

Local Fresh Seafood Season Chart



* Sustainable Fish based upon Monterey Bay Aquarium

Specie	REGION	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Flounder	New England												
	Mid Atlantic												
	South												
Fluke*	New England												
	Mid Atlantic												
	South												
Scallops*	New England												
	Mid Atlantic												
	South												
Tuna	New England												
	Mid Atlantic												
	South												
Bluefish*	New England												
	Mid Atlantic												
	South												
Mahi*	New England												
	Mid Atlantic												
	South												
Swordfish*	New England												
	Mid Atlantic												
	South												
Red Snapper	New England												
	Mid Atlantic												
	South												
Grouper	New England												
	Mid Atlantic												
	South												
Black Sea Bass*	New England												
	Mid Atlantic												
	South												
Cod	New England												
	Mid Atlantic												
	South												
Haddock*	New England												
	Mid Atlantic												
	South												

In Season: "In Season" is defined as when fishing for speice start and is completed. Other factors that are not considered here are meeting catch limits, weather conditions and monthly moon cycles which will affect price points.

Fresh Salmon Wild Caught Salmon	REGION	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
King*	Pacific NW												
Sockeye*	Pacific NW												
Coho*	Pacific NW												
Chum*	Pacific NW												
Pink*	Pacific NW												

Note: King and Coho are also available as Farmed Salmon.

Frozen H&G and Fillets are available 52 weeks depending on seasonal catch.