News Story: **Clams: Part 1**  
Adjust time codes as needed

<table>
<thead>
<tr>
<th>Timing</th>
<th>Video</th>
<th>Audio</th>
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| 00 – 00:12 | B-Roll – Video clips, outside and interiors, Southport Raw Bar, Rustic Inn Crab House and Sea Watch on the Ocean  
Text overlay, addresses  
• Southport Raw Bar, 1536 Cordova Rd. Fort Lauderdale, FL  
• Rustic Inn Crab House, 4331 Anglers Ave. Fort Lauderdale, FL  
• 6002 N. Ocean Blvd. Fort Lauderdale, FL | VO – In Part 1 of our two-part series on clams, we’ll talk about Florida's clam industry and the exceptional nutrition found in hard clams, also known as quahogs. Later, chefs from three Fort Lauderdale restaurants that serve clams will be joining us in our studio to prepare a carrot, seaweed, chopped clam salad recipe for our news audience. |
| 0:12 – 0:20 | B-Roll – Video clips, closeups of hard shelled clams  
See: “Clam Harvesting,” Florida Department of Agriculture and Consumer Services, [https://www.youtube.com/watch?v=GKRT3pmjuUg](https://www.youtube.com/watch?v=GKRT3pmjuUg)  
1:00/2:12 | VO – Hard shelled clams, or thick shelled quahogs, are native to the eastern shores of North America and Central America, from Prince Edward Island to the Yucatán Peninsula. They’re distinguished from soft-shell clams that have thin calcium carbonate that break easily. |
| 0:20 – 0:38 | B-Roll – Map, showing locations north of the Everglades, Naples, Florida and near Fort Myers, Florida in the IFAS Bulletin (link below). Examples: Bull Bay, Demere Key  
Text Overlay: Clam Farming in Southwest Florida  
Background: “Clam Farming in Southwest Florida,” [http://blogs.ifas.ufl.edu/charlotteco/2016/02/03/3757/](http://blogs.ifas.ufl.edu/charlotteco/2016/02/03/3757/) | VO – Florida clams are grown on submerged lands leased to growers from the state |
| 0:38 – 0:48 | B-Roll – Stock Photos, [www.alamy.com](http://www.alamy.com) (Stock, A clam digger proudly showing off his bounty. - Image ID: ERD9DM), (Stock, Clams in the Fish Counter of a Portuguese Restaurant - Image ID: E8EMM7)  
Photo, [Florida Dairy Cows](http://www.floridamilk.com), Background: Facts About Cobalt, [https://www.livescience.com/29275-cobalt.html](https://www.livescience.com/29275-cobalt.html) | VO – Nature is extremely complex and very old with interesting connecting points. For example, on a microscopic level, there is a tiny bacteria that makes Vitamin B12 or cobalamin that is critically important for animal and human health. The bacteria is a symbiote that produces Vitamin B12 in 30 steps requiring enzymes as well as the mineral cobalt.  
The bacteria lives in the rumen of dairy animals and inside sea mammals such as clams. Cobalt may not be available in soil, but it is readily available in the ocean making clams a rich source of Vitamin B12. |
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<tr>
<td>0:48</td>
<td>B-Roll – Photos, Ming vases, China, ceramics, Silk Road, Delft Pottery, tile (glazed bricks) in Friezes, Palace of Darius !, Susa (or Shushan)</td>
<td>Use text overlays to identify art.</td>
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<td>0:58</td>
<td>B-Roll – Photo of three Corrin Rings with red, green and blue circles in the center.</td>
<td>(Optional) VO – Vitamin B12 has an interesting connecting point to hemoglobin found in blood and chlorophyll found in plants. All three have a flat molecular cage called a corrin ring that scientists theorize is two billion years old. Vitamin B12, also called cobalamin, has a cobalt ion at the center of the corrin ring giving it a blue color, heme has an iron ion giving it a red color and chlorophyll has a magnesium ion giving it a green color. Scientists have called this “conservation in design” and refer to the colors as the “pigments of life.”</td>
<td>Wikipedia Commons, page entry for Corrin. See: Line Art diagram at <a href="http://articles.x10.mx/photos.html">http://articles.x10.mx/photos.html</a></td>
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<td>1:06</td>
<td>A-Roll, Anchor/Host in studio with guest chefs from Southport Raw Bar, Rustic Inn Crab House and Sea Watch on the Ocean standing behind a food prep counter.</td>
<td>Anchor/Host – I'm [Anchor/Host Name] and I'm here with three guest chefs from Fort Lauderdale's Southport Raw Bar, Rustic Inn Crab House and Sea Watch on the Ocean. We're going to prepare a simple salad with chopped clams that our viewers can prepare at home.</td>
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<td>1:12</td>
<td>A-Roll, Anchor/Host in studio with guest chefs from Southport Raw Bar, Rustic Inn Crab House and Sea Watch on the Ocean standing behind a food prep counter.</td>
<td>Anchor/Host – First. Let's talk about the ingredients… Carrots (talking to the guest chef, carrots, pre-peeled). You're going to show us how to “matchstick” a large carrot. Chef [name, not a number] – Cutting a large carrot into small matchsticks takes a little practice. The technique I'm going to use is from author Suzanne Landry's video “How to Matchstick Carrots” that can be found at YouTube. I'm starting with a large carrot that I've peeled with a vegetable peeler. You'll need a Chef's knife and a cutting surface made of wood or plastic (Chef needs to talk extemporaneously through the demo) […] Once you've matchsticked your carrots you can sauté them in a covered skillet with two tablespoons of Spring water for 6 minutes. I'm using an 18/10 stainless steel skillet because the steel is very hard. Metal does not leach into food that you are cooking. Anchor/Host – … Seaweed (talking to the guest chef who has a package of dried Arame (e.g. EdenFoods) You're going to show us a delicate seaweed called Arame, how it is sold dry in packages, how much to use and how to reconstitute with Spring Water. Chef [name, not a number] For this salad, we need a delicate edible seaweed. This one is called Arame. It's a Kelp that grows in an underwater forest. A second choice that's similar would be Hiziki which is a Fucale. They're both brown, a color that looks nice with orange carrots. They're also mineral rich.</td>
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Cobalt is a metal that is silvery in color. Cobalt salts are blue and have been used to impart permanent brilliant blue colors in glass, pottery, enamels, tiles, and porcelain since ancient times.
(Showing viewers the package). This looks like a small amount, but the seaweed expands a great deal when you add water. I'm going to be careful and not use the entire package, but use three handfuls. This step is quite simple. You'll need a large bowl filled about a third to half with Spring Water depending on how much seaweed you're using. Let the seaweed soak up the water for about 10 minutes, drain the water with a colander and set the seaweed aside.

