

# Smart. Seafood Locator.

Cleaner, Greener, and Safer Seafood Substitutes  
**2010**



[www.EatWellGuide.org](http://www.EatWellGuide.org)

**food&waterwatch**

[www.FoodandWaterWatch.org](http://www.FoodandWaterWatch.org)

### Welcome smart buyer to the Smart Seafood Locator.

Use our Smart Seafood Locator to find savory, safer and more sustainable seafood. You can download this guide or search our online locator by:

- your location
- seafood type you want
- seafood seller name

Food & Water Watch is asking restaurateurs and chefs to provide consumers with the best seafood options available, and to:

- buy and serve local seafood as often as possible
- reduce reliance on imported fish products
- accurately label seafood, including country of origin
- promote seafood that is:

- cleaner – using fishing gear with lower bycatch and habitat impacts;
- greener – produced through more ecologically sustainable methods;
- safer – contains fewer contaminants and health risks

Our goal is to help you find sustainable seafood to prepare in delicious meals that will get rave reviews. To help you, Food & Water Watch has created the Smart Seafood Locator by partnering with Eat Well Guide®, a free online directory of thousands of family farms, restaurants and other outlets for fresh, locally grown food.

Find great tasting recipes and more information about sustainable seafood by visiting:

[www.foodandwaterwatch.org/fish/seafood](http://www.foodandwaterwatch.org/fish/seafood)

or contact us at [fish@fwwatch.org](mailto:fish@fwwatch.org)

### About Food & Water Watch and Eat Well Guide:

**Food & Water Watch**, a nonprofit consumer organization based in Washington, D.C., works to ensure clean water and safe food in the United States and around the world. We challenge the corporate control and abuse of our food and water resources by empowering people to take action and transforming the public consciousness about what we eat and drink. For more information, visit [www.foodandwaterwatch.org](http://www.foodandwaterwatch.org).

**Eat Well Guide** is a free online directory of thousands of family farms, restaurants, and other outlets for fresh, locally grown food. Originally a database of sustainably-raised meat and dairy producers, its listings have expanded to include farmers' markets, CSA programs, partner organizations, water-conscious ratings and vegetarian eateries. Visitors can search by location, keyword or category to find good food, download customized guides, or plan a trip with the innovative mapping tool [Eat Well Everywhere](#). Eat Well is also home to [The Green Fork blog](#) and the free print and online book [Cultivating the Web: High Tech Tools for the Sustainable Food Movement](#).

## 2010 guide: online shopping



### **Seafood, Inc.**

63275 Charleston Rd., PO Box 5022, Charleston, OR 97420

Tel: 541-888-9302

Fax: 866-646-6439

Contact: Marvin

[sales@seafoodinc.com](mailto:sales@seafoodinc.com)

<http://www.seafoodinc.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Seafood, Inc. offers dungeness and king crabs.

**Products / Methods:** pacific halibut, wild-caught crab, crab, wild-caught pacific halibut, wild-caught black cod - sablefish, black cod - sablefish

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### **Dubberly's Seafood**

214 Vernonburg Ave, Savannah, GA 31419

Tel: 912-925-6433

Fax: 912-925-4361

Contact: Frank Dubberly or Linda Dubberly-Whiddon

sweetsavshrimp@aol.com

<http://www.sweetsavannahshrimp.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Dubberly's Seafood offers Georgia white and brown wild-caught shrimp.

**Products / Methods:** wild-caught Shrimp, Shrimp

### **Loki Fish Co**

3919 18th Ave W, Seattle, WA 98119

Tel: 206-938-3975

Contact: Hing Ng

gowild@lokifish.com

<http://lokifish.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

### **Louisiana Foods**

4410 West 12th Street, Houston, TX 77055

Tel: 713-957-3474

<http://www.louisianafoods.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut, farmed oysters, oysters, wild-caught crab, tilapia, crab, farmed catfish, catfish, farmed tilapia

### **M. Slavin and Sons, Ltd.**

New Fulton Fish Market, 800 Food Center Dr., Bronx, NY 10474

Tel: 718-732-4800

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Fax: 718-732-4873

Contact: Herb Slavin, Robert Katlowitz

[MSlavin@newfultonfishmarket.com](mailto:MSlavin@newfultonfishmarket.com)

<http://www.mslavin.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: M. Slavin and Sons offers soft-shell clams. See the following website for information on the location of this vendor within the New Fulton Fish Market:  
[http://www.newfultonfishmarket.com/wholesalers/M\\_Slavin.htm](http://www.newfultonfishmarket.com/wholesalers/M_Slavin.htm)

**Products / Methods:** diver-caught or day boat scallops, scallops, farmed oysters, oysters, mussels, farmed mussels, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, wild-caught crab, hand-raked clams, crab, clams, farmed clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, Shrimp, farmed Shrimp, wild-caught Shrimp

### **Northern Lights Seafood**

8352 West Main Street, Marshall, VA 20115

Tel: 540-364-7444

Contact: Debbie

[nlseafood@earthlink.net](mailto:nlseafood@earthlink.net)

<http://www.nlseafood.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught Shrimp, Shrimp, wild-caught wreckfish, wreckfish, wild-caught pacific halibut, pacific halibut, wild-caught pacific cod, pacific cod, clams, hand-raked clams, wild-caught black cod - sablefish, black cod - sablefish

### **Pisacane Midtown Fish and Seafood**

940 First Ave, New York, NY 10022

Tel: 212-355-1850

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** Shrimp, diver-caught or day boat scallops, scallops, farmed oysters, oysters, mussels, farmed mussels, trap or pot lobster, wild-caught pacific halibut, lobster, pacific

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halibut, hand-raked clams, clams, farmed clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, wild-caught Shrimp

### **Sea Breeze Inc.**

541 9th Avenue, #1, New York, NY 10018  
Tel: 212-563-7537

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Sea Breeze, Inc. offers soft-shell clams.

**Products / Methods:** pole or hook-and-line mahi-mahi, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, pole or hook-and-line haddock, haddock, wild-caught crab, crab, hand-raked clams, farmed clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, mussels, farmed mussels, oysters, farmed oysters, scallops, diver-caught or day boat scallops, Shrimp, wild-caught Shrimp

### **Sea Harvest**

598 Foam St, Monterey, CA 93940  
Tel: 831-646-0547  
Fax: 831-646-0156  
Contact: Richard and Daniel Deyerle  
[http://ca-seafood.ucdavis.edu/csc\\_org/producer/seaharve.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/seaharve.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **Tony's Smokehouse & Cannery, Inc.**

1316 Washington Street, Oregon City, OR 97045  
Tel: 503-656-7512  
Contact: Greg or Elizabeth Petrich  
<http://www.tonyssmokehouse.com>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options, or seafood caught using a number of different catch methods).

Please note: Tony's Smokehouse offers Alaskan salmon in two forms - smoked canned, and fresh

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canned; they carry albacore tuna; they offer both Pacific dungeness and Alaska king crab; and their black cod comes in two forms - smoked canned, and fresh canned.

