

# TRULY SUSTAINABLE CHOICES

What you buy and when you buy makes an enormous difference to our oceans. The sources below not only come from healthy fisheries, but they are also caught with the strictest standards of catch methods. These methods we have chosen do not deplete the resource, take unwanted by-catch or harm habitats. As the seasons change so should our buying habits; intelligent management of each fishery is based upon scientific evidence of how much each one can yield. Choosing fish that is in-season gives each species the time to fully recover from our demands for food.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
					CALIFORNIA ALBACORE TUNA						
					CALIFORNIA ANCHOVIES						
					CLAMS (FARMED ONLY)						
					BLACK COD (TRAP CAUGHT & SET LINE ONLY)						
	CALIFORNIA DUNGENESS CRAB										
					ALASKAN HALIBUT						
					CALIFORNIA HALIBUT (ROD & REEL ONLY)						
									CALIFORNIA SPINY LOBSTER		
					MUSSELS (FARMED ONLY)						
					OYSTERS (FARMED ONLY)						
					LOUISIANA GULF PRAWNS (F/V ANNA MARIA - OF THE WHITE BOOT BRIGADE)						
					CALIFORNIA NEARSHORE ROCK FISH (ROD & REEL ONLY)						
					ALASKAN KING SALMON						
					CALIFORNIA SARDINES						
					CALIFORNIA SAND DABS (F/V MR. MORGAN ONLY)						
					CALIFORNIA WHITE SEABASS (ROD & REEL ONLY)						
					OREGON BAY SHRIMP						
					CALIFORNIA SQUID						
					CALIFORNIA WHITE STURGEON (FARMED ONLY)						
									CALIFORNIA SWORDFISH (HARPOON ONLY)		
					ECUADORIAN TILAPIA (FARMED ONLY)						
					CALIFORNIA TROUT (McFARLAND SPRINGS FARM ONLY)						

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ASK YOUR FISH MONGER HOW THE FISH YOU BUY ARE CAUGHT, AND SUPPORT YOUR LOCAL FISHER FOLK DEDICATED TO SUSTAINABLE PRACTICES.