



Waterlogs - August 2026

Today, the Bay of Quinte is a healthy and vibrant ecosystem.
Now, we must focus on keeping it this way.

ONE OF THE BEST THINGS ABOUT SUMMER



One of the best things about summer is having a good old fashioned fish fry. The Bay of Quinte is renowned as a world-class fishery. Bay of Quinte fish are healthy, abundant, and perfectly fine to eat. Follow the Guide to Eating Ontario Fish. 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** -
<https://www.ontario.ca/page/guide-eating-ontario-fish>

Air fryer walleye recipe (with or without breading)

Delicious healthy white fish prepared the most convenient way, try this air fryer walleye recipe with breading or with no breading. Squeeze some lemon on top and enjoy

Ingredients

- 2 walleye fillets
- lemon
- green onions
- salt and pepper
- garlic powder
- olive oil spray
- ½ cup seasoned breadcrumbs
- 1 egg

Instructions

1. Thaw walleye fillets and pat dry. Crack an egg and whisk it in the medium size bowl. Add some salt and pepper. Add a pinch of garlic powder.
2. In a different bowl add breadcrumbs. Dip fish in egg, shake and then drag through breadcrumbs.
3. Spray air fryer basket with oil spray. Add breaded fish into the basket and cook for 12 minutes at 380 degrees Fahrenheit. Don't flip.
4. Squeeze lemon juice all over the fish and serve walleye with lemon wedges, tartar sauce and chopped green onions on top.

<https://thetopmeal.com/air-fryer-walleye-recipe-with-or-without-breading/>

ONE OF THE BEST THINGS ABOUT SUMMER

Beer' n Buttermilk Fried Perch

A beer and buttermilk batter is the perfect combination for mild and sweet tasting Ontario perch. Serve with lemon wedges, malt vinegar and tartar sauce.

2 cups (500 mL) all-purpose flour
 3 tbsp (45 mL) cornstarch
 1 tbsp (15 mL) baking powder
 Salt
 1 can (355 mL) Ontario Beer
 2 cups (500 mL) Ontario Buttermilk
 1-1/2 to 2 lbs (750 g to 1 kg) fresh Ontario Perch Fillets (skin on and boneless), about 24 fillets
 Vegetable oil

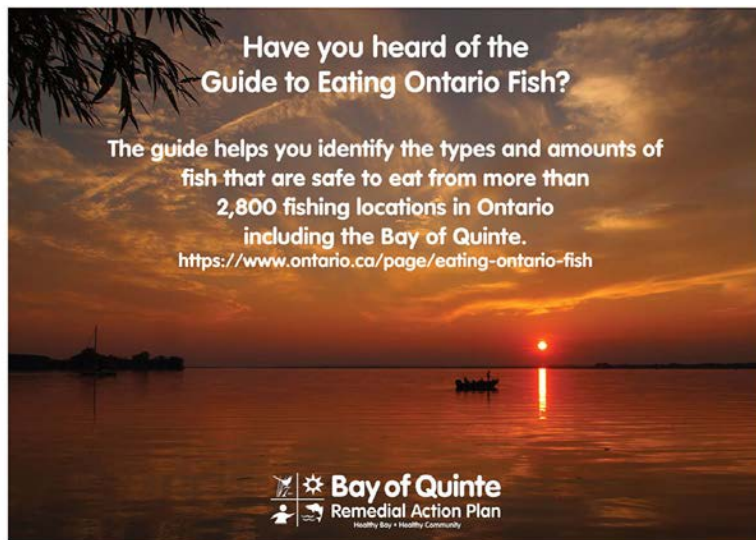
In large bowl, combine flour, cornstarch, baking powder and pinch of salt. Make a well in the centre and add 3/4 of the beer and 3/4 of the buttermilk. Whisk until mixture is smooth, 1 to 2 minutes. Add more beer and buttermilk to thin batter, if required.

In deep fryer or large heavy bottomed pot; heat oil to 375°F (190°C).
 Rinse fillets with cold water and pat dry with paper towel.

Dip one fillet at a time into batter to evenly coat; slowly insert into hot oil. Repeat and fry in small batches for 2 to 3 minutes per side until golden brown and cooked. Serve immediately.

Serves: 6-8

<https://www.ontario.ca/foodland/recipes/beer-n-buttermilk-fried-perch>



Walleye^[1, 2, 6] Lake Ontario - Eastern Basin

Length (cm)	15-20	20-25	25-30	30-35	35-40	40-45	45-50	50-55	55-60	60-65	65-70	70-75	>75
Length (in) →	6-8	8-10	10-12	12-14	14-16	16-18	18-20	20-22	22-24	24-26	26-28	28-30	>30
General population	16	16	16	12	8	8	8	4	4	4	4	2	0
Sensitive population*	16	16	16	12	8	8	8	4	0	0	0	0	0

Yellow Perch^[1, 6]

Lake Ontario - Eastern Basin

Length (cm)	15-20	20-25	25-30	30-35	35-40	40-45
Length (in) →	6-8	8-10	10-12	12-14	14-16	16-18
General population	8	8	8	8		
Sensitive population*	8	8	8	8		

The numbers beside the species indicate the contaminants of concern

HASTINGS COUNTY PLOWING MATCH AND FARM SHOW

It's an annual tradition, the Hastings County Plowing Match and Farm Show. Each year we connect with the farming community to talk about water quality, best management practices, and partner collaborations. Plus, to enjoy the famous 4H milkshakes.

Here is this year's video.



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