

## Quality Counts

*When shopping for live blue crab, look for:*

- Movement of legs
- No disagreeable odor

*For soft-shell crabs, look for:*

- Bright, blue-green coloration
- Moist appearance

*For cooked blue crab meat, look for:*

- Creamy white color

(jumbo lump and backfin)

- No disagreeable odor

*For whole, steamed crabs, look for:*

- Bright red color
- No disagreeable odor

To find a North Carolina seafood market, go to: [www.nc-seafood.org](http://www.nc-seafood.org).

## Sustainable Fisheries

Sustainable harvests mean we will enjoy seafood today and in the future.

Species listed as North Carolina “Local Catch” are managed for long-term viability.

*For more information on:*

- N.C. marine fisheries stock status, [www.ncdmf.net/stocks](http://www.ncdmf.net/stocks)
- U.S. sustainable fisheries efforts, [www.fishwatch.noaa.gov](http://www.fishwatch.noaa.gov)
- A community seafood program, [www.carteretcatch.org](http://www.carteretcatch.org)

*North Carolina Seafood Availability* is a poster highlighting many species across the year.

Also, *Mariner’s Menu: 30 Years of Fresh Seafood Ideas* is a seafood resource book with handling, safety and nutrition information, along with recipes.

Order both from North Carolina Sea Grant, 919/515-2454 or [www.ncseagrant.org](http://www.ncseagrant.org).



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AQUARIUMS

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



[www.nc-seafood.org](http://www.nc-seafood.org)



Marine research and outreach link  
universities to coastal communities.

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LOCAL  
CATCH:  
North  
Carolina  
Seafood  
Availability<sup>SM</sup>

Seasonal Choices For

**SPRING**

*March, April and May*

# Local Catch: North Carolina Seafood Availability<sup>SM</sup>

## SPRING

*Through generations, fishing gear has been refined to target specific species. The seafood industry continues to work with researchers and government agencies to adapt gear to reduce bycatch, protect endangered species and maintain viable habitats. The following list highlights species in seafood markets and restaurants in spring. Ask if these or other choices are “Local Catch.”*

- **Blue Crab (Soft):** Caught in rivers and sounds using wire pots and trawl nets. “Peeler” crabs are held in tanks until they shed their shells.
- **Bluefish:** Caught in the ocean and sounds with gill nets.
- **Clam:** Harvested from sounds, or farm-raised by shellfish growers.
- **Grouper:** Caught in the ocean using hook-and-line gear.
- **Kingfish:** Caught in gill nets and in trawls.
- **Mackerel, King:** Caught using hook-and-line gear and gill nets.
- **Mahi-Mahi (or Dolphinfish):** Caught using hook-and-line gear in offshore waters.
- **Oyster:** Farm-raised available year-round.
- **Sea Trout, Grey (Weakfish):** Caught in the ocean with gill nets.
- **Snapper:** Caught in offshore waters with rocky bottoms, using hook-and-line gear.
- **Striped Bass:** Caught with gill nets, seines and trawls in the ocean and sounds.
- **Tilefish:** Caught offshore using hook-and-line gear.
- **Tuna, Yellowfin:** Caught offshore using hook-and-line gear.