**Products / Methods:** black cod - sablefish, farmed mussels, mussels, wild-caught crab, crab, farmed clams, clams, wild-caught salmon, salmon, hook-and-line Pacific albacore tuna, Pacific albacore tuna, wild-caught black cod - sablefish

### **Westside Fish Market**

774 Amsterdam Ave, New York, NY 10025

Tel: 212-932-2942

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** diver-caught or day boat scallops, scallops, oysters, farmed oysters, pole or hook-and-line mahi-mahi, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, pole or hook-and-line haddock, haddock, wild-caught crab, crab, hand-raked clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, tilapia, farmed tilapia, Shrimp, wild-caught Shrimp

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### **A and H Gourmet and Seafood Market**

4960 Bethesda Ave, Bethesda, MD 20814

Tel: 301-986-9692

Fax: 301-656-4985

info@anhmarket.com

<http://www.anhmarket.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: A and H Gourmet and Seafood Market offer Pacific spiny lobster.

**Products / Methods:** pot-caught spot prawns, spot prawns, scallops, farmed oysters, oysters, farmed mussels, mussels, trolled mahi-mahi, mahi-mahi, lobster, trap or pot lobster, wild-caught pacific halibut, pacific halibut, wild-caught pacific cod, pacific cod, hand-raked clams, clams, farmed clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish

### **H and H Fresh Fish**

Santa Cruz, CA

Tel: 831-461-1576

Contact: Hans, or Heidi

info@hhfreshfish.com

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: This vendor has a rotating schedule of 8 different farmer's markets from Monterey to the East Bay. See their website for details.

**Products / Methods:** wild-caught crab, crab, wild-caught black cod - sablefish, black cod - sablefish, pacific cod, wild-caught pacific cod, pacific halibut, wild-caught pacific halibut

### **Santa Barbara Fish Market**

117 Harbor Way # A, Santa Barbara, CA 93109

Tel: 805-965-9564

Fax: 805-963-7456

info@sbfish.com

<http://www.sbfish.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some

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suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Santa Barbara Fish Market offers Pacific dungeness crab.

**Products / Methods:** mussels, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, farmed clams, clams, farmed mussels, oysters, farmed oysters, Shrimp, wild-caught Shrimp

### **A and H Gourmet and Seafood Market**

4960 Bethesda Ave, Bethesda, MD 20814

Tel: 301-986-9692

Fax: 301-656-4985

info@anhmarket.com

<http://www.anhmarket.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: A and H Gourmet and Seafood Market offer Pacific spiny lobster.

**Products / Methods:** pot-caught spot prawns, spot prawns, scallops, farmed oysters, oysters, farmed mussels, mussels, trolled mahi-mahi, mahi-mahi, lobster, trap or pot lobster, wild-caught pacific halibut, pacific halibut, wild-caught pacific cod, pacific cod, hand-raked clams, clams, farmed clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish

### **Alaska Gold Seafood Producer's Cooperative**

2875 Roder Ave, Bellingham, WA 98225

Tel: 360-733-0120

Fax: 360-733-0513

spc@spcsales.com

<http://www.spcsales.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** black cod - sablefish, wild-caught black cod - sablefish, pacific halibut, wild-caught pacific halibut, sustainable seafood

### **Amor Nino Foods, Inc**

1928 Home Rule St, Honolulu, HI 96819

Tel: 808-845-1711

Contact: Amor Nino, Owner

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: Amor Nino Foods offers smoked Alaskan salmon.

**Products / Methods:** wild-caught salmon, salmon

### **Bay Center Farms**

306 Dike Road, Bay Center, WA 98586

Tel: 888-905-9079

seafood@baycenterfarms.com

<http://www.baycenterfarms.com/index.html>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** farmed oysters, oysters, farmed clams, clams

### **Bay Ocean Seafood Co.**

P.O. Box 348, Garibaldi, OR 97118

Tel: 503-322-3316

Fax: 503-322-0049

jeffprincehouse@yahoo.com

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Bay Ocean Seafood Co. offers Pacific pink shrimp.

**Products / Methods:** wild-caught Shrimp, Shrimp

### **Bay's Best Seafood**

P.O. Box 148, Grasonville, MA 21638

Tel: 800-527-9899

Fax: 410-827-5049

info@baysbestseafood.com

[http://www.baysbestseafood.com/our\\_products.htm](http://www.baysbestseafood.com/our_products.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Bay's Best Seafood offers Pacific cod.

**Products / Methods:** wild-caught Shrimp, Shrimp, scallops, diver-caught or day boat scallops, farmed mussels, mussels, wild-caught pacific cod, pacific cod, farmed clams, clams, farmed catfish, catfish

### **Bayou Foods**

949 Industry Road, Kenner, LA 90062

Tel: 504-469-1745

Fax: 504-469-1852

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** farmed Shrimp, Shrimp, farmed crawfish, crawfish, farmed catfish, catfish, wild-caught Shrimp

### **Bell Foods**

134 Brookhollow Esplanade, Harahan, LA 70123

Tel: 504-837-2355

Fax: 504-837-2365

Contact: Shane Nicaud Sr.

sn@bellfoods.net

<http://www.bellfoods.net>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught Shrimp, Shrimp, lobster, trap or pot lobster, farmed crawfish, crawfish, farmed catfish, catfish

### **Bill Webb**

Pillar Point Pier, Half Moon Bay, CA 94019

Tel: 925-757-8615

Contact: Bill Webb

<http://www.ifrfish.org/where/san-francisco-bay-area>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: This vendor sells directly off the boat.

**Products / Methods:** wild-caught Shrimp, Shrimp, wild-caught crab, crab, spot prawns, pot-caught spot prawns

### **Bornstein Seafood**

## 2010 guide: wholesale



1001 Hilton Avenue, Bellingham, WA 98225  
Tel: 503-325-6164  
Fax: 503-325-0403  
doug@bornstein.com  
<http://www.bornstein.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Bornstein Seafood offers Pacific pink wild shrimp, and they carry Dungeness crab.

**Products / Methods:** wild-caught sardines, sardines, wild-caught salmon, salmon, wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, Shrimp, wild-caught Shrimp, Pacific albacore tuna, hook-and-line Pacific albacore tuna

### **Bornstein Seafood**

9 Portway Street , Astoria, OR 97103  
Tel: 503-325-6164  
Fax: 503-325-0403  
doug@bornstein.com  
<http://www.bornstein.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Bornstein Seafood offers Pacific pink wild shrimp, and they carry local Dungeness crab.

**Products / Methods:** wild-caught sardines, sardines, wild-caught salmon, salmon, wild-caught crab, crab, Shrimp, wild-caught Shrimp, Pacific albacore tuna, hook-and-line Pacific albacore tuna

### **Bornstein Seafoods**

761 SW Bay Boulevard, Newport, OR 97365  
Tel: 503 325 6164  
Contact: Christa Ssenon  
christa@bornstein.com  
<http://www.bornstein.com/index.php/wholesale>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options, or seafood caught using a number of different catch methods). Please note: Bornstein Seafoods carries Oregon pink shrimp, they offer Dungeness crab, and their Pacific salmon is hook-and-line caught.

**Products / Methods:** Shrimp, wild-caught sardines, sardines, wild-caught salmon, wild-caught crab, salmon, crab, wild-caught pacific cod, pacific cod, wild-caught black cod - sablefish, black cod - sablefish, wild-caught Shrimp, Pacific albacore tuna, hook-and-line Pacific albacore tuna

### **Brady's Oysters**

3714 Oyster Place E, Aberdeen, WA 98520

Tel: 800-572-3252

ship@bradysoysters.com

<http://www.bradysoysters.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** farmed oysters, oysters

### **Brown's Fish Farm and Supply**

9374 Cottonwood Wash Road, Pima, AZ 85543

Tel: 928-485-9385

Contact: Eddie Brown

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** farmed tilapia, tilapia, farmed catfish, catfish

### **Caito Fisheries**

PO Box 1370, Ft. Bragg, CA 95437

Tel: 707-964-6368

Fax: 707-964-6439

Contact: Jim Caito

caitofish@mcn.org

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Caito Fisheries carries dungeness crab.

