


CUESA



CULTIVATING A HEALTHY FOOD SYSTEM

Seafood Availability Chart

This chart represents seafood availability at the Ferry Plaza Farmers Market in San Francisco. Fishing seasons vary from year to year, depending on conditions and quotas. Some species are sustainably farmed. All species are on Monterey Bay Aquarium's Seafood Watch "best choices" or "good alternatives" list. This chart might not apply outside of Northern California. Learn more at www.cuesa.org.

 **Dark:** In season and caught or farmed locally in Northern California

 **Light:** In the market but preserved or not caught or farmed locally

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Clams	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Cod, Black	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Crab, Dungeness	Dark	Dark	Dark	Dark	Dark	Light	Light	Light	Light	Light	Light	Light
Halibut, California	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Lingcod	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Oysters	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Prawns	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Rock Fish	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Salmon, King (Chinook)	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Sanddabs, Pacific	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Sardines	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Seabass, White	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Squid	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Swordfish	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Tuna, Albacore (Tombo Ahi)	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light

Just like fruits and vegetables, seafood has seasons too. Make sure you're eating seafood that is sustainably caught or raised by following a few easy tips:

Ask questions: Ask where your seafood is from and if it is farmed sustainably. Letting your local restaurants and stores know that there is a demand for sustainable seafood will encourage them to source from fisheries with ecologically and environmentally sound practices.

Known your resources: Consult the Monterey Bay Aquarium's Seafood Watch list (seafoodwatch.org) to identify the best choices and which fish to avoid at the seafood counter, or use their Seafood Watch app for on-the-go information.

Support local fishermen: Fishermen rely on you, their local consumer base, to support their trade. While their prices may be higher than those at your average supermarket, the price tag reflects the true cost of maintaining a responsible fishing operation.



Photos from seafoodwatch.org

Please contact CUESA (Center for Urban Education about Sustainable Agriculture) at info@cuesa.org before reproducing or distributing this chart.