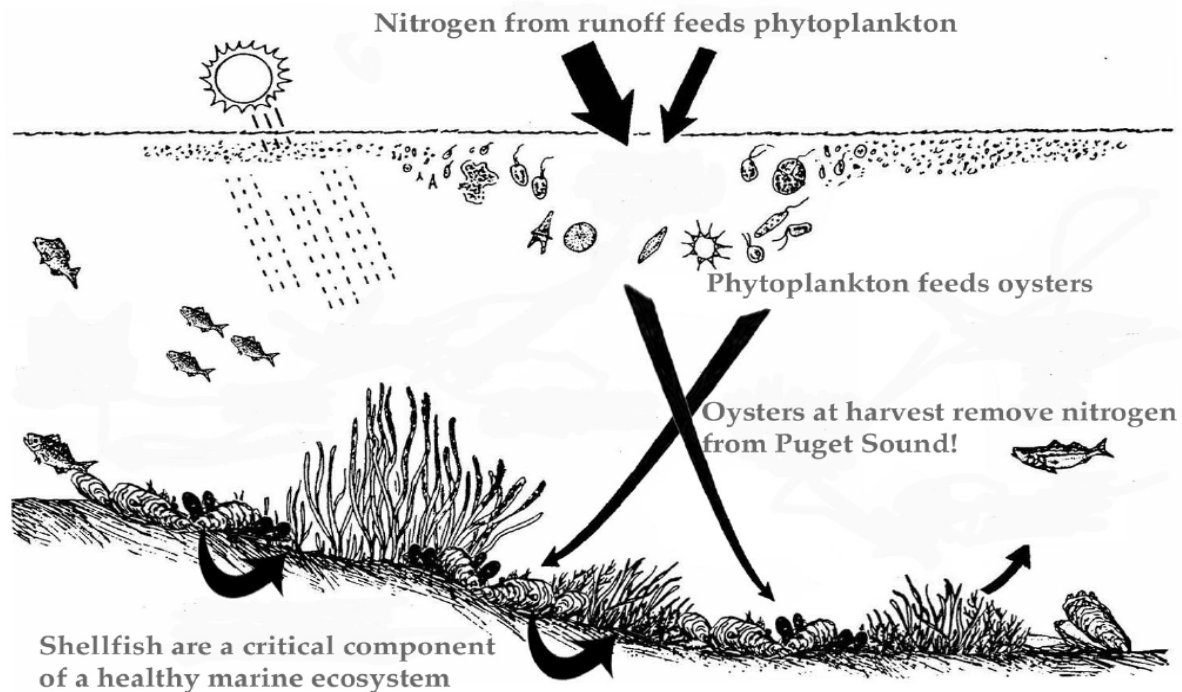


***Go forth and slurp...for the health of Puget Sound!***

- ***Every time we eat a locally grown oyster, we remove nitrogen from the Sound***
- ***A dozen oysters a day keeps your Nitrogen contribution at bay.***



*Cartoon adapted from Roger Newell*

**Here's how it works:** Oysters and other bivalve shellfish are filter feeders. When clams and oysters feed on phytoplankton, they remove nitrogen from the water column and increase light penetration. When we in turn harvest those clams and oysters we remove nitrogen from the system. Eating shellfish therefore provides a felicitous means of reducing our nitrogen footprint.

Each small oyster contains approximately 0.5 to 1 gram of nitrogen. Each human contributes approximately 10 grams of nitrogen a day (or 3,800 grams a year). Slurping a dozen oysters a day would therefore come very close to mitigating our individual nitrogen contribution for the entire year. Clearly, we've got a lot of slurping to do. Lucky for us, there are plenty of locally-grown oysters with which to assuage both our stomachs and our conscience.

(Thanks to Dr. Joth Davis with Baywater, Inc. for assistance with these calculations.)