**Products / Methods:** wild-caught crab, crab, wild-caught black cod - sablefish, black cod - sablefish, pacific halibut, wild-caught pacific halibut

### **Cannon Fish**

215 W Harrison St., Suite 200, Seattle, WA 98119  
Tel: 206-281-9322  
Fax: 206-281-1644  
<http://www.cannonfish.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Cannon Fish offers dungeness crab.

**Products / Methods:** wild-caught pacific halibut, pacific halibut, wild-caught crab, crab

### **Carvalho Fisheries**

1585 Heartwood Drive, Suite F, McKinleyville, CA 95519  
Tel: 707-839-3270  
Fax: 707-839-3270  
Contact: William Carvalho  
[http://ca-seafood.ucdavis.edu/csc\\_org/producer/carvalho.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/carvalho.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught black cod - sablefish, black cod - sablefish

### **Catalina Offshore Products**

5202 Lovelock St., San Diego, CA 92110  
Tel: 619-297-9797  
Fax: 619-297-9799  
Contact: Dave Rudie  
[dave@catalinaop.com](mailto:dave@catalinaop.com)  
<http://www.catalinaop.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Catalina Offshore Products offers Pacific spiny lobster.

**Products / Methods:** trap or pot lobster, lobster

### **Central Coast Seafood, Inc**

5495 Traffic Way, Atascadero, CA 93422

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Tel: 800-273-4741  
Fax: 805-466-6613  
ccsf@thegrid.net  
<http://www.ccseafood.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Central Coast Seafood, Inc offers Pacific dungeness crab.

**Products / Methods:** wild-caught crab, crab, farmed clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, lobster, trap or pot lobster, oysters, farmed oysters, pacific cod, wild-caught pacific cod, pacific halibut, wild-caught pacific halibut, scallops, diver-caught or day boat scallops

### **Chesapeake Fish Co, Inc**

535 Harbor Lane, San Diego, CA 92101  
Tel: 619-238-0526  
Fax: 619-237-1753

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **Cove Mussel Company**

PO Box 745, Marshall, CA 94940  
Tel: 415-663-9307  
Contact: Scott Zahl

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** farmed oysters, oysters, farmed mussels, mussels

### **Critter Runners**

2611 Shorewick, Highlands, TX 77562  
Tel: 281-426-3741  
Contact: Vince Slorio

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[critterrunner@critterrunners.com](mailto:critterrunner@critterrunners.com)  
<http://critterrunners.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** Shrimp, wild-caught Shrimp, farmed crawfish, crawfish, wild-caught crab, crab

### **Dan Stuckey**

Pillar Point Pier, Half Moon Bay, CA 94019  
Tel: 650-726-8724  
<http://www.ifrfish.org/where/san-francisco-bay-area>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: This vendor sells directly off the boat.

**Products / Methods:** pacific halibut, wild-caught pacific halibut, wild-caught crab, crab, sustainable seafood

### **Del Mar Seafoods, Inc**

PO Box 5969 , Salinas, CA 93915  
Tel: 831-753-5100  
Fax: 831-753-5111  
Contact: Joe Cappuccio  
[dmsquid@aol.com](mailto:dmsquid@aol.com)  
[http://ca-seafood.ucdavis.edu/csc\\_org/producer/delmarse.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/delmarse.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught Shrimp, Shrimp

### **Desert Sweet Shrimp**

45075 S Old Highway 80, Gila Bend, AZ 85337  
Tel: 623-393-0136  
[shrimp@desertsweetshrimp.com](mailto:shrimp@desertsweetshrimp.com)  
<http://www.desertsweetshrimp.com/index.html>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Desert Sweet Shrimp specializes in Pacific white farmed shrimp.

**Products / Methods:** farmed Shrimp, Shrimp

### **DiCarlo Seafood Co**

842 N. Pioneer Avenue, Wilmington, CA 90744

Tel: 310-830-3460

Fax: 310-830-1064

[pdicarlo@dicarloseafood.com](mailto:pdicarlo@dicarloseafood.com)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **Dubberly's Seafood**

214 Vernonburg Ave, Savannah, GA 31419

Tel: 912-925-6433

Fax: 912-925-4361

Contact: Frank Dubberly or Linda Dubberly-Whiddon

[sweetsavshrimp@aol.com](mailto:sweetsavshrimp@aol.com)

<http://www.sweetsavannahshrimp.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Dubberly's Seafood offers Georgia white and brown wild-caught shrimp.

**Products / Methods:** wild-caught Shrimp, Shrimp

### **Eskimo Candy Oahu, Inc.**

3100 Ualena St, Honolulu, HI 96819

Tel: 808-879-5686

Fax: 808-874-0504

Contact: Chris or Ashley

[eskimo@maui.net](mailto:eskimo@maui.net)

<http://www.eskimocandy.com>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: Eskimo Candy offers Pacific dungeness crab and Alaska king crab, and their lobster is sourced from traps in Maine. Their shrimp is Pacific pink wild, and their tilapia is farmed in the U.S.

**Products / Methods:** diver-caught or day boat scallops, scallops, wild-caught salmon, salmon, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught crab, crab, wild-caught black cod - sablefish, black cod - sablefish, tilapia, farmed tilapia, Shrimp, wild-caught Shrimp

### **Eureka Fisheries Inc**

P.O. Box 217, Eureka, CA 95501

Tel: 707-443-1673

Fax: 707-443-7952

Contact: Peter Hall

efi@humboldt1.com

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** black cod - sablefish, sustainable seafood, wild-caught black cod - sablefish

### **Exclusive Fresh**

PO Box 308, El Granada, CA 94018

Tel: 650-728-7321

Fax: 650-728-7372

Contact: Phil Bruno

frshfish@pacbell.net

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: This vendor sells directly off the boat.

### **FishGuy Market**

4423 N Elston Ave, Chicago, IL 60630

Tel: 773-283-7400

Contact: Bill Dugan

bill@fishguy.com

<http://fishguy.com/catch.htm>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut, pole or hook-and-line haddock, haddock, wild-caught crab, crab, farmed clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, lobster, trap or pot lobster, mussels, farmed mussels, oysters, farmed oysters, scallops, diver-caught or day boat scallops, Shrimp, wild-caught Shrimp

### **Fishhawk Fisheries**

P.O. Box 715, Astoria, OR 97103

Tel: 503-325-5252

Fax: 503-325-8786

Contact: Steve Fick

[fishhawk@ideal.web.com](mailto:fishhawk@ideal.web.com)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Fishhawk Fisheries offers Pacific pink shrimp.

