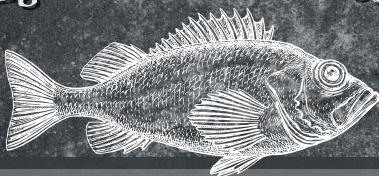




Washington's Commercial Seafood



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.

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.



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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