

# PRIDE IN GLYNN COUNTY



## SEAFOOD COOKBOOK

RECIPES, STORIES, AND FACTS ABOUT FOOD

PRIDE IN  
GLYNN  
COUNTY



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# ACKNOWLEDGMENTS

We thank the many fishers, crabbers, shrimpers and consumers of seafood who have lived in and around Glynn County over hundreds of years, and who have celebrated our rich and diverse culture, especially our food!

We thank all of our neighbors who contributed their art and taste for this first "Pride in Glynn County" cookbook. We thank Honeywell for its financial support. We thank our co-workers from the Environmental Justice Advisory Board, Rebuilding Together – Brunswick and the University of Georgia Marine Extension and Georgia Sea Grant who supported us and provided endless feedback on how to create a resource that celebrates who we are as Southerners, and how we can eat sustainably from our marshes.

This book is dedicated to those who will continue to honor and carry on these traditions.

And, importantly, this book is dedicated to YOU! Enjoy and start cooking!

Created by: **Members of the Glynn County Community**  
Compiled by: **Kimberly Andrews, Doris Dollar Carter (2019)**  
Cover and Layout Design by: **Brandon Dudley**

# INTRODUCTION

*People who live around Brunswick love nothing better than a good seafood dish, and they also love to talk about a great seafood dish! We are blessed to live near a saltwater marsh that is home to a bountiful fish population. The marsh and fishing have been part of our community's long history and are celebrated today by local chefs, festivals, family get-togethers and church fish dinners.*

*We asked some of our favorite local cooks to share their recipes and stories. Some cook for a living; others for the pure joy of it.*

*We invite you to explore the recipes found in our first "Pride in Glynn County Seafood Cookbook" and try new ways to enjoy fresh local fish. The University of Georgia Marine Extension and Georgia Sea Grant offers tips for safe and healthy ways to prepare the catch of the day. To follow the guidelines prepared by the Georgia Department of Natural Resources for enjoying a healthy seafood dinner: know which species can be eaten frequently, and which should be dinner less often or not at all.*

**EAT SEAFOOD, EAT LOCAL**

Because Brunswick has a strong industrial past, manufacturing activities have impacted the marsh environment. For the past two decades the U.S. Environmental Protection Agency (EPA) and the state have been addressing those impacts. Thanks to these efforts and monitoring of seafood, we know how to enjoy a healthy seafood diet. Guidelines to consumption of seafood from the area are found at:

►► <https://epd.georgia.gov/fish-consumption-guidelines>

# FISH, WILDLIFE AND PLANTS

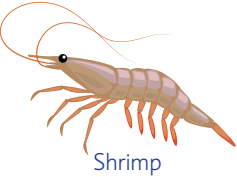


Georgia’s saltwater marshes boast bountiful populations of fish. A mixture of salt and fresh water, the marsh is found between the mainland and the open ocean. It provides beautiful scenery and attracts wildlife year-round.

The fish that call it home are a great source of seafood. Healthy fish populations provide recreational fishing from land or boat. They keep the local economy rolling by supporting commercial fishermen, stores and restaurants.

## MEET THE LOCALS

Many fish found in our marsh are popular with anglers and many of us who love a good seafood meal. What’s your favorite seafood?



Shrimp



Spot



Black Drum



Red Drum (Redfish)



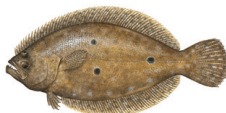
Blue Crab



Striped Mullet



Spotted Seatrout



Flounder



Atlantic Croaker



Whiting



Sheepshead

Finfish illustrations ©Diane Rome Peebles




# OUR MARSH AND FISHERIES



Tidal salt marshes are located on the east coast of the U.S. between barrier islands and the mainland. Their water is a mixture of salt and fresh water. We refer to this as “brackish.” Glynn County supports many types of wildlife and aquatic life, including popular seafood items like the fish, crabs and shrimp.



Data provided by the US Fish & Wildlife Service National Wetland Inventory

-  Salt Marsh Tidal Creeks and Ocean
-  Salt Marsh Flats (grassy)
-  Freshwater Habitats



Doris Dollar-Carter

## DORIS DOLLAR-CARTER'S SHRIMP CREOLE

“

I live in Brunswick and I am the Madame Chairman of the Environmental Justice Advisory Board. I am also a retired caterer and am passionate about feeding good, wholesome food to my friends and loved ones! This recipe was one my mother's, Phoebe Dollar's, favorites - she made it for years, for family dinners and dinner guests or church socials. Now I have made it for years for my people and am sharing it here with you.