**Products / Methods:** wild-caught Shrimp, Shrimp

### **Fortune Fish Company**

1068 Thorndale Ave, Bensenville, IL 60106

Tel: 630-860-7100

Fax: 630-860-7400

Contact: Mark Palicki

[info@fortunefishco.net](mailto:info@fortunefishco.net)

<http://www.fortunefishco.net/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** farmed oysters, oysters, farmed mussels, mussels, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, pole or hook-and-line haddock, haddock, wild-caught crab, crab, farmed clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, scallops, diver-caught or day boat scallops, wreckfish, wild-caught wreckfish, Shrimp, farmed Shrimp, wild-caught Shrimp

### **Fresh Island Fish Co.**

1135 N. Nimitz Hwy , Honolulu, HI 96817

Tel: 808-831-4911

Fax: 808-836-8762

Contact: Bruce Johnson, Owner

info@freshislandfish.com

<http://www.freshislandfish.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** mahi-mahi, trolled mahi-mahi

### **Garden & Valley Island Seafood, Inc**

225 N. Nimitz Hwy #3, Honolulu, HI 96817

Tel: 808-524-4847

Fax: 808-528-5590

Contact: Nigel

sales@ceascrabbpak.com

<http://www.gvisfd.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: The snapper offered by Garden & Valley Isle Seafood, Inc is gray (mangrove) snapper.

**Products / Methods:** farmed clams, trolled mahi-mahi, mahi-mahi, clams, wild-caught snapper, snapper

### **Golden Ocean Seafood**

2355 S Blue Island Ave, Chicago, IL 60608

Tel: 773-0847-1700

Fax: 773-847-1717

info@goldenoceanseafood.com

<http://goldenoceanseafood.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Golden Ocean Seafood's mahi and Pacific halibut are by

advance order only.

**Products / Methods:** Shrimp, trolled mahi-mahi, mahi-mahi, wild-caught pacific halibut, pacific halibut, wild-caught pacific cod, pacific cod, farmed Shrimp, wild-caught Shrimp

### **H and H Fresh Fish**

Santa Cruz, CA  
Tel: 831-461-1576  
Contact: Hans, or Heidi  
info@hhfreshfish.com

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: This vendor has a rotating schedule of 8 different farmer's markets from Monterey to the East Bay. See their website for details.

**Products / Methods:** wild-caught crab, crab, wild-caught black cod - sablefish, black cod - sablefish, pacific cod, wild-caught pacific cod, pacific halibut, wild-caught pacific halibut

### **Hallmark Fisheries**

63276 Charleston Ave, P.O. Box 5390, Charleston, OR 97420  
Tel: 541-888-3253  
Fax: 541-888-6814  
Contact: Jack Emmons or Judi Houston  
hallmark.fisheries@verizon.net OR hallmark@harbor  
<http://www.hallmarkfisheries.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Hallmark Fisheries offers Pacific pink shrimp and dungeness crab.

**Products / Methods:** wild-caught Shrimp, Shrimp, wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, wild-caught black cod - sablefish, black cod - sablefish

### **Halm's Enterprises, Inc**

Diamond Head Seafood  
966 Robello Ln, Honolulu, HI 96817  
Tel: 808-832-9500  
Contact: Michael Yunimaro

mikey@diamondheadseafood.com

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: Halm's Seafood, Inc offers wild Pacific dungeness crab and Alaskan king crab, Maine and spiny lobster, Alaskan salmon, and Pacific market squid.

**Products / Methods:** wild-caught squid, wild-caught sardines, sardines, wild-caught salmon, salmon, farmed oysters, oysters, farmed mussels, mussels, trolled mahi-mahi, pole or hook-and-line mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, crawfish, farmed crawfish, squid, wild-caught crab, crab, wild-caught pacific cod, pacific cod, farmed clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, Shrimp, farmed Shrimp, wild-caught Shrimp, Barramundi, farmed Barramundi, spot prawns, pot-caught spot prawns

### **Harlon's Louisiana Fish**

P.O. Box 486, Kenner, LA 70063

Tel: 504-467-3809

Fax: 504-466-1504

Contact: Harlon Pearce

nolah@aol.com

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught Shrimp, Shrimp, wild-caught snapper, wild-caught pompano, snapper, pompano, farmed crawfish, crawfish, farmed catfish, catfish

### **Hog Island Oyster Co.**

20215 Highway 1, Marshall, CA 94940

Tel: 415 663 9218

Contact: John Finger

farm@hogislandoysters.com, john@hogislandoysters.c

<http://hogislandoysters.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** oysters, sustainable seafood, farmed oysters

### **Imperial Catfish**

P.O. Box 188, Imperial, CA 92251

Tel: 760-344-5044

Fax: 760-344-0972

ImperialCatfish@yahoo.com

<http://www.imperialcatfish.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** farmed catfish, catfish

### **J and D Seafoods, Inc**

P.O. Box 1346, San Pedro, CA 90731

Tel: 310-831-5655

Fax: 310-831-9674

Contact: Joe Ciaramitaro

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **Jeffrey Poss**

Pillar Point Pier, Half Moon Bay, CA 94019

Tel: 650-726-8724

<http://www.ifrfish.org/where/san-francisco-bay-area>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: This vendor sells directly off the boat.

**Products / Methods:** wild-caught crab, crab, sustainable seafood

### **Jim Anderson**

Pillar Point Pier, Half Moon Bay, CA 94019

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Tel: 650-726-8724

<http://www.ifrfish.org/where/san-francisco-bay-area>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: This vendor sells directly off the boat.

**Products / Methods:** sustainable seafood

### **JJ Brenner Oyster Co**

402 S 333rd , Suite 102, Federal Way, WA 98003

Tel: 253-929-1562

Fax: 253-929-1564

[info@jjbrenner.com](mailto:info@jjbrenner.com)

<http://www.jjbrenner.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** farmed oysters, oysters, farmed clams, clams

### **John Hurwitz**

Pillar Point Pier, Half Moon Bay, CA 94019

Tel: 925-785-1633

[imhurwitz@sbcglobal.net](mailto:imhurwitz@sbcglobal.net)

<http://www.ifrfish.org/where/san-francisco-bay-area>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: This vendor sells directly off the boat.

**Products / Methods:** sustainable seafood

### **Kyle LeBlanc Crawfish Farms**

P.O. Box 170, Raceland, LA 70394

Tel: 985-226-6444

[kyle@crawdads.net](mailto:kyle@crawdads.net)

<http://www.klcrawfishfarms.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide,

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but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: This vendor only sells out of state. They do not sell within Louisiana.

**Products / Methods:** farmed crawfish, crawfish

### Larry Andre

Pillar Point Pier, Half Moon Bay, CA 94019

Tel: 408-489-4808

<http://www.ifrfish.org/where/san-francisco-bay-area>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: This vendor sells directly off the boat.

**Products / Methods:** sustainable seafood

### Loki Fish Co

3919 18th Ave W, Seattle, WA 98119

Tel: 206-938-3975

Contact: Hing Ng

[gowild@lokifish.com](mailto:gowild@lokifish.com)

<http://lokifish.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

### Los Angeles Fish and Oyster

2212 Signal Place, San Pedro, CA 90731

Tel: 310-832-4249

Fax: 310-832-4905

Contact: Augie Castagnola

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **Louisiana Foods**

4410 West 12th Street, Houston, TX 77055

Tel: 713-957-3474

<http://www.louisianafoods.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut, farmed oysters, oysters, wild-caught crab, tilapia, crab, farmed catfish, catfish, farmed tilapia

### **Louisiana Seafood Exchange**

428 Jefferson Highway, Jefferson, LA 70121

Tel: 504-834-9393

Fax: 504-834-5633

Contact: Lenny Minutillo

[len4fish@msn.com](mailto:len4fish@msn.com)

<http://louisianaseafoodexchange.net/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: This vendor offers stone, king, dungeness and snow crab.

