

Anyone can catch fish for Emergency food
By Joseph Parish

When I go fishing I never seem to be able to catch those huge trout's or bass that you always see in the outdoor magazines but one thing I can guarantee is that I can catch some pan fish. It really doesn't matter where in America you happen to be there is some sort of pan fish just waiting to be caught. I have fished for them in New Mexico, Texas, New Jersey and Delaware. These small fish are located in every state of the union.

You will find that many people general stick their nose up in the air and secretly laugh behind your back if you brag that you have a decent catch of fresh pan fish. Frequently, people merely catch pan fish for fun or to use as bait for a larger species.

Fish has been a popular source of food since mankind first appeared on the earth. Fishing as a trade is mentioned in the bible and is scattered among much of the cultural literature of the world. For centuries fish has captivated the interests of man as both in a decorative manner and as a consumable food source.

I too used to toss the small pan fish back from where they came until I realized that here was a fresh water emergency food supply which is fairly easy to capture and extremely simple to cook. They may not be the most desired fish in the water but they are certainly preferred over starving in an emergency situation. There is a vast number of different pan fish varieties such as Blue Gill, Crappies, Fliers, Red Breast, Redear, sunfish, warmouth and a host of other small but edible fish.

At the top of the list lies the Blue gill. The Blue gill is a type of fresh water sunfish found in many areas of our country. These fish are extremely popular as a sport fish providing many fishermen with hours of enjoyable fishing however in our case we will simply refer to it as food. Another popular pan fish is the Flier which is often discovered in the muddy bottoms of swamps or ponds. Usually the best time of the year to go pan fish searching is in the early spring. Pan fish prefer water temperatures of at least 50 degrees.

I found by researching the internet as well as by talking with close friends that the best way to prepare your pan fish is to fillet them. Pan fish prepared any other way usually involves an abundance of very small bones. If properly made with a touch of spices and maybe a little lemon the pan fish can open up a whole supply of new and exciting recipes.

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