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**Seafood from the Sound Dinner Celebrates
Long Island Sound and the Future of Conservation**

STAMFORD, CT/October XX, 2025 – On October 4, SoundWaters, in collaboration with Eating with the Ecosystem and the Foodshed Forum Fairfield County, hosted 56 guests for an unforgettable evening of conversation, food and conservation. The event celebrated the diverse and sustainable seafood species of Long Island Sound, offering a fresh perspective on the region’s marine life.

The evening opened with a lively cocktail reception, where guests enjoyed a raw bar and passed appetizers while learning about the work of the Collective Oyster Recycling & Restoration (COOR). Attendees, including Congressman Jim Himes, were immersed in a lively discussion about the ongoing efforts to restore the Sound’s shellfish populations.

“Your support helps us bring the richness of the Long Island Sound into our lives through the food on our plates,” said Co-Founder of Foodshed Forum Fairfield County Ali Ghiorse. “By coming together this evening, you are re-shaping our food culture into one that reflects the seasons, while honoring our waterways, landscapes and our communities.”

At the heart of the dinner was a celebration of the Sound's lesser known but highly sustainable seafood species. Renowned Connecticut chefs Marta Garcia, Geoff Lazlo, Brian Lewis and Renee Touponce crafted a multi-course experience that told the story of local ingredients, from ceviche of sea robin to green crab chowder. Each course was thoughtfully paired with local wines and beers, connecting guests to the region's food ecosystem.

Kate Masury, now Executive Director of Eating with the Ecosystem, began her career aboard the schooner *SoundWaters*, where she introduced students to the marine life of Long Island Sound through hands-on education. Recently featured in the SoundWaters [Sound Impact](#) series, her return to the organization's dinner as a partner in sustainable seafood felt like a meaningful full-circle moment, coming back as a leader helping to protect the very waters where her journey began.

The evening was a compelling tribute to SoundWaters' enduring mission to safeguard and restore the health of Long Island Sound for generations to come. It highlighted the vital partnerships and collaborative efforts driving this work, underscoring the crucial role of environmental stewardship in protecting the rich diversity of marine life that sustains local communities.

"We were founded 36 years ago in response to a crisis, the poor and deteriorating health of Long Island Sound, and we knew education was the key to protecting it," explained Vice President of Development Bob Mazzone. "Today, more than 350,000 students have learned about the Sound across our land and on the water. They leave with a connection to the Sound and the understanding that they have a role in protecting it."

Much like the students SoundWaters teaches, as guests departed, they left with a renewed sense of connection to the Sound and the role each of us plays in its future.

About SoundWaters

SoundWaters prepares the next generation for their future. With our climate in crisis, we teach tomorrow's leaders the science they will need. With Long Island Sound as our classroom, we create love and respect for the natural world. As a matter of justice, we open the water to all. As a matter of urgency, we work to protect our common home. For more information, visit soundwaters.org.

About Eating with the Ecosystem

Eating with the Ecosystem is a nonprofit organization that promotes a place-based approach to sustaining New England's wild seafood through flourishing food webs, healthy habitats, and short, adaptive seafood supply chains. Through education, research, and events that connect seafood eaters with local fishermen, chefs, and ecosystems, the organization builds appreciation for the incredible diversity of species in our local waters while supporting the communities and environments that sustain them. Learn more at www.eatingwiththeecosystem.org.

About Foodshed Forum Fairfield County

Foodshed Forum Fairfield County is an education platform of The Foodshed Network that focuses on building a resilient local food system in Fairfield County, Connecticut. Through panel discussions, public events, and collaborative initiatives, Foodshed Forum convenes stakeholders and communities around our shared value of protecting foodsheds and waterways. Food system practitioners and community members address systemic challenges, raise awareness and garner support for policies and practices that ensure all residents have access to nourishing, affordable local food.

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