**Products / Methods:** wild-caught pompano, pompano, farmed crawfish, crawfish, wild-caught crab, crab

### **Lucas Wharf, Inc**

595 Highway 1, PO Box 667, Bodega Bay, CA 94923

Tel: 707-875-3571

Fax: 707-875-3032

Contact: Shane Lucas

[http://ca-seafood.ucdavis.edu/csc\\_org/producer/lucaswha.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/lucaswha.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **M. Slavin and Sons, Ltd.**

New Fulton Fish Market, 800 Food Center Dr., Bronx, NY 10474  
Tel: 718-732-4800  
Fax: 718-732-4873  
Contact: Herb Slavin, Robert Katlowitz  
MSlavin@newfultonfishmarket.com  
<http://www.mslavin.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: M. Slavin and Sons offers soft-shell clams. See the following website for information on the location of this vendor within the New Fulton Fish Market:  
[http://www.newfultonfishmarket.com/wholesalers/M\\_Slavin.htm](http://www.newfultonfishmarket.com/wholesalers/M_Slavin.htm)

**Products / Methods:** diver-caught or day boat scallops, scallops, farmed oysters, oysters, mussels, farmed mussels, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, wild-caught crab, hand-raked clams, crab, clams, farmed clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, Shrimp, farmed Shrimp, wild-caught Shrimp

### **M. Slavin and Sons Fish Company**

2710 S Glebe Rd, Arlington, VA 22206  
Tel: 718-495-2800  
Contact: Herb Slavin, Robert Katlowitz  
<http://www.mslavin.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: M Slavin and Sons' spot prawns are by special order only.

**Products / Methods:** spot prawns, wild-caught Shrimp, farmed Shrimp, Shrimp, farmed tilapia, tilapia, diver-caught or day boat scallops, scallops, farmed oysters, oysters, farmed mussels, trolled mahi-mahi, mussels, mahi-mahi, trap or pot lobster, wild-caught pacific halibut, lobster, pacific halibut, farmed clams, clams, wild-caught black cod - sablefish, black cod - sablefish, pot-caught spot prawns

### **Mad Jax Seafood**

Squalicum Harbor, Gate 7, Bellingham, WA 98227  
Tel: 360-220-0976  
Contact: Andy or Sandy  
andymadjax@aol.com  
<http://www.madjaxseafood.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin

(USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** pot-caught spot prawns, spot prawns

### **Madruga**

3030 Newell Street, San Diego, CA 92106

Tel: 619-225-9247

Contact: Anthony Madruga

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Madruga offers locally-caught shrimp and Pacific spiny lobster.

**Products / Methods:** Shrimp, wild-caught Shrimp, trap or pot lobster, lobster

### **Maguro International**

2696 Waiwai Loop, Honolulu, HI 96819

Tel: 808-685-7001

Contact: Jo Jo

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note that Maguro International primarily does wholesale-to-wholesale sales, but can sell to restaurants as well. Their black cod comes from the Pacific, and their hand-raked clams come from Boston.

**Products / Methods:** wild-caught black cod - sablefish, black cod - sablefish, hand-raked clams, clams

### **Manuel Martin**

Pillar Point Pier, Half Moon Bay, CA 94019

Tel: 562-884-2992

<http://www.ifrfish.org/where/san-francisco-bay-area>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of

different catch methods). Please note: This vendor sells directly off the boat.

**Products / Methods:** wild-caught crab, crab, sustainable seafood

### **Monarch Seafood Corporation**

80 Broadway, Jersey City, NJ 7306

Tel: 201-333-1003

Fax: 201-333-0551

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** tilapia, diver-caught or day boat scallops, scallops, farmed oysters, oysters, farmed mussels, mussels, pole or hook-and-line mahi-mahi, mahi-mahi, trolled mahi-mahi, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, haddock, pole or hook-and-line haddock, farmed clams, hand-raked clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, farmed tilapia, Shrimp, farmed Shrimp, wild-caught Shrimp

### **Monte's Seafood**

800 Food Center Dr., #27,29, Bronx, NY 10474

Tel: 718-860-1472

Fax: 718-860-0044

Contact: Richard, Jack

MontesSeafood@newfultonfishmarket.com

<http://www.montesseafood.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Monte's Seafood offers soft-shell clams.

**Products / Methods:** oysters, farmed mussels, mussels, pole or hook-and-line mahi-mahi, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, pole or hook-and-line haddock, haddock, wild-caught crab, crab, hand-raked clams, farmed clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, farmed oysters, scallops, diver-caught or day boat scallops, Shrimp, farmed Shrimp, wild-caught Shrimp

### **Monterey Fish**

Wholesale

Pier 33, San Francisco, CA 94109

Tel: 415-956-1986

Fax: 415-956-5851

Contact: David

## 2010 guide: wholesale



sales@montereyfish.com  
<http://www.montereyfish.com>

Monterey Fish is based in San Francisco, California. While we are small enough to provide individual personalized service our sales volume is great enough to allow us to buy in volume directly from local boats and producers nationwide, enabling us to sell the best quality seafood at fair prices.

Over the years, we've worked to establish a reputation for quality not just with our customers but with our network of suppliers. Our suppliers know that if they've got premium product, we're willing to pay for it. We at Monterey Fish do our best to bring you the freshest, quality seafood available. Setting the standard for quality and service has been our obsession since 1979.

We follow the strictest guidelines when it comes to seafood handling and expect all our suppliers to do the same. We welcome periodic inspection by the FDA, State and local Health Services. We are HACCP compliant, meaning we comply to a strict set of regulations implemented by the Federal Government to ensure the wholesomeness of seafoods. Monterey fish uses only suppliers, growers, producers and fishermen who are HACCP compliant and have a detailed HACCP plan on record. As well, all our shellfish comes from certified waters which are tested by the appropriate state and local health agencies weekly.

**Products / Methods:** pot-caught spot prawns, spot prawns

### **Moore's Seafood, Inc**

640 Piropo Court, Camarillo, CA 93010  
Tel: 805-384-9277  
Fax: 805-384-9278  
Contact: Steve Moore  
Steve@MooresSeafood.com  
<http://moorseseafood.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Moore's Seafood offers Pacific spiny lobster.

**Products / Methods:** trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, Shrimp, wild-caught Shrimp

### **Morgan Fish**

Pier 45, Shed D, San Francisco, CA 94133  
Tel: 415-441-4495  
Contact: John Morgan  
[http://ca-seafood.ucdavis.edu/csc\\_org/producer/morganfi.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/morganfi.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin

(USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **Morningstar Fisheries**

PO Box 1714, El Granada, CA 94018

Tel: 650-728-3729

Contact: David Mallory

[http://ca-seafood.ucdavis.edu/csc\\_org/producer/mornings.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/mornings.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **Mutual Fish Co.**

2335 Rainier Ave S., Seattle, WA 98144

Tel: 206-322-4368

Fax: 206-328-5889

<http://mutualfish.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product.

(Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Mutual Fish, Co offers dungeness and king crabs.

**Products / Methods:** pacific halibut, farmed oysters, oysters, farmed mussels, mussels, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught crab, crab, farmed clams, clams, wild-caught black cod - sablefish, black cod - sablefish, wild-caught pacific halibut, tilapia, farmed tilapia

### **Newman's Fish Company**

2601 N. Newark, Portland, OR 97217

Tel: 503-286-5950

Fax: 503 286 3233

Contact: Dolores Roorda or Lance Schultz

[newmansfishco@netscape.net](mailto:newmansfishco@netscape.net)

<http://www.newmansfish.com>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but

may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: their salmon is sourced from Alaska; they offer cooked Oregon pink shrimp; and they offer both Dungeness and king crab.