A coastal living is a way of life for many. I remember my grandmother would go fishing in the creeks of Georgia. She would catch brims. I did fish in my youth and as a young adult, but not anymore. My ex-husband to this day is still a fisherman, not as a profession, but for him, it's a lifestyle.

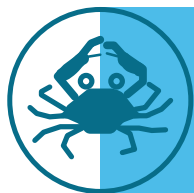
”

### INGREDIENTS

**1/4 cup coconut oil**  
**1 large onion, minced**  
**1/4 teaspoon paprika**  
**1 medium green pepper, minced**  
**3 1/2 cups fresh or canned tomatoes**  
**1 clove garlic, minced**  
**1 pound large shrimp, cleaned & cooked**  
**2 Old Bay leaves**  
**3 cups hot cooked rice or noodles**  
**1/2 teaspoon salt**  
**pepper to taste**

### DIRECTIONS

- Melt coconut oil on low heat, in a saucepan.
- Add the onion, green pepper, garlic, and Old Bay leaves and sauté 10 minutes, or until tender.
- Add the salt, a dash of pepper, paprika, tomatoes and bring to a boil.
- Reduce the heat and simmer 15 minutes.
- Add the shrimp and heat thoroughly.
- Serve over hot cooked rice or oriental noodles.



**Almost 30% of Glynn County is water —  
freshwater, marsh, and ocean.**

Christopher Mahoney

## CHRISTOPHER MAHONEY'S SHRIMP IN SPRING

“

Growing up, my parents, originally from Philadelphia, were not interested in fresh shrimp. Living on the coast, of course, I became friends with a family or two that had a shrimper as the head of the household. I learned to cook shrimp occasionally on my own, always listening to the advice of my friends and neighbors. I prepare many versions of this recipe, usually once to twice a month, depending on price and availability of shrimp. I know it may be blasphemy in these parts, but I never much enjoyed fishing like so many of my neighbors do. My son and I prefer crabbing, both the experience and the results! We can swim and crab on Jekyll simultaneously. I have learned my lesson about tethering the net loosely to my swimming shorts though! Some of those crabs are wilier than I thought!

”

### INGREDIENTS

**1 lb. medium or large fresh Georgia shrimp (peeled and deveined) cut into bite-sized pieces**  
**1 1/2 lbs. red potatoes (chopped large pieces)**  
**1 large zucchini (chopped)**  
**1 large yellow squash (chopped)**  
**1/2 large red onion (diced)**  
**2 cloves of garlic (minced)**  
**1 tablespoon basil (fresh)**  
**1 tablespoon paprika**  
**1 tablespoon garlic powder**  
**Salt and pepper**  
**3 tablespoons olive oil**

### DIRECTIONS

- Coat a medium-size frying pan with olive oil.
- Sauté chopped red potatoes on medium heat until lightly browned, turning regularly.
- In a separate medium sauce pan, place chopped shrimp in 1/2 inch of water, add dash of salt and garlic powder, cover and cook.
- Stir occasionally, until shrimp begins to turn pink. Drain, set aside. When potatoes are yellowy brown, add 1/2 of diced onions and two cloves of garlic.
- Stir for 1-2 minutes, until onions are slightly tender, add the zucchini and squash and cook for 4-5 minutes. Add other 1/2 of onions and the shrimp.
- Once shrimp begin to darken cook 2 more minutes, add paprika and basil.
- Stir well. Add salt and pepper to taste.

