

## Quality Counts

Autumn is an important finfish season along our coast.

### Select fresh finfish with:

- Firm, elastic flesh
- Bright red gills, if present
- Scales adhering tightly to skin

### Avoid:

- Cloudy, sunken eyes
  - Bruised flesh, dry or brown edges
    - Slimy skin surface
  - Sour, ammonia-like odor
- Raw fish should never be displayed next to cooked fish.*

To find a North Carolina seafood market, go to: [www.nc-seafood.org](http://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](http://www.ncdmf.net/stocks)
- U.S. sustainable fisheries efforts, [www.fishwatch.noaa.gov](http://www.fishwatch.noaa.gov)
- A community seafood program, [www.carteretcatch.org](http://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](http://www.ncseagrant.org).



NORTH CAROLINA  
AQUARIUMS

Inspiring conservation of  
our aquatic environments.

[www.ncaquariums.com](http://www.ncaquariums.com)



[www.nc-seafood.org](http://www.nc-seafood.org)



Marine research and outreach link  
universities to coastal communities.  
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LOCAL  
CATCH:  
North  
Carolina  
Seafood  
Availability<sup>SM</sup>

Seasonal Choices For

**AUTUMN**

September, October and November

# Local Catch: North Carolina Seafood Availability<sup>SM</sup>

## AUTUMN

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

- **Black Sea Bass:** Caught in the ocean using traps (pots) and hook-and-line gear.
- **Blue Crab (Hard):** Caught in rivers and sounds using wire pots and trawl nets.
- **Clam:** Harvested from sounds, or farm-raised by shellfish growers.
- **Croaker:** Caught with gill nets and trawls, largely in the ocean.
- **Flounder (Southern):** Caught in sounds with gill nets and pound nets.
- **Mackerel, King:** Caught using hook-and-line gear and gill nets.
- **Mackerel, Spanish:** Caught in the ocean and sounds using gill nets and hook-and-line gear.
- **Mullet:** Caught using gill nets and seine nets from ocean beaches and sounds.
- **Oyster:** Wild oysters harvested with tongs and dredges. Farm-raised available year-round.
- **Sea Trout, Spotted:** Caught using gill nets.
- **Shrimp:** Harvested from the ocean, sounds and lower reaches of some rivers, using otter trawls, skimmer trawls and channel nets.
- **Snapper and Grouper:** Caught in the ocean using hook-and-line gear.
- **Spot:** Caught using gill nets in sounds and in the ocean.
- **Striped Bass:** Caught with gill nets, seines and trawls in the ocean and sounds.
- **Tuna, Yellowfin:** Caught offshore using hook-and-line gear.