**Products / Methods:** pacific halibut, farmed clams, clams, wild-caught salmon, salmon, pot-caught spot prawns, spot prawns, hook-and-line Pacific albacore tuna, Pacific albacore tuna, wild-caught Shrimp, Shrimp, wild-caught pacific halibut, mussels, Rope-grown mussels, oysters, farmed oysters

### **Nobu Seafood Hawaii**

1020 Auahi St Bldg 2, Honolulu, HI 96814

Tel: 808-591-2717

Contact: Naomi

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** mahi-mahi, farmed clams, clams, farmed oysters, oysters, trolled mahi-mahi

### **North Coast Fisheries**

P.O. Box 8219, Santa Rosa, CA 95407

Tel: 707-579-0679

Fax: 707-579-0361

Contact: Michael Lucas

ncoastfish@aol.com

[http://ca-seafood.ucdavis.edu/csc\\_org/producer/northcoa.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/northcoa.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **Northern Lights Seafood**

8352 West Main Street, Marshall, VA 20115

Tel: 540-364-7444

Contact: Debbie

nlsafood@earthlink.net

<http://www.nlsafood.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught Shrimp, Shrimp, wild-caught wreckfish, wreckfish, wild-caught pacific halibut, pacific halibut, wild-caught pacific cod, pacific cod, clams, hand-raked clams, wild-caught black cod - sablefish, black cod - sablefish

### **Nova Fisheries**

Seattle, WA

Tel: 206-781-2000

Fax: 206-781-9011

info@novafish.com

<http://www.novafish.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Nova Fisheries offers king crab.

**Products / Methods:** wild-caught pacific halibut, pacific halibut, wild-caught pacific cod, pacific cod, wild-caught crab, crab

### **Ocean Beauty**

2450 NW 28th Street, Portland, OR 97210

Tel: 503-224-1611

Contact: Roger Jepsen

info@oceanbeauty.com

<http://www.oceanbeauty.com>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options, or seafood caught using a number of different catch methods). Please note: Ocean Beauty sources gill-net caught salmon from Alaska; they carry Gulf wild shrimp; they offer Alaska king crab, as well as Pacific dungeness, and Alaska snow crab; they source farmed mussels, oysters and shellfish out of Washington state; they offer Alaska-caught halibut and black cod; and they carry American lobster.

**Products / Methods:** farmed oysters, oysters, farmed mussels, mussels, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, farmed clams, clams, wild-caught salmon, salmon, spot prawns, pot-caught spot prawns, wild-caught Shrimp, Shrimp, black cod - sablefish, wild-caught black cod - sablefish

### **Ocean Fresh Seafood Products**

32330 North Harbor Drive, Fort Bragg, CA 95437

Tel: 707-964-1389

Fax: 707-964-2099

Contact: Robert Juntz

marusan@mcn.org

[http://ca-seafood.ucdavis.edu/csc\\_org/producer/oceanfre.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/oceanfre.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** pot-caught spot prawns, spot prawns

### **Om Seafood Company, Inc.**

3514 SE 76th Avenue, Portland, OR 97206

Tel: 503-703-0817

Fax: 503-771-2101

Contact: Sam Ho

comments@omseafood.com

<http://www.omseafood.com>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options, or seafood caught using a number of different catch methods). Please note: Om Seafood Inc offers Pacific dungeness and Alaska king crabs; and they offer American lobster.

**Products / Methods:** clams, farmed clams, hand-raked clams, lobster, wild-caught crab, crab, pot-caught spot prawns, spot prawns, trap or pot lobster

### **Oregon Ocean Seafoods**

225 SE Galena Ave, Warrenton, OR 97146

Tel: 503-861-1434

Contact: Judy Kujala

kujala\_mark@hotmail.com

<http://www.skipanonbrand.com/>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options, or seafood caught using a number of different catch methods).

Please note: Oregon Ocean Seafoods offers canned products only, all of which are available either

in fresh or smoked form.

**Products / Methods:** salmon, hook-and-line Pacific albacore tuna, Pacific albacore tuna, wild-caught salmon

### **Osprey Seafood**

Pier 33, San Francisco, CA 94111

Tel: 415-291-0156

Fax: 415-291-9721

Contact: Michael Weinberg-Lynn

[http://ca-seafood.ucdavis.edu/csc\\_org/producer/ospreyse.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/ospreyse.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** pacific halibut, wild-caught pacific halibut

### **P & E Foods, Inc.**

3077 Koapaka St #202, Honolulu, HI 96819

Tel: 808-839-9094

Fax: 808-833-5182

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: P & E Foods offers Pacific dungeness crab, and Alaska king crab, their shrimp are wild-caught Pacific, and their salmon originates from Alaska.

**Products / Methods:** wild-caught salmon, salmon, wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, hand-raked clams, farmed clams, clams, sardines, wild-caught sardines, Shrimp, wild-caught Shrimp

### **Pacific American Fish, Co**

5525 South Santa Fe Ave., Vernon, CA 90058

Tel: 323-319-1515

Fax: 323-319-1517

[pehuh@pafco.net](mailto:pehuh@pafco.net)

<http://www.pafco.net>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin

(USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **Pacific Aqua Farms**

10468 Hot Mineral Spa Rd., Niland, CA 92257

Tel: 760-354-1533

Fax: 760-354-1068

Contact: Bill Engler

<http://geoheat.oit.edu/directuse/all/dua0166.htm>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** farmed tilapia, tilapia

### **Pacific Seafood Group**

605 North Flint Avenue, Wilmington, CA 90744

Tel: 310-835-4343

[sspencer@pacseafood.com](mailto:sspencer@pacseafood.com)

<http://www.pacseafood.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** sardines, farmed oysters, oysters, farmed mussels, mussels, wild-caught black cod - sablefish, black cod - sablefish, wild-caught sardines, Shrimp, farmed Shrimp, wild-caught Shrimp

### **Pacific Seafood Group**

1 Commercial St, Eureka, CA 95501

Tel: 503-226-2200

[info@pacseafood.com](mailto:info@pacseafood.com)

<http://www.pacseafood.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of

different catch methods).

**Products / Methods:** sardines, farmed oysters, oysters, mussels, farmed mussels, wild-caught black cod - sablefish, black cod - sablefish, wild-caught sardines, Shrimp, farmed Shrimp, wild-caught Shrimp

### **Pacific Seafood of Oregon**

16797 SE 130th Ave, Clackamas, OR 97015

Tel: 503-905-4502

Contact: Renee or Glenda

[jnash@pacseafood.com](mailto:jnash@pacseafood.com)-foodservice

<http://www.pacseafood.com>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options, or seafood caught using a number of different catch methods). Please note: Pacific Seafood carries Alaska salmon; their Pacific cod is pot-caught; they carry US catfish and tilapia; they offer Pacific dungeness and Alaska king crab; they offer crawfish both live and cooked frozen; they carry American lobster; they carry both Atlantic longfin and Pacific market squid; and they carry US sardines.

