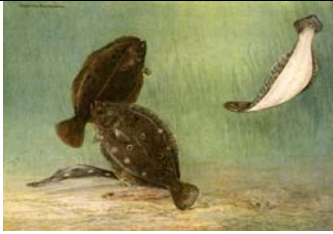


SUMMER		WINTER		
Description	The summer flounder or fluke is the left-handed member of the flatfish family. Both eyes are on the same side of its wide body, which changes color to match the bottom. As such the fish ranges in color from light tan to dark brown with various patterns and blotches. It is found in a variety of depths along the Eastern United States.		The winter flounder is the right-handed mirror to its summer counterpart. Unlike the fluke the winter flounder is found mostly in shallow waters, ranging primarily from Labrador to Georgia and inland from the Gulf of St. Lawrence to Chesapeake Bay. Winter flounder grow slowly, averaging around 1-2 pounds and 12-15 inches. They sometimes reach 5 pounds and 20 inches.	
Habitat	Fluke range from shallow waters in summer to very deep waters in winter. They prefer sand and mud bottoms where they can adapt to match the bottom color.		They can be caught off both mud and hard bottoms and sometimes appear in completely fresh waters, making their way up estuaries. During the spawning season they prefer sandy bottoms. Winter flounder are highly motivated by water temperature.	
Spawn	Late fall, winter, early spring		January to May (peak in March to April)	
Bait	<ul style="list-style-type: none"> • Chopped bait fish • Squid • Quartered crabs • Shrimps 		<ul style="list-style-type: none"> • Bloodworms • Sandworms • Clams • Muscles 	
Tackle	Lighter tackle to medium weight tackle should be used for best action. Five foot tip is recommended for fishing from boats, piers and banks. Use Larger rods with higher test for surf fishing.	<p>At a glance</p> <p>Rod: 5 ft (8 ft surf)</p> <p>Reel: 150 yards of 20-30 lb. test</p> <p>Hook: 1/0 (sm) 2/0 (med) 5/0 (lg)</p>	<p>Light tackle for best action.</p> <p>At a glance</p> <p>Rod: 6 – 6 ½ ft</p> <p>Reel: 8 pound test</p> <p>Hook: No. 9 to No. 6</p>	
Location	<ul style="list-style-type: none"> • Shallow bays • Harbors • Estuary mouths 	Fluke generally prefer muddy bottoms but can also be found near patches of sea grass.	<ul style="list-style-type: none"> • Combination of sand and mud bottom • Slight patches of eel grass 	<ul style="list-style-type: none"> • Clean white sand and pebbles • Deeper holes at low tide
Time	Early morning, early evening		Extremes of high tide and low tide	
Technique	If in a boat let out 50-100' of line. Fluke normally hook on the first strike; if not give the rod a short upward lift. However, a light tap indicates the fluke is only mouthing the bait. Wait for a strong tug and give the rod a smart lift to set the hook. Fluke will often toy with older bait. In this case, yield a little line and retrieve slowly. Repeat as necessary. If tugs cease, check bait. Fluke are prone to wiggle violently at the surface of the water so always use a landing net.		Like fluke, winter flounder can be caught from boats at anchor or drifting and off piers and bridges. However the most important aspect of flounder fishing is actually locating the fish. In some places the bottom may literally be "paved" with the fish and others completely uninhabited. Angler should keep trying spots and must be patient once a spot with fish is located. Winter flounder strike lightly, nipping and releasing. The hook should be set as quickly as possible with one quick upward lift of the rod. Using two hooks can produce "double-headers" or two fish on at one time.	
Rig Options	<p>Base rig – Three-way swivel, with sinker on lowest loop and 2-3 of monofilament with hook tied to other two. (Note: You can also add 1 or 2 spinners slightly above the hook.</p> <p>Advanced rig – Start with basic rig and add 5-6" of looped No. 7 wire with a spinner and double hook.</p> <p>Two hook rig – Start with basic rig and add a second hook at onto the middle of the leader for the first hook. Use different baits on each hook to determine best choice for the day.</p> <p>Trolling rig – Use a trolling sinker with 2-3' monofilament as a leader. Attach a spoon or feather lure to the leader. You may also want to add swivels to prevent twisting of the line.</p> <p>Surf rig – Start with the basic rig but use a pyramid sinker. Another option is to use a linkage allowing the sinker to slide up and down the line. A small cork float can also be added to keep the bait away from crabs.</p>		<p>Base rig – Single hook tied to the line by its snell, immediately above the sinker. A three way swivel can prevent the line from twisting.</p> <p>Two hook rig – Use a spreader (a curved length of wire with a loop at each end) and attach a hook by its snell to each loop. A sinker is attached to the top eye of a swivel and placed below the hooks.</p> <p>Cooking (summer and winter): Fluke and winter flounder are popular table fish because of the mild taste and consistency of the meat. They can be broiled, baked or fried and are often served stuffed with another seafood such as crab. Note: The mild taste is easily influenced by other foods. To filet:</p> <ol style="list-style-type: none"> 1. Place the fish eyes up. 2. Make a cut down to the spine, starting behind the gill cover and at a right angle to the long axis of the fish. 3. Make an angled cut along the length of the fish along the fin. 4. Slowly deepen the long cut and work the meat away. 5. Skin the filet. 	