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{ BITE } **HOOK AN EASY MEAL** The days of the friendly neighborhood milkman may be over, but the days of having essential groceries delivered to your doorstep are not. Enter SURFIN SEAFOOD ([425-821-1303](tel:425-821-1303); surfinseafood.com), an online seafood delivery service from which you can order a month's worth of frozen seafood delivered to your doorstep—complete with a recipe (and more available online). Kirkland resident Tina Montgomery and Blue Ridge resident Jennifer Hanseler created the service to make life easier for busy professionals and parents by providing healthy and convenient dinner options. Surfin Seafood's supplier uses a combination of vacuum packaging and flash freezing to preserve the integrity of the seafood and lock in freshness and flavor. "Every minute seafood is exposed to the air, it starts to deteriorate," Montgomery explains. Choose from three packages: the Mini (\$100 a month), well-suited for two people; the Family Pack (\$145 a month), perfect for a family of four; or the Seafood Lover (\$185 a month), for those who can't get enough. Each package contains a variety of seafood caught from the waters off Alaska to the South Pacific and includes the staples (salmon and halibut), an exotic fish (like mahi-mahi), a bottom feeder (like Pacific Snapper) and shellfish (like prawns). Selections change with the seasons, and requests for substitutions are always welcome. Delivered in an ice-packed cooler (\$20 one-time, refundable deposit), your order stays frozen on your porch for 10 hours and good in your freezer for up to a year. *Megan Haley*