

ON  
*island*

*with*  
STACI STEVENS  
AND THE CASTAWAYS TEAM

MAY 2026





APRIL 2026

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## WHAT'S INSIDE

### • Mangrove Connection

A look into our local ecosystem with mangroves and manatees.

### • Best Eats

An insiders guide to the local hotspots on Pine Island.

### • Local Events

Explore Community Happenings

### • Home Ownerships

Know what types works best for you, your location, and your lifestyle!

### • Summer Salad Recipe

Things may be heating up, but cool off with this refreshing salad recipe and source local produce

### • Business Spotlight

A Friend of our Flock Gulf Harbor Insurance

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## WANT TO BE PART OF OUR FLOCK?

Contact *Montanna Wilson* at  
(239) 896-5521 or [flsailgirl@gmail.com](mailto:flsailgirl@gmail.com)

to learn more about about vendor sponsorship opportunities, advertising with Castaways and other fun promotional events for Pine Island.



# BEST EATS

## THE INSIDERS GUIDE TO THE LOCAL HOTSPOTS



 **LORI SORRENTINO**



 **BLUE DOG BAR**



 **THE WATERFRONT**

If you follow the winding road into Pine Island, you quickly learn something important—this isn't a place for chain restaurants or fast food dining. It's a collection of waterfront bars, old Florida fish houses, tiki-style hangouts, and cozy cafés where the food tastes better because the view does too.

### *Bokeelia*

Need a favorite with live music, hearty meals, and a welcoming community vibe? Stop by **The Eagle's Nest Restaurant**. A bold new brunch and lunch hotspot, **Savage Skillet** brings a modern twist to island dining. Known for its over-the-top breakfast skillets, loaded burritos, and creative coffee drinks. **Street Eatz & Ale** is a laid-back, island-style dive bar and eatery famous for its smash burgers, seafood specials, and cold drinks. **Salty Girl's Cafe** is a relaxed stop for locals and visitors who want a simple, satisfying meal before a day on the water or exploring Pine Island. A new favorite **Cositas Bakery and Café** known for fresh-baked pastries, breakfast items, and grab-and-go favorites. The historic **Tarpon Lodge** is one of Southwest Florida's most iconic waterfront dining destinations with an emphasis on locally sourced seafood, chef-driven specials, and classic coastal favorites like grouper, shrimp, and filet prepared with a creative twist.

### *Matlacha*

Try **Blue Dog Bar & Grill** - the casual, friendly, and known for fresh seafood, burgers, and a lively local crowd. **Yucatan Waterfront Bar & Grill** hosts waterfront dining with Caribbean-inspired seafood and sunset views. **Miceli's Restaurant** is a longtime favorite for pizza, pasta, seafood, and live music on the dock. Don't miss the **Perfect Cup** for coffee, breakfast before a morning stroll through downtown Matlacha.

### *St. James City*

One of the most popular hangouts, **Low Key Tiki** on Pine Island. Expect tiki drinks, dock seating, and frequent live music. A classic *Old Florida* dining at the **Waterfront Restaurant** with fresh seafood and unbeatable sunset views over the water. **Froggy's Bar** - A no-frills, local bar with cold drinks, character, and a true island feel. Join the local "St. Jamers" at **Phuzzy's Boat Shack**, the laid-back dockside tavern and outdoor bar!