**Products / Methods:** hook-and-line Pacific albacore tuna, Pacific albacore tuna, farmed Shrimp, wild-caught Shrimp, Shrimp, farmed tilapia, tilapia, wild-caught squid, squid, wild-caught sardines, sardines, wild-caught salmon, salmon, lobster, trap or pot lobster, wild-caught pacific halibut, farmed crawfish, pacific halibut, crawfish, wild-caught crab, crab, wild-caught pacific cod, pacific cod, farmed catfish, catfish, spot prawns, pot-caught spot prawns

### **Pacific Shellfish Inc**

5040 Cass Street, San Diego, CA 92109

Tel: 619-272-9940

Fax: 619-272-9615

Contact: Judd Brown

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Pacific Shellfish Inc. offers Pacific spiny lobster.

**Products / Methods:** pacific halibut, trap or pot lobster, lobster, wild-caught pacific halibut

### **Pearson's Port**

300 East Pacific Coast Highway, Newport Beach, CA 92660

Tel: 949-675-6771

Contact: Vi Pearson

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Pearson's Port offers Pacific spiny lobster.

**Products / Methods:** trap or pot lobster, lobster

### **Pemberton Fish Co., Inc**

PO Box 245, El Granada, CA 94018

Tel: 415-728-7334

Contact: Don Pemberton

[http://ca-seafood.ucdavis.edu/csc\\_org/producer/pemberto.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/pemberto.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught black cod - sablefish, black cod - sablefish

### **Penn Cove Shellfish**

P.O. Box 148, Coupeville, WA 98239

Tel: 360-678-4803

Fax: 360-678-0266

[shellfish@penncoveshellfish.com](mailto:shellfish@penncoveshellfish.com)

<http://www.penncoveshellfish.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** oysters, farmed oysters, farmed mussels, mussels, farmed clams, clams

### **Piazza Seafood**

5374 Heebe Street, Harahan, LA 70181

Tel: 800-259-5016

Contact: Nicholas Piazza

[nicholaspiazza@piazzaseafood.com](mailto:nicholaspiazza@piazzaseafood.com)

<http://www.piazzaseafood.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some

suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pompano, pompano, farmed crawfish, crawfish, wild-caught crab, crab

### **Pierless Fish Corporation**

63 Flushing Ave, #7, Brooklyn, NY 11205

Tel: 718-222-4441

Fax: 718-222-4449

Contact: Robert

robert@pierlessfish.com

<http://pierlessfish.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Pierless Fish Corporation offers soft-shell clams.

**Products / Methods:** farmed oysters, oysters, farmed mussels, mussels, pole or hook-and-line mahi-mahi, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, pole or hook-and-line haddock, haddock, wild-caught crab, crab, farmed clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, scallops, diver-caught or day boat scallops, tilapia, farmed tilapia, Shrimp, farmed Shrimp, wild-caught Shrimp

### **Pierpont Seafood**

1449 Spinnaker #D, Ventura, CA 93001

Tel: 805-658-2069

Contact: Alfred Ballabio

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **Pisacane Midtown Fish and Seafood**

940 First Ave, New York, NY 10022

Tel: 212-355-1850

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of

different catch methods).

**Products / Methods:** Shrimp, diver-caught or day boat scallops, scallops, farmed oysters, oysters, mussels, farmed mussels, trap or pot lobster, wild-caught pacific halibut, lobster, pacific halibut, hand-raked clams, clams, farmed clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, wild-caught Shrimp

### **Plitt Seafood**

22613 76th Avenue South, Kent, WA 98032

Tel: 253-872-0536

Fax: 253-872-774

plittcontact@plittco.com

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Pole-caught haddock from Plitt Seafood should be ordered in advance, and it is not always available.

**Products / Methods:** farmed mussels, mussels, trap or pot lobster, lobster, pole or hook-and-line haddock, haddock, wild-caught crab, crab, farmed clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, oysters, farmed oysters, pacific halibut, wild-caught pacific halibut

### **Point Loma Seafood**

2805 Emerson Street, San Diego, CA 92106

Tel: 619-223-1109

Fax: 619-223-0250

Contact: John or Jack Christianson

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Point Loma Seafood offers Pacific spiny lobster.

**Products / Methods:** trap or pot lobster, lobster

### **Premium Seafood Company**

157 E 57th Street, #18A, New York, NY 10022

Tel: 212-750-5377

Fax: 212-308-0223

Contact: Michael and Patti Sirkus

premiumseafood@premiumseafood.com

[http://www.premiumseafood.com/about\\_premium.htm](http://www.premiumseafood.com/about_premium.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught Shrimp, Shrimp

### **Princeton Seafood Co**

#9 Johnson Pier, Pillar Point Harbor, Half Moon Bay, CA 94019

Tel: 415-726-2722

Fax: 415-726-7251

Contact: Marty Botham

[http://ca-seafood.ucdavis.edu/csc\\_org/producer/princeto.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/princeto.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut, sustainable seafood

### **ProFish Ltd.**

Oceanpro Industries, Ltd., 1900 Fenwick St. NE, Washington, WA 20002

Tel: 800-967 - 9726

Contact: Gregory J Casten

[info@profish.com](mailto:info@profish.com)

<http://www.profish.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: ProFish Ltd. offers Pacific king crab.

**Products / Methods:** oysters, farmed mussels, mussels, trolled mahi-mahi, mahi-mahi, wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, wild-caught pacific cod, pacific cod, farmed clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, farmed oysters, scallops, diver-caught or day boat scallops, tilapia, farmed tilapia, Shrimp, wild-caught Shrimp

### **Puget Sound Prawns Cooperative**

Cap Sante Boat Haven, B-dock, Anacortes, WA

Tel: 360-941-4441

Contact: Captain Ken Crews

[info@pugetsoundprawns.com](mailto:info@pugetsoundprawns.com)

<http://www.pugetsoundprawns.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

\*The address of the vendor is for visiting purposes only - it is not a mailing address.\*

**Products / Methods:** pot-caught spot prawns, spot prawns

### **Royal Seafood Inc**

Wharf II, PO Box 1347, Monterey , CA 93940

Tel: 831-373-7920

Fax: 831-373-8336

Contact: Giuseppe Pennisi

[http://ca-seafood.ucdavis.edu/csc\\_org/producer/royalsea.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/royalsea.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** pot-caught spot prawns, spot prawns

### **Rubino's Market**

735 W Lake St, Chicago, IL 60661

Tel: 312-258-0020

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught Shrimp, Shrimp, pole or hook-and-line haddock, haddock, farmed catfish, catfish

### **San Pedro Fish and Oyster**

1146 Nagoya Way, San Pedro, CA 90731

Tel: 310-519-9058

Fax: 310-831-0817

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some

suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: San Pedro Fish and Oyster offers Pacific spiny lobster.

**Products / Methods:** trap or pot lobster, lobster

### **Santa Barbara Fish Market**

117 Harbor Way # A, Santa Barbara, CA 93109

Tel: 805-965-9564

Fax: 805-963-7456

info@sbfish.com

<http://www.sbfish.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Santa Barbara Fish Market offers Pacific dungeness crab.

**Products / Methods:** mussels, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, farmed clams, clams, farmed mussels, oysters, farmed oysters, Shrimp, wild-caught Shrimp

### **Sea Breeze Inc.**

541 9th Avenue, #1, New York, NY 10018

Tel: 212-563-7537

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Sea Breeze, Inc. offers soft-shell clams.