Herbert McIver

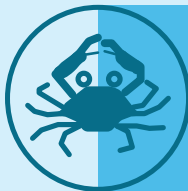
# HERBERT (TRUCK) McIVER'S

## 2 SHRIMP DISHES

### with OKRA and GRITS



*I have always eaten or made this dish. I ate it coming up and now fix it on the R/V Georgia Bulldawg (UGA research vessel) because I work for UGA Marine Extension and Georgia Sea Grant and spend time out on the water. Either of these recipes can be prepared easily and on a boat. I'm from McIntosh County. I used to go out fishing with my dad and had some good times. The water was everything to us. My father was a shrimper and all his brothers were shrimpers. I started at about 8 or 9 years old. Got older, I became a teenager and every summer that was my job. I had to learn [shrimping] the hard way. I was drafted into the military and came right back to it after that. Raised kids doing it, it was a struggle though. Time done past, don't dwell in it. There used to be 900 shrimping licenses in the state, now there are only about 200. Now the local fishers have a hard time not being outcompeted by imports. I still enjoy fishing and can do it without the stress.*



**Georgia's salt marshes are nature's nurseries. They create a place for fish to eat and protect young fish from predators.**

## SHRIMP AND OKRA

### INGREDIENTS

3 strips breakfast bacon, cut into 1" pieces  
Onion, sliced thin  
½ bell pepper, sliced thin  
Shrimp, whatever you have, totally cleaned  
Salt and pepper  
Okra, fresh or frozen, cut up  
1 teaspoon vinegar  
Lemon juice  
Crushed red pepper  
1 tablespoon butter  
Rice (whatever you like)

### DIRECTIONS

- Use a thick skillet that is heavy so things won't burn as quick.
- Stir fry the bacon in pan by itself, keep drippings. Make it close to done but not crispy.
- Sauté the onion slices in drippings. Sauté the bell pepper briefly.
- Turn heat down on skillet.
- Heat water on the side until it is close to boiling.
- Add shrimp to pepper and onion mix in the skillet, turn over until shrimp change color.
- Add about 1 cup of water to mix and add bacon back to mix. Let it come to a boil. It should be jumping a little bit.
- You can use fresh or frozen okra; the fresh is really good. Add okra until shrimp are jumping. Let okra set until it's jumping a bit.
- Add a teaspoon of vinegar to cut slime off okra. Add crushed red pepper and a little bit of lemon juice.
- Salt and pepper to taste. Accent for flavor. Make sure pan isn't too hot or okra will stick. Add butter.

## SHRIMP AND GRITS

### INGREDIENTS

Shrimp, cleaned (peeled, deveined if desired)  
Four strips bacon, cut into pieces  
Flour  
Bell pepper, diced or chopped  
Onion, diced or chopped  
Grits or rice

### DIRECTIONS

- Start water to boil in a large pot on the side.
- Dice four strips of bacon and toss in a skillet.
- Remove bacon when it is partially cooked (still pink and slightly raw).
- Dress shrimp with flour then add to skillet. Roll around until get a little color, just enough to brown.
- Remove some of grease.
- Sauté bell pepper and onion, then add partially cooked shrimp and bacon.
- Add a little bit of the boiling water, not even enough to cover. Flour on the shrimp will make the gravy thick and adds color.
- Add water as needed.
- Put top on, let it go for 15 minutes or more, check shrimp.
- Add grits or rice or whatever you want.
- Quantities easily adjusted to number of people eating.



## JOVAN SAGE'S FARM-STYLE PICKLED SHRIMP

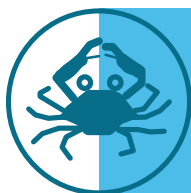
*I had been visiting the Golden Isles for two years before I decided to make the full move to Brunswick, Georgia. Part of falling in love with this coast has centered around the bounty from our coastal waters and local farms (including ours). I quickly fell in love with Georgia wild caught shrimp. As a food alchemist who loves to pickle, I wanted to incorporate the seasonality of shrimp, pickling spices, fresh garlic and onions from our farm into a fun finger food. Now, after five years of calling Brunswick home, this recipe morphs with the season and has become one of my staples. I've even incorporated it into my Quick Pickling class where students are delighted to find how easy and tasty this dish can be.*

### INGREDIENTS

1 red onion, thinly sliced  
1 lemon, thinly sliced  
3/4 cup apple cider vinegar  
1/2 cup olive oil  
3/4 teaspoon celery seeds  
1/2 teaspoon sugar  
1/2 teaspoon salt  
1/4 teaspoon black peppercorns  
1/4 teaspoon chili flakes (or more to taste)  
1 bay leaf  
Handful of garlic cloves  
1 1/2 pounds peeled and deveined shrimp

### DIRECTIONS

- Bring large pot of salted water to boil. Toss in shrimp and cook for 3 minutes. Drain and set aside.
- In a large pot, combine apple cider vinegar, salt, celery seeds, black peppercorns, sugar, chili flakes.
- Bring to a low boil.
- In a large glass jar or bowl combine the olive oil, bay leaf, red onions, lemon, garlic and cooked shrimp. Add the brine and toss to combine.
- Cover and refrigerate for a minimum of 24 hours, stirring occasionally. Serve chilled. Keeps for at least a week.