Anchor/Host –

… Chopped Clams (talking to the guest chef who has a 2 cans of chopped clams (Natural Sea) You're going to talk to us about the clams.

Chef  [#3 name, not a number] At the restaurant, we usually purchase high quality clams from a certified supplier. We also use canned. Chopped clams sold in a can are pre-cooked. This one is a brand called Natural Sea that is very nice because the clams are very tender. Some chopped clams can be rubbery. Ill open both cans with a can opener and then drain off the liquid into the sink.

Anchor/Host –

… By the way—I know you're very fond of your can opener.

Chef  [#3 name, not a number] – Zyliss can openers are ergonomically designed and very comfortable to use.

Anchor/Host –

… I think we're ready to combine the ingredients. Chef  [#3 name, not a number] is going to do the combining because we have our serving bowl (and smaller bowls) at the end of the counter. You're also going to season the salad with Tamari.

Chef  [#3 name, not a number, combines the ingredients]. Tamari is a soy sauce produced in Japan that contains very little phytates because it is fermented. All soy sauce is fermented. The Tamari bottle has a pourer that dispenses small quantities. Dispense about 4 squirts from the pourer per person. We're preparing enough salad for six. Once you've added the Tamari, you can use a fork or a pair of tongs to place salad in small salad bowls.

Anchor/Host –

… I know we're all going to want to taste the salad, but before we do, for viewers who may not be familiar with phytates, can you explain why we would not want them in soy sauce.

Chef  [#3 name, not a number, combines the ingredients]. Phytates are present in all grains, nuts and seeds. It's a chemical that can lock on to nutrients in food that we need and make them unavailable. Soybeans are actually seeds. The
Chef #3 (combines ingredients, adds Tamari and talks about phytates, continued)

soy industry funded studies done by Dr. Joseph J. Rackis that concluded phytates cannot be removed from soybeans. Fermentation reduces phytates as it does in sourdough bread. Phytates are also reduced during sprouting which is why sprouted grain bread is a healthy choice.

Anchor/Host –

… What about alcoholic beverages made from grain?

Chef  [#3 name, not a number, combines the ingredients]. Very good question. Wine is fermented. Distilled liquor and most beer contain phytates. Some beer is made with fermented malt. Those industries need to remove phytates if they are present in their beverages.

6:24 – 7:20

Anchor/Host –

… Thank you! Let's taste the carrot, seaweed, chopped clam salad!

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