



# ANDY'S AFISHIONADOS NEWSLETTER

Summer 2008

## GREETINGS TO ALL!

We're making it through Southwest Florida's sizzling summer which is supposed to be our time to regroup, lay back and enjoy the much needed rain with it's very exciting storms (thankfully nothing TOO exciting so far) but we haven't slowed down much at all.



Our "Mobile Market" is taking Andy's fresh catches and his famous specialties to the Island Store on Wednesdays and Saturdays, the new Organic Farmers' Market at Fishermen's Village every Wednesday, Tire Choice at Fiddlesticks and Daniels Parkway every Thursday and Burnt Store Marina on Fridays.

We also have been doing a lot of

## SHIPPING

to our friends around the United States and Canada! That means you too can enjoy the taste of the Gulf Coast anywhere, anytime! We'll be sending information about special packages that make great gifts - especially for the Holidays. In the meantime take a look at our Menu ([www.andysislandseafood.com/products.htm](http://www.andysislandseafood.com/products.htm)) to find out what you can choose from.

For those of you who want to share your favorite recipes we're launching our...

## CUSTOMER RECIPE EXCHANGE

and we want you all to send us your favorite recipes for preparing fresh seafood. We'll then publish the recipes on our website [www.andysislandseafood.com/Recipes.htm](http://www.andysislandseafood.com/Recipes.htm) and you can try them yourselves and rate them for us. Please send your recipes to: [andysseafood@aol.com](mailto:andysseafood@aol.com)

The winners will then compete in the very first

## ANDY'S AFISHIONADOS' COOK-OFF

that will take place next March.  
Stay tuned for more details.



## MOBILE MARKET SCHEDULE

### WEDNESDAYS

CAPTIVA ISLAND STORE  
10 A.M. to 2 P.M.  
Andy Rosse Lane, Captiva Island,  
239-472-2374  
[www.captivaislandstore.com](http://www.captivaislandstore.com)

ORGANIC FARMERS' MARKET  
(beginning November 5th)  
9:30 A.M. to 1:00 P.M.  
Fishermen's Village Waterfront Mall,  
Punta Gorda 941-639-8721  
[www.fishville.com](http://www.fishville.com)

### THURSDAYS

TIRE CHOICE  
10:00 A.M. to 2:00 P.M.  
13621 Fiddlesticks Blvd. Fort Myers  
239-561-5575

### FRIDAYS

BURNT STORE MARINA  
(beginning November 7th)  
9:00 A.M. to 1:00 P.M.  
3192 Matecumbe Key Road,  
Punta Gorda 941-637-0083  
[www.burntstoremarina.com](http://www.burntstoremarina.com)

### SATURDAYS

CAPTIVA ISLAND STORE  
10 A.M. to 2 P.M.  
Andy Rosse Lane, Captiva Island, 239-472-  
2374  
[www.captivaislandstore.com](http://www.captivaislandstore.com)

## ANY BUSINESS OR GROUP

can have the Mobile Market  
come to you.

Check our website  
[www.andysislandseafood.com/  
mobilemarket.htm](http://www.andysislandseafood.com/mobilemarket.htm) to see what we'll  
deliver to your door.



## YOUR HEALTHY ALTERNATIVE

Remember, eating seafood is a healthy choice that provides essential Omega 3 fatty acids and is a superb source of protein. Eating seafood is a great alternative to dining out – your costs are much less, the product is much fresher and you know you're being environmentally conscientious.

## SLOW FOOD U.S.A.

Andy's has joined the local Slow Food U.S.A. a non-profit, eco-gastronomic, member-supported organization that was founded in 1989 to counteract fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the rest of the world.

To continue our commitment to being

## GREEN

we're now using bio-degradable containers for our soups and carryout sandwiches and we're no longer offering certain fish (swordfish, sea bass, red snapper, orange roughy and other non-approved wild and farm-raised fish). It's encouraging to note that when we tell people the reason we don't sell what they came in for – they have consistently commended us on our effort to conserve rather than deplete our oceans....and leave with a satisfactory substitute.

WE'VE ALSO INSTALLED SOLAR PANELS ON THE ROOF OF OUR MOBILE MARKET TRUCK TO PROVIDE THE POWER WE NEED TO RUN OUR SCALE AND FANS ALONG WITH OTHER EQUIPMENT WE MAY WANT TO USE.

## ART AT ANDY'S



We're excited to welcome to Art at Andy's two new exhibitors... Denver artist Ken Richards - coming off his recent exhibition at the Denver Museum - has created original watercolors of our local fish that were painted exclusively for our Matlacha market.

Local photographer Lynn Berreitter has also joined

the other artists at Andy's. Lynn has her own gallery in St. James City on Pine Island and her photos of local scenes tell the story of our island community with a most creative lens.

Lynn and Ken join our "green" artists Vawn & Mike Gray of Reborn Glass and Linda Rodino of Roro Boxes. You can view more of all our artists' works on our website

[www.andysislandseafood.com/art.htm](http://www.andysislandseafood.com/art.htm)





# Enjoy this Delicious Andy's Island Seafood Recipe

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## BAKED SNAPPER WITH TOMATOES AND OLIVES

6 SERVINGS

6 6-OUNCE SNAPPER FILLETS  
1/4 C EXTRA-VIRGIN OLIVE OIL  
4 SPRIGS FRESH THYME  
3 TOMATOES; PEELED, SEEDED AND CHOPPED  
1/2 C COARSELY CHOPPED GREEN OLIVES  
1/4 TS DRIED HOT RED PEPPER FLAKES  
2 CLOVES GARLIC - MINCED  
1/2 C FINELY CHOPPED RED ONION  
1 TB FRESH LIME JUICE

PREHEAT THE OVEN TO 400 DEGREES. OIL LIGHTLY A SHALLOW BAKING DISH LARGE ENOUGH TO HOLD THE FILLETS IN ONE LAYER. IN A BOWL STIR TOGETHER THE OIL, THE THYME, THE TOMATOES, THE OLIVES, THE RED PEPPER FLAKES, THE GARLIC, THE ONION, AND THE LIME JUICE. IN THE PREPARED BAKING DISH ARRANGE THE FILLETS, SKIN SIDES DOWN, SEASON THEM WITH SALT, AND SPOON THE TOMATO MIXTURE OVER THEM. BAKE THE FISH, UNCOVERED, IN THE MIDDLE OF THE OVEN 15 TO 20 MINUTES, OR UNTIL IT JUST FLAKES.

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## Andy's Island Seafood

a Market for Fresh Seafood & More

[andyseafood@aol.com](mailto:andyseafood@aol.com)

239-283-2525 239-282-2560 fax

Store Hours: Monday - Saturday 10:00 am to 6:00 pm

4330 Pine Island Road,

Matlacha, Florida 33993

GPS Coordinates: North 26.38.018 West 082.04.051

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