

DROP A LINE

MONTHLY NEWSLETTER OF THE LAKES COMMITTEE



The Lakes Committee is an open committee at the Griffith Chapter. We meet at 6:00 pm on the third Monday of the month. We have a 3-year management plan for the lakes. Our projects include improving fish habitat and stocking fish, rebuilding fishing piers, and holding public events such as the Catfish Derby, Ice Fishing Derby and Take a Kid Fishing days.

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Pistachio-Crusted Catfish Recipe

Serves: 4. **Prep time:** 10 minutes. **Cook time:** 7-10 minutes

Ingredients:

- 4 boneless catfish fillets
- 2/3 cup shelled pistachios
- 1 tablespoon chopped parsley
- 3 tablespoons melted butter
- 1 teaspoon ground coriander
- Salt and pepper, to taste
- 1 teaspoon chopped chives
- 4 teaspoons bread crumbs
- Lemon wedges

1. Preheat oven to 400 degrees.
2. To make the pistachio topping, run pistachios through a small food processor and pulse a few times to crush. Transfer pistachio into a small mixing bowl and combine with chopped parsley, coriander, chives, bread crumbs and melted butter. Add salt and pepper to taste.
3. Rinse catfish fillets with cold water and pat dry with paper towels. Sprinkle salt and pepper on both sides of fillets and lay them on a greased baking sheet lined with foil. Evenly divide pistachio topping mixture onto each fillet, using the back of a spoon to pat down topping to form a crust.
4. Bake fish in a 400-degree oven for 7-10 minutes, or until fish is flaky and cooked through and pistachio crust becomes toasty and golden. Squeeze lemon juice over each fillet before serving. (Cooking time will vary depending on the thickness of catfish fillets. Be careful not to burn the pistachio topping.)



Wondering what to do with the catfish you are catching? Here is a great recipe for your next catfish dinner.

JOIN OUR LAKES COMMITTEE! BE A PART OF CONSERVATION, & EDUCATION FOR FISHING.

John Holme & Jackie Larson,
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John Talarico, Co-Chair

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<https://www.facebook.com/groups/giwl/>

<http://giwla.org/>

OPEN TO THE PUBLIC

Annual CATFISH DERBY

Saturday July 20, 2019



Bring your own bait!
The lakes are stocked!
Come out and catch a BIG one!

- ✓ Raffles & Door Prizes
- ✓ Prizes for Catfish
- ✓ Food for Sale
- ✓ Rods, Reels, & Fishing Tackle for Sale

Indiana Gaming Commission
License #: 149378



WHEN
Registration begins at 4:30 pm.
Fishing: 6:00 pm until Midnight

WHERE
Izaak Walton League
1532 East Main St.
Griffith, Indiana

ENTRY FEE
\$12 members
\$15 non-members

FOR MORE INFORMATION

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From Jackie Larson...

Fishing in the Dog Days of Summer

As we move into the dog days of summer there are several factors to consider as we hit the lakes to and try to catch some fish. Factors for catching summer fish can be as varied as is the moon high or low, Is the water up or down and how hot the weather is will all play a role in whether the fish will bite or not. Here are a few tips to help get some fish for dinner or to have a good time in the outdoors.

Bass: Target the bass during the cool times of the day – early or late. The lakes are open 24/7, so if it is possible consider a night time trip as bass move into the shallow water to feed. Work a weedless topwater lure (like a weedless frog) being sure to use a slow retrieve. Can't manage a night trip? Bass dislike the brightness of the sun, so fish deep and give a Rattletrap or large crankbait a try. Keep in mind that contrast in colors is the key, so give a bright color like hot pink or chartreuse a go. Summer bass fishing means finding the shady and coolest spots on water.

Catfish: Want a catfish for dinner? Catfish are not ambush predators like the bass, so fish deep and use something stinky. The stinker the better. Hot dogs and cheese will also work to entice the catfish to bite. Though catfish won't be as active during the day they won't pass up a meal if presented with something good. Fish as deep as possible during the day as the catfish are like vampires trying to get away from the sun. Catfish don't move much, so if there are no bites try a different location. Fish at a depth of 8 to 15 feet, trying to find any place that the catfish can find cover. Work as close to the cover as possible and then move to the outside. Catfish have remarkable hearing, so keep as quiet as possible so they are not spooked. FYI: Catfish hearing is 15 times more sensitive than a trout's hearing.

Bluegill: Once the spawning period is over, bluegill will move deep. Focus on weed edges and areas that have a transition. Use a heavy, slender spoon and that will make a buff of debris on the bottom and attract the fish. When using jigs for bluegill watch your weight. Use micro jig heads that are in the 1/80 to 1/16th range. Use a light 4-pound test which will provide a natural presentation to the fish. Keep the minnows, leeches or nightcrawlers healthy by keeping them cool and aerated. Use a frozen water bottle to keep containers cool. The power of healthy and active bait cannot be overstated. Use a small hook (size 6 to 8).

Catch and Release: If you are not keeping the fish please be careful to properly release it. Correct releasing is especially important for the big bass and catfish. Work quickly and calmly. Use wet hands as to not remove the protective layer of mucus. Keep the fish horizontal. Remove the hook, if the fish is hooked deeply cut the line as close the hook as possible. Make sure the gills are opening and closing (ventilating). Gently put the fish back in the water. Holding the fish, if necessary, until it swims away on its own.