*1/3 of the salt marshes on the East Coast of the U.S. are located in Georgia.*



## MARTY HIGGINS' SHRIMP AND CONCH

*I am retired from the UGA Marine Extension and Georgia Sea Grant after spending many years on the water as a commercial fisherman. I learned to cook from my family – my Daddy's mom was real good at cooking seafood and her mom was too. I prepared these meals every now and then – mostly when we were on the boat to cook things that we were catching on purpose, like shrimp, and things we were trying not to catch, like the conchs. Sometimes we would get a load of conchs; when they cover the ground the nets pick them up. It's just a way of life. It's hard work sometimes, most of the time. Money was there if you worked but it has dwindled down. Now it is hard to make it on this river. I hope it comes back but where are you going to tie up? We have lost marinas and supply houses. Manufacturers who supply and deliver parts are going out of business. There used to be fleets of boats, now there are a few. My stepboys don't fish – they got good-paying jobs. I still try to go fishing and get on the water when I can.*

### INGREDIENTS

shrimp  
conchs (whelks)  
salt and pepper  
garlic

### DIRECTIONS

- Cook shrimp with the head on so the shell detaches easily and more flavor is retained. Boil in a pot of water until the shrimp are about halfway done (change color) then remove from heat.
- As soon as shrimp start to float, dump right away.
- While still steaming, put shrimp in cooler and separate with newspaper to keep them from getting tough.
- Select a conch that you can fit in your hand, but big enough that your hand won't fully close: the big ones are tough.
- Wash thoroughly.
- Boil an appropriately sized pot of water for 10-15 minutes, until it reaches a rolling boil.
- Add plenty of salt and pepper, garlic; you can make hot/spicy if you like.
- The conch will come out of the shells; hard foot will fall off.
- Eat foot straight like boiled shrimp. Can also slice like a marshmallow or run through a sausage grinder to make a patty.
- Quantities easily adjusted to number of people eating.

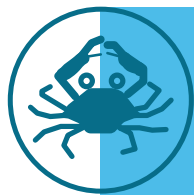
JULIE HUNTER MARTIN'S

# SMOKED OYSTER SPREAD and CRAB DIP

*Julie T Martin*



*I moved to Glynn County in 1995 from Atlanta and have lived in the city of Brunswick since 2000. Because I was allergic to seafood growing up and in college years, I've been reluctant to eat much seafood other than shrimp, crab and fresh fish. My recipes for crab dip and smoked oyster spread were passed on to me by my mother and her dear friends. I love preparing them as appetizers. While I'm not "gaga" over seafood due to my early-life allergy, I LOVE living on this coast and enjoyed watching my two daughters grow up here and being influenced by not only the wonderful people, but the fabric of life in the intracoastal waterway and its role in our ecosystem. I adore the smell of the marsh, the sound of the shore birds, witnessing the annual migration of birds, the loggerheads and even the wrack and detritus that mark the high tide each day.*



*Seafood is a good source of protein and healthy omega-3 fatty acids. These are important "good fats" that the human body does not produce.*

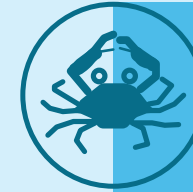
## CRAB DIP

### INGREDIENTS

1 cup crabmeat (fresh, canned or frozen)  
3 tablespoons lime or lemon juice  
3 oz. cream cheese, softened  
¼ cup cream  
2 tablespoons mayonnaise  
2 teaspoons grated onion or minced green onion  
2 dashes Tabasco

### DIRECTIONS

- Marinate crab in juice for 30 minutes. Beat all other ingredients together until smooth.
- Drain crab, reserving its juice, and stir it into the cream cheese mixture. Taste and add some of the juice if needed. In zucchini cups: Chill crabmeat. Drain if still too juicy. Select 8 small zucchini squashes, each about 1 ½" X 6". Cut six ¾" slices from each. With a melon ball cutter, hollow the center of each slice and fill it with crabmeat. This should make 4 dozen cups or more.
- Perfect with crudites or chips, or serve in artichokes or in zucchini cups.



