

Quality Counts

Shrimp is a popular summer seafood.

Select raw shrimp with:

- Translucent shells with grayish-green, pinkish-tan or pink tint
 - Moist appearance
- Firm flesh and mild odor

Avoid raw shrimp with:

- Blackened edges or black spots on shell
- Bright red appearance
 - Soft flesh

To find a North Carolina seafood market, go to: 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
- U.S. sustainable fisheries efforts, www.fishwatch.noaa.gov
- A community seafood program, 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.



NORTH CAROLINA
AQUARIUMS

Inspiring conservation of
our aquatic environments.

www.ncaquariums.com



www.nc-seafood.org



Marine research and outreach link
universities to coastal communities.

919/515-2454 • UNC-SG-07-05C

www.ncseagrant.org



LOCAL
CATCH:
North
Carolina
Seafood
AvailabilitySM

Seasonal Choices For

SUMMER

June, July and August

Local Catch: North Carolina Seafood AvailabilitySM

SUMMER

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 summer. Ask if these or other choices are “Local Catch.”

- **Black Sea Bass:** Caught in the ocean using traps (pots) and hook-and-line gear.
- **Blue Crab (Hard and Soft):** Caught in rivers and sounds using wire pots and trawl nets. “Peeler” crabs are held in tanks until they shed their shells.
- **Clam:** Harvested from sounds using hand rakes, or farm-raised by shellfish growers.
- **Grouper:** Caught in the ocean using hook-and-line gear.
- **Mackerel, Spanish:** Caught in the ocean and sounds using gill nets and hook-and-line gear.
- **Mahi-Mahi (or Dolphinfish):** Caught using hook-and-line gear in offshore ocean waters.
- **Oyster:** Farm-raised available year-round from shellfish growers.
- **Shrimp:** Harvested from the ocean, sounds and lower reaches of some rivers, using otter trawls, skimmer trawls and channel nets.
- **Snapper:** Caught in offshore ocean waters with rocky bottoms, using hook-and-line gear.
- **Tilefish:** Caught in offshore waters using hook-and-line gear.
- **Triggerfish:** Caught near reefs and rocks using hook-and-line gear.
- **Tuna, Yellowfin:** Caught in offshore ocean areas using hook-and-line gear.