay of Quinte Remedial Action Plan is conducting a Fish Consumption Survey to collect data on what people catch and eat from the Bay of Quinte.

The environmental challenge that addresses fish consumption in the bay is in the final phases of data assessment. Part of the assessment is to gather public consumption preferences.

You will be entered in to a random draw for a $100.00 Canadian Tire gift card by completing the survey.

The **Bay of Quinte Fish Consumption Survey** will only take a couple of minutes to complete.

SUMMER WRAP-UP

If haven't already done so, now, is a great time to have a summer fish fry. Get everyone together, before the kids go back to school and the flurry of fall activities begin. The Bay of Quinte is renowned as a world-class fishery. Bay of Quinte fish are healthy, abundant, and perfectly fine to eat. After spending a great day on the water, fishing, there is nothing better than fresh fish for supper.
Here are a couple recipes for your next get-together.

Be sure to review the Guide to Eating Ontario Fish - Use this guide to help you identify the types and amounts of fish that are safe to eat from more than 2,700 fishing locations in Ontario.

Pan Fried Largemouth Bass with Lemon Garlic Herb Butter Sauce

4 large mouth bass fillets, skin removed
Salt
Pepper
1 cup flour
4 tablespoons unsalted butter
1 tablespoon garlic, sliced thin
1/4 cup mild fresh herbs such as basil, parsley, chervil, oregano
2 tablespoons fresh lemon juice

Season the fillets with salt and pepper. Heat a saute pan on top of the grill. When the pan is hot add 2 tablespoons of the olive oil and heat.

Dredge the bass fillets in the flour and shake off any excess. Place the fillets in the pan and pan fry about 3 minutes per side, until golden brown. Remove the fish from the pan.

Add the rest of the butter to the pan and melt. When the butter is hot, add the sliced garlic. Fry the garlic until it just begins to turn light golden brown. Add the herbs and remove from the heat.

Carefully, add the lemon juice. Season with salt and pepper. To serve, place a fillet on a plate and spoon some of the lemon garlic herb butter over the fish.

Lancaster Perch Rolls

Enjoy the distinct succulent, almost sweet flavour of fresh perch in a traditional perch roll. The sauce is perfect to serve with perch or pickerel on a bun.

Sauce
1 egg
½ tsp dry mustard
½ cup milk
1½ tbsp flour
¼ cup white sugar
½ cup white vinegar

Perch Roll
1 lb freshwater perch or pickerel
½ cup flour
2 tbsp butter
½ tsp salt
½ tsp pepper
6-8 hot dog buns

Prepare the sauce. In a small saucepan, whisk together the egg, mustard, milk and flour. Cook on medium heat until thickened, stirring frequently.

Add the white sugar and vinegar to a large mug and microwave for about 30 seconds to dissolve the sugar. A double boiler may also be used to warm and dissolve the sugar.

Stir the vinegar and sugar mixture into to the remaining sauce ingredients and simmer for a few minutes.
Prepare the fish and buns. Filet the fresh fish, wash and pat dry, then sprinkle with salt and pepper
Dredge the fish in flour. Add the butter to a frying pan and fry the fish for about 2 minutes per side.
Toast the buns, add the fish to the buns and top generously with the sauce. Servings: 4