*Twice a day, water rushes in and out of the marsh. Georgia has some of the highest tides on the east coast of the U.S., averaging 6-9 feet.*

## SMOKED OYSTER SPREAD

### INGREDIENTS

1 can (3 ¾ oz) smoked oysters, drained  
8 oz. cream cheese, at room temperature  
1 green onion, minced (include green top)  
1 tablespoon mayonnaise  
2 teaspoons fresh lemon juice  
1 teaspoon Worcestershire sauce  
Pinch of garlic salt

### DIRECTIONS

Cut up the oysters and mash them with a fork. Combine with all other ingredients and pack into a 2-cup mold or small bowl. Refrigerate for several hours. Unmold onto a plate garnished with fresh parsley. Serve with crackers.

# JEFF AND ANGELA CLARK'S PORT CITY LOW-COUNTRY BOIL

Hi, I'm Jeff Clark and I live and work in Brunswick. As Street Outreach Director for Safe Harbor Children's Center, a home for children who need a safe, loving environment, I'm always on the move. My special low country boil can be prepared to restore my family's energy after a busy week or to bring friends and family together in celebration. My recipe is marked by how I mix my spices, and what kinds of fresh seafood I add. And it's adaptable depending on the season of the year or how many people you are having over. I developed the recipe myself, over time, through trial and error. I hope everyone will try it and enjoy!

## DIRECTIONS

- Low-country boil is easy because you boil water in a big pot and toss in your ingredients! The flavors combine into a delicious medley.
- Chop all meat and vegetables into bite-sized pieces except for the crab and shrimp. Red potatoes can be left whole if you prefer.
- Bring water to boil. Add neck bones, corn on the cob, potatoes if left whole, citrus (lemons and oranges), Old Bay, Zatarains, cayenne, and eggs (with shells). Ratios above are merely suggestions, season to your taste! Boil for approximately 10 minutes (until potatoes are about halfway done).
- Add celery, onions, sausages, and blue crab. Boil for another 5 minutes or so and add shrimp. Cooking time will vary depending on the size of your bites and your preference. Test potatoes with a fork, and cook meat until no longer pink. Give it a taste test to tell when it is ready!
- Serves 15-20, depending on the appetite of your crew and your desire for leftovers!

## INGREDIENTS

**6 dozen blue crab (claws)**  
**4 pounds fresh jumbo shrimp**  
**3 pounds smoked sausages**  
**2 pounds smoked pork neck bones**  
**1 bag of red potatoes**  
**1 bag of corn on the cob**  
**1 stalk of celery**  
**2 white onions chopped**  
**3 sliced lemons**  
**2 sliced oranges**  
**1 cup of Old Bay Seasoning**  
**1 cup of Zatarains crab boil**  
**3 dashes of cayenne pepper**  
**2 dozen white eggs**

# CHEF MATTHEW RAIFORD'S GEORGIA COAST PAELLA

I remember as a child growing up on the Georgia Coast and always being fascinated with the abundance of seafood that was available that we ate all the time: Oyster roasts on hot tin, my Nana Ophelia and my Mom making a pot of Shrimp Creole, my great grandmother Florine frying whittings on Fish Fry Fridays, and driving by local churches to grab a fish sandwich with white bread and hot mustard. I think that's why I have always loved the process of making paella. It has always reminded me of home. Paella is also a dish that has all of the attributes of the Georgia Coast in one dish: Spanish influence, rice, and an abundance of seafood! The process of making paella also reminds me of what my Nana would always say about cooking "you can't rush the goodness baby!"

## INGREDIENTS

**2 tablespoons olive oil**  
**3 cloves garlic, minced**  
**1 teaspoon crushed red pepper flakes**  
**2 cups uncooked Carolina Gold Rice**  
**1 pinch saffron threads**  
**1 bay leaf**  
**1/2 bunch Italian flat leaf parsley, chopped**  
**1 quart seafood stock**  
**2 lemons, zested**  
**2 tablespoons olive oil**  
**1 Spanish onion, chopped**  
**1 red bell pepper, coarsely chopped**  
**1 pound smoked sausage**  
**30 Sapelo Island Clams**  
**1 pound large Georgia wild caught shrimp, peeled and deveined**  
**2 lemons, quartered**

