Did you know?

WDFW manages Washington’s commercial seafood industry to provide sustainable access for all Washington residents.

Washington’s commercial seafood industry employs 41,000 people in living-wage jobs.

Seafood is brain food - a healthy part of your diet.

Local WA seafood in markets near you*

- **Dungeness Crab** Jan. - Sept.
- **Prawn** April - Oct.
- **Pink Shrimp** April - Oct.
- **Tuna** July - Oct.
- **Halibut** March - July
- **Columbia, Coastal Salmon** Feb. - Oct.
- **Puget Sound Salmon** Aug. - Nov.
- **Groundfish/Bottomfish/ Rockfish** Year-round
- **Scallops** Nov. - April

*Dates indicate when commercial harvest is occurring, and fresh, local seafood is in stores near you. Premium frozen seafood products can also be found year round.
One-Dish Rockfish

5 c. spinach
2 (6 oz.) fillets rockfish
10 cherry tomatoes, halved
1/2 c. vegetable broth
2 T. minced dill
1/4 t. garlic powder
1/2 t. lemon pepper
1/4 t. onion powder
2 slices lemon
2 slices onion
1 t. butter
Salt and paper to taste

• Preheat oven to 400 degrees.
• Layer spinach on the bottom of a 2 quart baking dish. Lay rockfish on top. Scatter tomatoes around the fish. Pour the broth into the dish.
• Season the fillet with dill, garlic powder, lemon pepper, onion powder, salt and pepper.
• Place the lemon, onion, and butter on the rockfish. Cover entire dish with aluminum foil.
• Bake until fish flakes easily, 20-25 mins.

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