

SOUNDSIDE LEARNING

THIS WEEK ON CORE SOUND

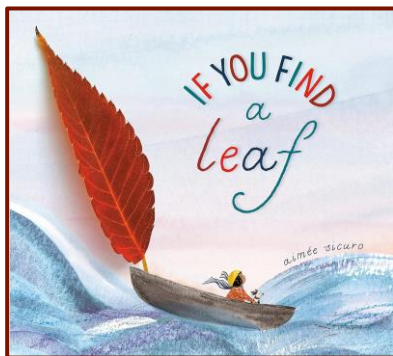


November 6, 2023

COMING UP AT CORE SOUND...

- **November 17:** Gallery of Trees Begins @ 7 PM
- **November 25:** Christmas Market 2023 -- *Vendors of all kinds ...*
- **December 2-3:** Waterfowl Weekend

Sound Reading Material For You and Your Child



If You Find a Leaf
By Aimee Sicuro

Every year, gusts of wind blow colorful autumn leaves to the ground. Some leaves make a crunch under foot, and others are so beautiful they deserve to be saved.

In this story a young artist draws inspiration from the leaves she collects, and every leaf sparks a new idea. She imagines turning a Japanese Zelkova leaf into a boat to sail far away, a Honey Locust leaf into a swing to sway in the gentle breeze, and an American Basswood leaf into a hot air balloon to float high above the trees.

Pages: 40
Grades: preK-1st

No. 117 Mullet Roe

From "The Education of an Island Boy"
by Joel Hancock

Like 'em or not, mullet roe were very much a part of life from the first full moon in October until well into the first new moon of November. Mention them to others, and even to some Islanders, and you'll see a wrinkled nose and often a question such as "how can you eat that stuff?" But "eat" it was an understatement for many of my family and friends and others on Harkers Island. Whether fried or baked, fresh or frozen, salted or dried, fall would not be fall without at least one special meal of red mullet roe.

"Big mullets" is the name given to the fish when they swell to more than double their normal size while growing their eggs, literally millions of eggs. When the wind turned to the no'thard, these mullets would school by the tens of thousands, and dozens of crews would leave the Island trying to find them. Seeing even one of them jump would create a stir among the fishermen, causing them to let out a gill net in a wide circle that was then pulled together, if they were lucky, with hundreds, even thousands of pounds of the swollen and silvery fish caught in or rolled into the mesh.

In my early youth the fish themselves were discarded after the roe was harvested — only the "livers and gizzards" saved to be served as yet another delicacy. But not many years later, locals came to love the bulging fillets of the roe mullets, with its flaky white meat, almost as much as the roe itself.

During a mullet blow, people would gather at the fish houses just to get their hands on half a dozen fish, almost always given for free, to take home. Others would buy a hundred pounds or more so they could have enough to roe to freeze, salt, or dry, and to last them through the winter.

A small portion of the roe were white rather than the "reddish orange" that was everyone's favorite. I never heard of anyone eating any of the white roe, and it was standard practice to squeeze the belly of any fish just enough to see the color of the roe that was squeezed out before choosing one to take home.

At our house, my father preferred a combination of dried and salted roe to any other. A yearly ritual was to lay several dozen on the south facing porch to dry in the autumn sun for several days. When at last they were ready, he would ship some by mail to my brothers who were living away at the time, and the rest he would keep in a large sealed can until all were finally shared or eaten.

In recent years, with the fish houses all gone, you consider yourself lucky to get even one roe in the fall. But even that one is worth the wait and trouble for those who grew up as accustomed to enjoying a mullet roe in October as to having a turkey in November.

Mullet Roe (Fresh or Dried)

Recipe by David Yeomans
Printed in *Island Born and Bred*

Lightly salt fresh roe. Put small amount of cooking oil into skillet. Add roe; cover. Cook slowly on medium or low heat. Keep turning roe until thoroughly cooked.

To dry roe: Salt roe heavy. Leave salted for 3 hours. Wash out roe and place on clean board. Press roe; place board in sun. Keep turning roe occasionally – repeat process until roe is completely dry. Drying time will vary to suit individual preference. Bake roe in oven, or eat “as is,” if desired.

To freeze roe: Salt roe heavy. Leave salted for 3 hours. Rinse salt from roe; wrap roe tightly in Saran Wrap. Freeze individually – roe will be in pairs. To cook, use direction for fresh roe.



SCIENCE for YOU

Make Invisible Ink



- 1) Combine and mix thoroughly a half cup of water & 1 tablespoon of baking soda.
- 2) Use a cotton swab to write a message or draw a picture on a sheet of paper. Let the paper fully dry.
- 3) Combine & mix thoroughly a half cup of rubbing alcohol & 1 teaspoon of turmeric.
- 4) First, it's a good idea to put down a couple layers of newspaper so you don't stain whatever work surface you're using. (Turmeric leaves a bright yellow stain on everything it touches.) Using a small paintbrush (a cotton swab is too small for this step), paint the sheet of paper with the reagent & see your message revealed in bright red ink!

Bodie Goodwin Update

I caught up with Bodie Goodwin to see how he's doing now that boot camp is behind him. Here is what our local Coastie had to say:

How was boot camp? Boot camp was mentally and physically the hardest thing I've done in life, 5:30-9:30 everyday. Yelling, screaming, and the physical endurance of boot camp is all crazy, but you will find out in later weeks of boot camp that everything they did was for a reason. Then everything starts to make sense after that.

What's next? I leave Thursday [October 26] for boatswain's mate "A" school. I will be in Yorktown Virginia for 14 weeks doing that schooling, then after that I will be assigned a station!