## DIRECTIONS

- Heat 2 tablespoons olive oil in a large skillet or paella pan over medium heat. Stir in garlic, red pepper flakes, and rice.
- Cook, stirring, to coat rice with oil, about 3 minutes.
- Stir in saffron threads, bay leaf, parsley, seafood stock, and lemon zest. Bring to a boil, cover, and reduce heat to medium low.
- Simmer 20 minutes. Do not stir. Meanwhile, heat 2 tablespoons olive oil in a separate skillet over medium heat.
- Stir in onion; cook 5 minutes.
- Add bell pepper and sausage; cook 5 minutes. Add sausage mixture to rice.
- Push clams into paella; as soon as first clams pop open add shrimp in a circular pattern.
- Once shrimp turn bright orange, remove paella from stove and add lemons.

CHEF DAVE SNYDER'S

# SAUTÉED SPECKLED TROUT

with CRAB SCAMPI BUTTER SAUCE

*Dave Snyder*

“

Water, of course, is a HUGE part of our culture from the economic impact to the living environment. So many of our jobs depend both directly and indirectly from the ocean and rivers. Tourism, of course, depends greatly on the marine environment. For me, the water means a lifestyle I never knew until I moved here. For work, the ocean provides me a livelihood. For my mind, it provides me entertainment, solitude, adventure, and I hope a never-ending classroom. I try to fish one hundred days a year. Once in a while, I'll harvest fish to serve in the restaurants or at home with friends. Memories are countless and I try to add new ones every week. My best memory seems to change the more I'm on the water. The recipe was created in Halyards as a menu item. We run it as a special occasionally since it was on the menu a few years ago. It's special in that the primary ingredients can be caught every day within a few miles of the restaurants.

”

## INGREDIENTS

Fish

**2 Georgia trout fillet, no skin**  
**2 oz Georgia Olive Farms olive oil**  
**salt and pepper**

Sauce

**2 tablespoons shallots, peeled and minced**  
**1 teaspoon garlic, peeled and minced**  
**4 oz. white wine**  
**1 tablespoon lump crab meat**  
**4 oz. unsalted stick of butter, cold**  
**1 tablespoon tomato, chopped**  
**1 tablespoon parsley, chopped**  
**½ lemon to juice**  
**salt and pepper as needed**

## DIRECTIONS

- Lightly season one side of fish with salt and pepper
- In hot pan, add oil then fish.
- Cook until brown.
- Flip and finish. Should take total of about 3 minutes depending on thickness.
- When you remove the trout from the pan after cooking, add shallots, garlic and wine.
- Reduce by 80%.
- Add crab and slowly whisk in butter.
- Add tomato, parsley and lemon juice.
- Season with salt and pepper.

KIMBERLY ANDREWS'

# FAMILY FISH MATECUMBE

*Kimberly M. Andrews*

“

To me, living around the water is defining. It is how I start and end my day. As an ecologist, I have dedicated my career and a personal love to these habitats. Eating seafood is not only delicious, but it is a celebration of being a coastal Southerner, it is a tiding to one of the many ways in which we are fortunate to be living here. I eat seafood because it is healthy in addition to being delicious, and it brings me back to my favorite memories of growing up preparing local coastal dinners with my family. My mother passed on her passion for cooking to me and my brother, who now is a chef. Both sides of my family come from farmers, so we know how to cook well and affordably. This recipe is adapted from my mother who prepared it for me – it is fast, easy, nutritious and can be adapted to the fish and vegetables of your choice.

”

## INGREDIENTS

**½ onion, chopped**  
**1 8 oz. jar capers (can substitute olives)**  
**5 shallots, peeled & chopped**  
**5 tomatoes, chopped**  
**¼ cup chopped basil leaves**  
**½ tablespoon salt**  
**½ tablespoon ground black pepper**  
**2 lemons, juiced**  
**1 cup olive oil**  
**8 individual fish fillets of your choice**

## DIRECTIONS

- Combine all ingredients except fish. Refrigerate until ready to use, at least 1 hr.
- Place oven rack at least 4" from broiler but no more than 6". Place fillets on baking sheet with lip & season with salt and pepper. Broil on low until done on one side. Turn over and top with sauce. Broil until fish is done.
- Side dish suggestion – Rice, but anything goes well with this dish and any fish works.



