



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. - Nov.
Puget Sound Salmon	Aug. - Nov.
Groundfish/Bottomfish/	Year-round
Rockfish	
Scallops	Nov. - April

*Dates indicate when commercial harvest is occurring and in stores near you. Premium frozen seafood products can also be found throughout the year.

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.



Cajun Salmon

1 T. extra-virgin olive oil
4 4-oz. fillets salmon
3 t. Cajun seasoning
2 T. butter
3 cloves minced garlic
1/3 c. chicken or vegetable broth
Juice of one lemon
1 T. honey
1 T. freshly chopped parsley
2 T. grated parmesan

- Heat oil in skillet over medium-high heat.
- Season salmon with 2 t. Cajun seasoning and add to skillet skin-side up.
- Cook about 6 minutes, then flip and cook 2 minutes or until golden color. Transfer to plate.
- Add all other ingredients to skillet including remaining Cajun seasoning. Bring mixture to a simmer.
- Reduce heat to medium and add salmon back to skillet. Cook 3 more minutes or until sauce has reduced and salmon is cooked through.



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