

TRULY SUSTAINABLE CHOICES

What you buy and when you buy makes an enormous difference to our oceans. The sources below not only come from healthy fisheries, but they are also caught with the strictest standards of catch methods. These methods we have chosen do not deplete the resource, take unwanted by-catch or harm habitats. As the seasons change so should our buying habits; intelligent management of each fishery is based upon scientific evidence of how much each one can yield. Choosing fish that is in-season gives each species the time to fully recover from our demands for food.

| JANUARY | FEBRUARY | MARCH | APRIL | MAY | JUNE | JULY | AUGUST | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER |
|---------|---------------------------|-------|-------|-----|--|------|--------|-----------|-------------------------------------|----------|----------|
| | | | | | CALIFORNIA ALBACORE TUNA | | | | | | |
| | | | | | CALIFORNIA ANCHOVIES | | | | | | |
| | | | | | CLAMS (FARMED ONLY) | | | | | | |
| | | | | | BLACK COD (TRAP CAUGHT) | | | | | | |
| | CALIFORNIA DUNGENESS CRAB | | | | | | | | | | |
| | | | | | ALASKAN HALIBUT | | | | | | |
| | | | | | CALIFORNIA HALIBUT (ROD & REEL ONLY) | | | | | | |
| | | | | | | | | | CALIFORNIA SPINY LOBSTER | | |
| | | | | | MUSSELS (FARMED ONLY) | | | | | | |
| | | | | | OYSTERS (FARMED ONLY) | | | | | | |
| | | | | | LOUISIANA GULF PRAWNS (F/V ANNA MARIA - OF THE WHITE BOOT BRIGADE) | | | | | | |
| | | | | | CALIFORNIA NEARSHORE ROCK FISH (ROD & REEL ONLY) | | | | | | |
| | | | | | ALASKAN KING SALMON | | | | | | |
| | | | | | CALIFORNIA SARDINES | | | | | | |
| | | | | | CALIFORNIA SAND DABS (F/V MR. MORGAN ONLY) | | | | | | |
| | | | | | CALIFORNIA WHITE SEABASS (ROD & REEL ONLY) | | | | | | |
| | | | | | OREGON BAY SHRIMP | | | | | | |
| | | | | | CALIFORNIA SQUID | | | | | | |
| | | | | | CALIFORNIA WHITE STURGEON (FARMED ONLY) | | | | | | |
| | | | | | | | | | CALIFORNIA SWORDFISH (HARPOON ONLY) | | |
| | | | | | ECUADORIAN TILAPIA (FARMED ONLY) | | | | | | |
| | | | | | IDAHO TROUT (FARMED ONLY) | | | | | | |

Fish, 350 Harbor Dr. Sausalito, Ca 415-331-fish www.331fish.com

ASK YOUR FISH MONGER HOW THE FISH YOU BUY ARE CAUGHT, AND SUPPORT YOUR LOCAL FISHER FOLK DEDICATED TO SUSTAINABLE PRACTICES.

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