

Quality Counts

Winter brings visions of oyster roasts and steaming bowls of clam chowder.

When selecting live oysters and clams, look for:

- Tightly closed shells; if open, they shut when tapped
 - Shells intact, moist
 - Mild Scent

Avoid:

- Gaping shells that do not shut when tapped
- Cracked, chipped, dry shells
 - Strong “fishy” odor

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.
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LOCAL
CATCH:
North
Carolina
Seafood
AvailabilitySM

Seasonal Choices For

WINTER

December, January and February

Local Catch: North Carolina Seafood AvailabilitySM

WINTER

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

- **Black Sea Bass:** Caught in the ocean using traps (pots) and hook-and-line gear.
- **Bluefish:** Caught in the ocean and sounds with gill nets.
- **Clam:** Harvested from sounds, or farm-raised by shellfish growers.
- **Croaker:** Caught with gill nets and trawls, largely in the ocean.
- **Flounder (Summer):** Caught offshore in the ocean with trawl nets.
- **Mackerel, King:** Caught using hook-and-line gear and gill nets.
- **Oyster:** Wild oysters harvested with tongs and dredges. Farm-raised available year-round.
- **Sea Trout, Grey (Weakfish):** Caught in the ocean with gill nets.
- **Sea Trout, Spotted:** Caught using gill nets.
- **Striped Bass:** Caught with gill nets, seines and trawls in the ocean and sounds.
- **Tuna, Bluefin:** Caught offshore using hook-and-line gear.