

New England Seafood Highlights



Gulf of Maine
Research Institute

WINTER



Pollock



Monkfish

Bay scallops, Sea scallops, Urchins

SPRING



Kelp



Squid

Halibut, Sea scallops, Soft-shell clams

SUMMER



Fluke



Black sea bass



Scup



Skate

Bluefish, Dogfish, Flounders, Haddock,
Monkfish, Redfish, Striped bass

FALL



White hake



Jonah crab



Oysters



Flounders

Bluefin tuna, Conch, Lobster, Mackerel,
Mussels, Quahogs, Razor clams, Tautog

These are not the *only* times of year to eat the seafood listed, but they are seasonal highlights that show off when these species are at their best quality, most flavorful, or caught in greatest abundance.

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Spotlighted here are the best times of year to eat certain local fish and shellfish. This is a snapshot - not a laundry list - of seafood seasons to get familiar with, in the same way you know to look for local tomatoes in the summer.

Specific season dates vary slightly year to year, so talk to your fishmonger for up-to-date availability. We encourage you to serve local seafood year-round!

Seasonality tips:

- Many species that are abundant in the summer are even more delicious in the fall as fish and shellfish fatten up for winter. Fall is a fantastic time for fish!
- Ask about frozen local seafood products to extend seasonal availability.
- Can't find enough product to feature a local species year-round? Consider where you have flexibility and alternate where you source from - buying local when possible makes a difference.
- Communication is key! Develop a strong relationship with your seafood supplier.



Have questions about seafood seasonality? Reach out! Scan the QR code, or visit these websites:

gmri.org/seafood
mainecoastfishermen.org
capecodfishermen.org