

Water Designation Changes Approved at Fall Commission Meeting

The Pennsylvania Fish & Boat Commission approved a variety of special fishing regulation designations at its fall quarterly meeting, September 25 and 26 in Harrisburg.

The Commission designated 14 waters in a newly created "Brood Stock Lakes" program. Harvesting muskellunge, northern pike, and pickerel will be restricted from April 1 through May 31 on lakes that serve as a source for brood fish used in the Commission's hatchery propagation programs. Lakes placed in this program, effective

in 2007, are Canadohta Lake, Conneaut Lake, Sugar Lake, Tamarack Lake, and Woodcock Lake (Crawford County); Howard Eaton Reservoir, Edinboro Lake, and Union City Reservoir (Erie County); and Belmont Lake, Duck Harbor Pond, Lake Wallenpaupack, Lower Woods Pond, Miller Pond, and Prompton Dam (Wayne County).

The Commission also placed seven waters into a new Catch-and-Release Lakes program, including Pine Township Park Pond, Allegheny County; Raccoon Creek State Park Upper Pond,

Beaver County; Bear Gap Reservoir and McWilliams Reservoir, Columbia and Northumberland counties; Klines Reservoir, Columbia County; Owl Creek Reservoir, Schuylkill County; and Lower Burrell Pond Park, Westmoreland County. Waters in this program will be regulated year-round as catch-and-release for all species.

The Commission also designated Mahoning Creek and Lizard Creek in Carbon County for inclusion with waters where trout season will open about two weeks earlier than the remainder of the state.

In other action, the Commission:

- Established January 22-23, April 16-17, July 16-17, and October 1-2 as meeting dates for 2007.
- Established the fees for seasonal slips at the Commission's Walnut Creek Marina, Erie County, as \$725 annually.
- Agreed to transfer 0.1 acre of property at the Oswayo State Fish Hatchery, Potter County, to the Pennsylvania Department of Transportation for construction of a bridge over Brizzee Hollow Run.
- Accepted donation of a 1.5-acre parcel of land in Franklin County from the Falling Springs Greenway, Inc.

Fishin' from the Kitchen

Sunfish Stew

by Wayne Phillips

Drive away the winter chills with a steaming bowl of sunfish stew filled with the flavors of summer.

Ingredients for four servings:

- ✓ Boneless, skinless sunfish fillets, cut into bite-sized pieces
- ✓ Salt and white pepper to taste

For the stew:

- ✓ 2 Tbsp. butter
- ✓ 7 strands saffron or ½-tsp. turmeric
- ✓ 1 large yellow onion, coarsely diced
- ✓ 3 large carrots, coarsely diced
- ✓ 1 red pepper, coarsely diced
- ✓ 1 cup mushrooms, coarsely diced
- ✓ 2 cloves garlic, finely minced
- ✓ 1½-cups long-grain white rice
- ✓ 3 ⅓-cups chicken stock or water
- ✓ 1½-tsp. salt
- ✓ White pepper to taste

Procedure

Sauté the vegetables in butter until they are fragrant. Stir in rice. Add water, saffron or turmeric, salt, and white pepper. Cover and simmer until the rice is tender. Top with seasoned sunfish and simmer covered until sunfish is opaque.



photo-Wayne Phillips

Serve

Serve in large, shallow soup or pasta bowls. Bread and a salad make it a complete meal.

Using chicken stock instead of water adds richness to the stew. This stew won't have a lot of liquid because the rice absorbs it. If you prefer more liquid, add some chicken stock or water just before adding the fish. The fish will take only a few minutes to cook.

Saffron is very expensive, but a little goes a long way. Avoid using too much because it gives food a medicinal taste if it's over-used. If you are on a tight budget, turmeric will also give the rice a wonderful yellow color. Like regular paprika, it offers more color than flavor. Saffron, on the other hand, is extremely fragrant.

Helping Stock Trout

Every year, the Fish & Boat Commission stocks trout in thousands of stream miles and dozens of lakes in spring, fall, and winter. Anglers and other citizens often arrive to help or watch individual stockings. The safety of all who attend often becomes a significant concern, as does the effective stocking of the delicate hatchery cargo. If you want to help with a stocking or just watch, be sure to read the vital information called "Helping Stock Trout" on the Commission's web site, www.fish.state.pa.us. Enter this address into your browser: http://sites.state.pa.us/PA_Exec/Fish_Boat/stock_help.htm.