

# The Outer Banks Real Estate Register

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## THE FALL EDITION

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### WILD WHELKS BY GRAY BERRYMAN



*Whelks are edible and while I have not tried one yet, I am looking forward to fried whelk in the near future. In some places whelks are commercially harvested. The process of cooking a whelk goes something like this:*

- ◆ find a live whelk
- ◆ crack shell with hammer
- ◆ remove whelk head, foot and dark meat
- ◆ slice white meat into small strips
- ◆ batter and fry

*There are also recipes to steam, boil, sauté, and stew whelk.*

Whelk shells are indisputably one of the most exciting finds on the beach. These large sea snails come in three varieties in North Carolina-- the lightening whelk, knobbed whelk and channel whelk. Sometimes they are mistakenly referred to as conchs which are found farther south.

These fascinating predatory snails crawl along the seafloor and enjoy a diet of clams, oysters, and scallops. These creatures will use their shells as crowbars to open the shells of their prey. If this does not work they will grind the shell of their intended meal creating access to the meat.

Depending on season, whelks can be found in deep or shallow water. They lay eggs in a string of casings that are sometimes referred to as “mermaid’s necklaces.” A string may contain 40 or more casings with each casing having up to 100 eggs. By breaking into them it is possible to find hundreds of tiny whelk shells.

Whelk shells have been used as sacred objects by Americans for centuries. They have also been used as cups, bowls, and scrapers. Hermit crabs use discarded whelk shells as homes and they are a special part of many seaside gardens.

The very dark colored whelks have probably not had an animal in them for a long time and some are considered fossils. The dark coloration on these and other shells comes from a chemi-

cal process that occurs when these shells are buried for a long time. During storms these beds can be uncovered off shore and the shells then may be washed ashore.

To increase your chances of finding whelk and other shells, plan on shelling in the days after a high wind. Early morning and late evening are great times to find shells. Fall, winter and spring months with more wave action and fewer people are ideal for shelling.

### 3 RESTAURANTS YOU HAVEN'T TRIED (BUT DEFINITELY SHOULD!)

**Hatteras Harbor Deli** 58058 Hwy. 12 at the Hatteras Harbor Marina, Hatteras Village This deli offers an outstanding view of the harbor and has very fresh food. I recently enjoyed the shrimp burger with sweet potato fries and was impressed. I can't wait to return.

**Duck Pizza** Scarborough Lane Shops, Duck Formerly Stone Oven Pizza, the new owners have maintained the tradition of serving great pizza and tasty sandwiches. I had the buffalo chicken cheese steak and enjoyed the quality of the ingredients.

**Max's Real Bagels and Deli** On the bypass at Milepost 3.5 in Kitty Hawk Freshly made bagels in a small, clean environment. Eat-in or take out. Not a chain or franchise, this is a great place to enjoy good food and good conversation.



*A knobbed whelk and “mermaid necklace”*

### FUN FALL EVENTS

THE OUTER BANKS  
HOMEBUILDER'S ASSOCIATION  
PARADE OF HOMES  
October 7-10th

DUCK JAZZ FESTIVAL  
October 10th

WINGS OVER WATER  
WILDLIFE FESTIVAL  
November 9th - 14th

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# FEATURED LISTINGS



**Oceanfront - KDH**  
 10 bedrooms, 10.2 baths  
 Outstanding rental income  
 MLS#59773 \$2,275,000



**Oceanfront - Pine Island**  
 9 bedrooms, 11.3 baths  
 Exceptionally appointed  
 MLS#67135 \$3,495,000



**Under Contract**

**Oceanside—Duck**  
 4 bedrooms, 4.1 baths  
 Outstanding curb appeal  
 MLS#67723 \$799,900



**Oceanside - Duck**  
 5 bedrooms, 4.2 baths  
 Beautiful finishes, water views  
 MLS#63676 \$939,500



**Between Highways - KDH**  
 4 bedrooms, 4.1 baths  
 Custom built as model home  
 MLS#60174 \$569,000



**Oceanside—Duck**  
 Lot in X Flood Zone  
 Subdivide into 2 lots  
 MLS#65159 \$495,000



**Sold**

**Oceanside - Duck**  
 6 bedrooms, 5 baths  
 Close to beach & amenities  
 MLS#66042



**Oceanside—Duck**  
 5 bedrooms, 5.1 baths  
 Inviting amenities, many updates  
 MLS#67287 \$799,500

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