**Marshes protect coastal communities from flooding and storms.**

# GEORGIA SEAFOOD CONSUMPTION GUIDELINES

PRIDE  
GLYNN COUNTY  
SEAFOOD

People can enjoy a healthy local seafood diet by being aware of potential health risks and by managing their daily dietary practices. The Georgia Department of Natural Resources (DNR) produces annual recommendations on how often certain seafood from designated fishing zones around the state can be eaten safely. Depending on the zone, some species have no restrictions, while others should only be eaten once a month or once a week, while others should be avoided altogether.

### Fish Age & Size

Generally, older and larger fish may be more contaminated than younger, smaller fish.

### Fish Cleaning to Reduce Risk

Removing skin and fatty areas reduces some contaminants by 25 to 50% but does not remove mercury.

According to the DNR, people can maintain a healthy fish diet and reduce their risk of exposure to heavy metal (mercury) and poly-chlorinated biphenyls (PCB) by 25-50% if they: eat smaller, younger fish that have accumulated lower levels of contaminants; eat a variety of fish species; eat different kinds (species) of fish for a varied diet; eat smaller portions of big fish; clean and cook fish properly; remove the skin and the guts; clean off fatty areas (belly, side, back); and cook fish so the fat drips away (broil, bake, or grill).

For crab, remove the tomalley (also called mustard, green/brown stuff, green gland) of crabs before eating. This is where contaminants concentrate.

(Do not reuse the cooking liquid for sauces, soups, or stews. Roughly 80 percent of the PCBs found in crabs move into the cooking liquid during steaming/boiling.)

### Cooking Methods to Reduce Risk

GOOD

Broiling  
Baking  
Grilling

OKAY

Deep-fat frying  
(do not reuse oil)

POOR

Pan frying

Women who are pregnant or nursing and children under the age of seven are most vulnerable to environmental contaminants because they experience higher rates of growth and development. The state guidelines take a conservative approach based on what is considered safe for pregnant women and children. Remember risks of exposure to environmental contaminants will vary greatly from person to person! Just as these contaminants can accumulate over time in fish, they can be stored in people who eat these fish that eat smaller fish or organisms living off the sediments.

Please check the following DNR consumption guidelines when fishing in these areas in Glynn County. When you fish in other Georgia waters, follow DNR guidelines found online: <https://epd.georgia.gov/fish-consumption-guidelines>

FOUR CORE FOOD SAFETY PRACTICES FOR PREPARATION:

CLEAN SEPARATE COOK CHILL

## TURTLE RIVER ESTUARY

Lower Turtle & South Brunswick Rivers (St. Simons Estuary)		
SPECIES	AREA SAMPLED	RECOMMENDATION
Atlantic Croaker, Spot, Striped Mullet Sheepshead, Southern Kingfish (whiting), Spotted Seatrout	Turtle River (from Marker 9) and South Brunswick River (downstream to Dubignon and Parsons)	1 meal/week
Black Drum, Blue Crab, Red Drum, Shrimp, Southern Flounder		No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

Middle Turtle River (St. Simons Estuary)		
SPECIES	AREA SAMPLED	RECOMMENDATION
Atlantic Croaker, Spot, Striped Mullet, Southern Kingfish (whiting)	State Hwy 303 to Channel Marker 9	1 meal/month
Black Drum, Sheepshead Blue Crab, Red Drum, Spotted Seatrout, Shrimp, Southern Flounder		1 meal/week
Clams, Mussels, Oysters		Shellfish Ban*

Purvis & Gibson Creeks (St. Simons Estuary)		
SPECIES	AREA SAMPLED	RECOMMENDATION
Atlantic Croaker, Southern Kingfish (whiting), Striped Mullet	Purvis and Gibson Creeks	Do Not Eat
Spot, Spotted Seatrout		1 meal/month
Red Drum, Black Drum, Southern Flounder, Blue Crab, Sheepshead		1 meal/week
Shrimp		No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

Upper Turtle & Buffalo Rivers (St. Simons Estuary)		
SPECIES	AREA SAMPLED	RECOMMENDATION
Atlantic Croaker, Spot, Striped Mullet	Turtle and Buffalo Rivers, Upriver of Georgia Hwy 303	1 meal/month
Black Drum, Sheepshead, Southern Kingfish (whiting), Blue Crab, Red Drum, Spotted Seatrout		1 meal/week
Shrimp, Southern Flounder		No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

