





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 farmed. All species are on Monterey Bay Aquarium's Seafood Watch "best choices" or "good alternatives" lists. This chart might not apply outside of Northern California. Learn more at www.cuesa.org.

 **Dark:** In season and caught or farmed locally in the 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

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Anchovies				Dark	Dark	Dark	Dark	Dark	Dark	Dark		
Ahi, Hawaiian	Light											
Catfish	Light											
Clams	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Cobia	Light											
Cod, Alaskan	Light											
Cod, Black	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Crab, Dungeness	Dark	Dark	Dark	Dark	Dark	Dark	Light	Light		Light	Dark	Dark
Crab, Blue Soft Shell					Light			Light				
Flounder	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Halibut, California	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Halibut, Alaskan			Light					Light			Light	
Lingcod	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Lobster	Light											
Mackerel	Light											
Mahi Mahi	Light											
Octopus	Light											
Opah, Hawaiian	Light											
Ono, Hawaiian	Light											
Oysters	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Pollack	Light											
Prawns, Gulf	Light											
Rock Fish	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Salmon, King (Chinook)	Light				Dark	Dark	Dark	Dark	Dark	Light		
Salmon, Sockeye					Light		Light					
Sanddabs, Pacific	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Sardines						Dark	Dark	Dark	Dark	Dark	Dark	
Scallops	Light						Light	Light		Light		
Seabass, White	Light			Dark	Dark	Dark	Dark	Dark	Dark	Dark	Light	
Shrimp, Wild	Light						Light			Light		
Sole, Petrale	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Sole, Rex	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Spot Prawns	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Squid	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
Steelhead Trout	Light							Light				
Swordfish	Dark	Dark					Light			Dark		Dark
Tilapia	Light									Light		
Tuna, Albacore (Tombo Ahi)	Light					Dark	Dark	Dark	Dark	Dark	Dark	Light