# southwest florida LOCAL EVENTS

MAY 1ST-3RD

BOAT SHOW  
ALL DAY | CAPE HARBOR MARINA

MAY 2ND

MOTHER'S DAY SIP & SHOP  
@ 9:00AM | CABARET DINNER THEATRE

MAY 6TH

WINE TASTING & PAIRINGS  
@ 6:00PM | FARMER JOE'S



MAY 7TH

ELDER ABUSE PREVENTION TRAINING  
@ 11:00AM | BEACON OF HOPE

OTHER DATES

MAY 5TH: CINCO DE MAYO  
MAY 10TH: MOTHER'S DAY  
MAY 25TH: MEMORIAL DAY

## FEATURED LISTING



LISTED AT: \$2,400,000

3211 VACATION LANE  
ST. JAMES CITY, FL 33956



\$772/SQ FT



3,110 SQFT



6 BEDS



5 BATHS

## THE MANGROVE CONNECTION

Mangroves are more than just shoreline greenery—they are the foundation of our coastal ecosystem. Their tangled roots stabilize shorelines, reduce erosion, and provide nursery grounds for countless marine species. For manatees, mangrove-lined canals offer: Calm, warm waters during seasonal changes, protection from rough boat wake, and easy access to seagrass beds nearby for feeding. Healthy mangroves mean healthier waterways—and a better home for the wildlife we all love to see.

The Florida manatee, a beloved marine mammal and state symbol, can often be spotted slowly traveling through canals, especially around marinas, residential docks, and shallow sound waters. These peaceful animals are drawn to the warm, shallow areas around Pine Island Sound and its surrounding back bays. Manatees rely heavily on seagrass beds for food, making our local water quality and boating habits directly tied to their survival.

### Boater Safety Tips: Sharing the Water Responsibly

1. Obey Manatee Zones: Slow-speed and no-wake zones are not just suggestions—they protect manatees who often surface unexpectedly.
2. Wear polarized sunglasses: They help you spot manatees just below the surface, especially in shallow, sun-glared waters.
3. Look for “manatee rings”: Circular ripples on the water can indicate a manatee just beneath the surface.
4. Avoid seagrass areas at high speed: These are feeding grounds, especially in Pine Island Sound and surrounding flats.
5. Never chase or disturb: It is illegal and harmful to pursue, poke, or separate manatees from their natural path.

These guidelines are supported and enforced by the Florida Fish and Wildlife Conservation Commission, helping ensure future generations can continue to enjoy these waters.



May

## MAINTENANCE CHECKLIST

- ✓ CLEAN AIR CONDITIONER
- ✓ CLEAN CEILING FANS
- ✓ INSPECT CHIMNEY
- ✓ CHECK FOR PESTS
- ✓ SEAL DRIVEWAY/WALKWAYS

## UNDERSTANDING DIFFERENT TYPES OF HOMEOWNERSHIP



**SINGLE-FAMILY DETACHED HOMES:**  
Stand-alone houses with their own yards, offering privacy and space.



**TOWNHOUSES:**  
Multi-story homes that share walls with neighboring units, often with smaller yards or patios.



**CONDOMINIUMS:**  
Individual units within a larger building or complex, with shared amenities and common areas.



**CO-OPS:**  
A form of ownership where residents own shares in a corporation that owns the building, rather than owning their individual units.



**MANUFACTURED HOMES:**  
Factory-built homes that are typically more affordable than traditional site-built homes.



### STRAWBERRY SPINACH SALAD

This vibrant salad combines fresh spinach, juicy strawberries, crunchy almonds, and a tangy poppy seed dressing.

**INGREDIENTS INCLUDE:**

Fresh spinach, strawberries, almonds, red onion, poppy seed dressing.



*scan*  
QR CODE FOR RECIPE

## small business SPOTLIGHT



**GULF HARBOR INSURANCE**

### Gulf Harbor Insurance

4414-4 S. Del Prado Blvd. Cape Coral, FL

As an independent agency, Gulf Harbor Insurance focuses on simplifying the insurance process—helping clients understand their choices, evaluate risks, and feel confident in their coverage decisions. Their mission is rooted in integrity, service, and long-term relationships, treating every client like part of the community they serve.

[www.gulpharborinsurance.com](http://www.gulpharborinsurance.com)

*on island*

## COMING UP IN THE NEXT ISSUE

### • Hurricane Preparedness

Best places to grab some grub on the island. From Bokeelia to St. James City.

### • Market Update

Stay Informed on Recent Market Trends

### • Local Events

Explore Community Happenings

### • A Community of Art

An insight into our island's art scene, summer nights, local artists and more!

All of our newsletter editions can be found on our website: <https://castawaysrealty.com/news/>