### TERRY & DUPREE CREEKS & BACK RIVER

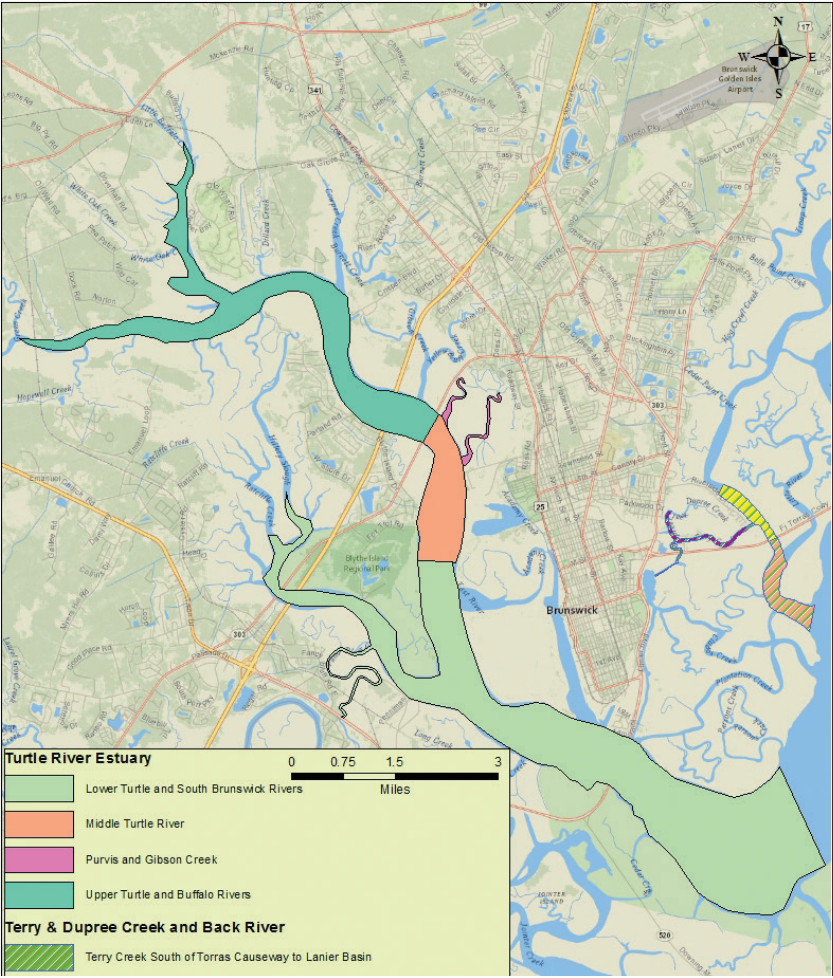
Terry Creek - South		
SPECIES	AREA SAMPLED	RECOMMENDATION
Silver Perch (Yellowtail)	Terry Creek South of Torras Causeway to Lanier Basin	1 meal/week
Blue Crab, Shrimp, Spot, Striped Mullet, Atlantic Croaker, Southern Kingfish (whiting), Spotted Seatrout		No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

Terry & Dupree Creeks - North		
SPECIES	AREA SAMPLED	RECOMMENDATION
Striped Mullet	Terry & Dupree Creeks North of Torras Causeway to Confluence with Back River	1 meal/month
Southern Kingfish (whiting), Spot, Atlantic Croaker		1 meal/week
Blue Crab, Shrimp, Red Drum, Spotted Seatrout		No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

Back River - North		
SPECIES	AREA SAMPLED	RECOMMENDATION
Atlantic Croaker	Back River 1 mile above Terry Creek to Confluence w/ Torras Causeway	1 meal/week
Blue Crab, Shrimp, Striped Mullet, Southern Kingfish (whiting), Spotted Seatrout, Red Drum, Spot		No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

Back River - South		
SPECIES	AREA SAMPLED	RECOMMENDATION
Blue Crab, Shrimp, Spot, Striped Mullet, Southern Kingfish (whiting), Spotted Seatrout, Red Drum, Atlantic Croaker	Back River from Torras Causeway to St. Simons Sound	No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

\*Shellfish Ban: National Shellfish Sanitation Program.  
For information see Coastal Resources Division website: <https://coastalgadnr.org>





**Marine Extension and  
Georgia Sea Grant**  
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