## Why Virginia Seafood?

Virginia boasts some of the most biologically diverse waterways in the country, which makes the state one of the country's top seafood producers. From the Chesapeake Bay to the Atlantic Ocean, 11,000 Virginians work on the water to bring over 80 species of delicious fish to the global table every day.



VIRGINIA INSTITUTE OF MARINE SCIENCE





This guide is based on the 2018 Sustainability Matrix provided by the Virginia Institute of Marine Science.

Created in Partnership by

## VIRGINIA SEAFOOD GUIDE

First Edition

### Sustainability in Virginia

While Virginia's waters host an abundant number of fish today, there are measures in place to ensure Virginia seafood remains on tomorrow's menu. Marine scientists, fishery managers, and seafood producers provide scientific data that helps the Virginia Marine Resources Commission (VMRC) assess current fish stocks and set regulations to maintain the overall health of Virginia's fisheries. The VMRC also works with regional and federal agencies to ensure that fish who might migrate through Virginia's waters are a part of cooperative, well-managed fisheries and that seafood is sustainable and safe for consumption.

To find out more about sustainability in Virginia's fisheries, visit VirginiaSeafood.org.

## **CRABS**

#### Blue Crab 🛞

• Market Names: hard-shell crab, soft-shell crab • Sold whole, live, or steamed. Crabmeat is available fresh, frozen, and pasteurized.



#### Red Crab 🛞

• Sold live, whole frozen, cooked, or raw, in frozen clusters, or as leg meat and body meat. Claw fingers are to snap and eat.

## Seafood Guide

This guide is designed to help you identify seasonal and sustainable seafood caught or raised in Virginia's waters, whether you're cooking at home or ordering from a restaurant menu.

Buying seafood locally means putting freshcaught seafood back on your plate while supporting the regional economy. Try Virginia sustainable seafood and taste what's good.

VirginiaSeafood.org



• Market Names: catfish. blue cat Sold as fresh or frozen steaks, filets, and whole.



Spot Ŵ · Sold fresh, whole, or dressed. Occasionally frozen.



Spiny Dogfish (W) • Market Names: cape shark, spurdog, piked dogfish, chip fish, chip shark

• Sold as filets or whole, fresh and frozen.



#### Striped Bass (W)

• Market Names: rockfish, striper, bass, linesides • Sold as filets or whole, fresh and frozen.

#### Croaker (W)

• Usually sold whole, but larger fish are available that can be filleted.

> Also known as the "talking fish," croakers emit a croaking sound, both in the water and when caught.



Monkfish

Bluefish

Black Sea Bass Northern Puffer

• Market Names: fluke, northern fluke, plaice • Sold fresh or frozen, whole or as filets. Often available stuffed or breaded. Catch method is a factor in determining sustainability

## SHELLFISH



Eastern Oyster (W) (A)

Market Name: American oyster

• Sold live in the shell at approximately 3" market size. Freshly shucked oysters can be large "counts" to the small "standards" and sold in pints, quarts, or gallons, or sold frozen.



The salinity levels of Virginia waters (from the fresh water of the Appalachian Mountain Range to the salt water of the Atlantic Ocean) creates varied tastes for Virginia oysters based on the region.

## Sea Scallop 🛞

 Market Names: giant scallop, scallop • Sold by count per pound.



• Market Names: northern guahog, hardshell clam, littleneck clams Sold live in shell, fresh-shucked, canned, and frozen.

Often added to other products like sauces and soups.

#### Channeled Whelk W • Market Names: conch, scungilli • Sold fresh or frozen by the pound.



#### SHELLFISH

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Eastern Oyster												
Sea Scallop												
Hard Clam												
Channeled Whelk												

~	CRABS	FINFISH					
SEASONALITY	Blue Crab	Blue Catfish Spot	J F M A M J J A				
	Wild caught Aquaculture	Spiny Dogfish Striped Bass Croaker					

# Bluefish W

SOND

FINFISH

• Market Names: tailor (often refers to smaller bluefish), snapper · Sold fresh as filets, whole, salted, dried, smoked, and as pâté.

The puffer picks up its sugar toad name because of the sweet

taste of its meat and because its skin is covered with small

spines that look like the fish has been sprinkled with sugar.

Monkfish W

• Market Names: sea bass, blackfish, rock bass, tallywag

• Sold as fillets or whole, can usually be found frozen

• Sold fresh or frozen as a filet, whole, or dressed.

• Market Names: goosefish, American angler

• Sold whole, or as fresh and frozen tail

filets with or without skin.

Black Sea Bass 🛞

Northern Puffer (W)

• Market Name: sugar toad

vear round.

#### Summer Flounder

J F M A M J J A S O N D

Summer Flounder



Hard Clam (W) (A)