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. - 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.
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.
• Cool 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.