**Products / Methods:** pole or hook-and-line mahi-mahi, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, pole or hook-and-line haddock, haddock, wild-caught crab, crab, hand-raked clams, farmed clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, mussels, farmed mussels, oysters, farmed oysters, scallops, diver-caught or day boat scallops, Shrimp, wild-caught Shrimp

### **Sea Harvest**

598 Foam St, Monterey, CA 93940

Tel: 831-646-0547

Fax: 831-646-0156

Contact: Richard and Daniel Deyerle

[http://ca-seafood.ucdavis.edu/csc\\_org/producer/seaharve.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/seaharve.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **Seafood Connection / Simmons Pacific, Inc**

841 Pohukaina St, Honolulu, HI 96813

Tel: 808-591-8550

Fax: 808-591-8445

Contact: Dominique Jamain

sales@seafood-connection.com

<http://www.seafood-connection.com>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: Seafood Connection's crab is Alaska king crab.

**Products / Methods:** scallops, farmed oysters, oysters, farmed mussels, mussels, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught crab, crab, farmed clams, clams, diver-caught or day boat scallops, Shrimp, wild-caught Shrimp

### **Seafood San Diego**

1842 McKinley Avenue, National City, CA 91950

Tel: 619-474-4000

Fax: 619-474-4176

Contact: Laurie Harper

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Orders for sablefish / black cod from this vendor must be placed in advance.

**Products / Methods:** wild-caught Shrimp, Shrimp, wild-caught black cod - sablefish, black cod - sablefish

### **Seafood Source of Louisiana**

1902 Beaumont Drive, Baton Rouge, LA 70806

Tel: 225-928-3445

Fax: 225-928-3421

seafoodsource@bellsouth.net

[http://www.louisianaseafood.com/suppliers\\_indi.cfm?IndiID=499](http://www.louisianaseafood.com/suppliers_indi.cfm?IndiID=499)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught snapper, snapper, wild-caught pompano, pompano, farmed oysters, oysters, farmed mussels, mussels, farmed crawfish, crawfish, wild-caught crab, crab, farmed clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, wreckfish, wild-caught wreckfish, Shrimp, farmed Shrimp, wild-caught Shrimp

### **Seafood, Inc.**

63275 Charleston Rd., PO Box 5022, Charleston, OR 97420

Tel: 541-888-9302

Fax: 866-646-6439

Contact: Marvin

[sales@seafoodinc.com](mailto:sales@seafoodinc.com)

<http://www.seafoodinc.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Seafood, Inc. offers dungeness and king crabs.

**Products / Methods:** pacific halibut, wild-caught crab, crab, wild-caught pacific halibut, wild-caught black cod - sablefish, black cod - sablefish

### **Sovereign Seafood**

215 Helena Street, Santa Barbara, CA 93101

Tel: 805-965-6112

Fax: 805-966-5618

Contact: Alfred Ballabio

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Sovereign Seafood offers Pacific spiny lobster.

**Products / Methods:** wild-caught pacific halibut, pacific halibut, trap or pot lobster, lobster

### **Sportsmen Seafood**

1617 Quivira Road, San Diego, CA 92109

Tel: 619-224-3551  
Fax: 619-224-1646  
Contact: Joe Busalacchi  
Joe@sportsmensseafood.com

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Sportsmen Seafood offers Pacific spiny lobster.

**Products / Methods:** trap or pot lobster, lobster

### **T & S Oyster Farm**

703 Ivy Avenue, Tillamook, OR 97141  
Tel: 503-842-5258  
Contact: Todd Riggert  
tsoyster@yahoo.com  
<http://www.tsoysterfarm.com>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options, or seafood caught using a number of different catch methods). Please note: T & S Oyster Farm carries fresh farmed oysters, shucked and in the shell, as well as 6 flavors of smoked oyster.

**Products / Methods:** oysters, farmed oysters

### **Taylor Shellfish Farms**

Shelton  
130 SE Lynch Road, Shelton , WA 98584  
Tel: 360-426-6178  
Fax: 360-427-0327  
jeffp@TaylorShellfish.com  
<http://www.taylorshellfishfarms.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** farmed clams, clams, farmed mussels, mussels, farmed oysters, oysters, sustainable seafood

### **Taylor Shellfish Farms**

Bow  
2182 Chuckanut Drive, Bow, WA 98232  
Tel: 360-426-6178  
Fax: 360-427-0327  
jeffp@TaylorShellfish.com  
<http://www.taylorshellfishfarms.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** farmed clams, clams, farmed mussels, mussels, farmed oysters, oysters, sustainable seafood

### **The Ocean Harvest**

P.O. Box 561, ATTN: Long Fisheries, Inc, Reedsport, OR 97467 <http://www.theoceanharvest.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: The Ocean Harvest offers Pacific dungeness crab.

**Products / Methods:** wild-caught crab, crab

### **Tides Wharf Wholesale Fish**

PO Box 518, Bodega Bay, CA 94923  
Tel: 800-876-3560  
Fax: 707-875-3642  
Contact: Tony Delima  
[http://ca-seafood.ucdavis.edu/csc\\_org/producer/tideswha.htm](http://ca-seafood.ucdavis.edu/csc_org/producer/tideswha.htm)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught black cod - sablefish, black cod - sablefish

### **Tomales Bay Oyster Co**

15479 Highway One, Marshall, CA 94940  
Tel: 415-663-1242  
Fax: 415-663-9327  
Contact: Drew Alden

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tboc2@saber.net  
<http://tomalesbayoysters.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** oysters, farmed mussels, mussels, farmed clams, clams, farmed oysters

### **Tomich Brothers Seafood**

2196 Signal Place, San Pedro, CA 90731  
Tel: 310-832-5363  
Fax: 310-832-9578  
Contact: Julie Heberer

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** wild-caught pacific halibut, pacific halibut

### **Tonazzini's Dockside Too**

1235 Embarcadero, Morro Bay, CA 93442  
Tel: 805-772-8100  
Contact: Mark M. Tognazzini  
[mbtog@bonniemarietta.com](mailto:mbtog@bonniemarietta.com)  
<http://www.bonniemarietta.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

### **Tony's Smokehouse & Cannery, Inc.**

1316 Washington Street, Oregon City, OR 97045  
Tel: 503-656-7512  
Contact: Greg or Elizabeth Petrich  
<http://www.tonyssmokehouse.com>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may

offer both domestic and imported options, or seafood caught using a number of different catch methods).

Please note: Tony's Smokehouse offers Alaskan salmon in two forms - smoked canned, and fresh canned; they carry albacore tuna; they offer both Pacific dungeness and Alaska king crab; and their black cod comes in two forms - smoked canned, and fresh canned.

**Products / Methods:** black cod - sablefish, farmed mussels, mussels, wild-caught crab, crab, farmed clams, clams, wild-caught salmon, salmon, hook-and-line Pacific albacore tuna, Pacific albacore tuna, wild-caught black cod - sablefish

### **True World Foods, Inc.**

301 N Grand Boulevard, Vancouver, WA 98661

Tel: 360-695-9572

Contact: Toyoaki Watanabe

<http://www.trueworldfoods.com/?p=145>

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options, or seafood caught using a number of different catch methods). Please note: True World Foods, Inc carries all of their shellfish from Washington state; they offer Alaska king crab and US softshell crab; their black cod is sourced from Alaska.

**Products / Methods:** farmed clams, farmed oysters, oysters, farmed mussels, wild-caught crab, mussels, crab, clams, black cod - sablefish, wild-caught black cod - sablefish

### **U Okada & Co, Ltd.**

1000 Queen St, Honolulu, HI 96814

Tel: 808-597-1102

Fax: 808-591-6634

Contact: Ida Terada-Bolinsky or Rodney Okada

[ida@uokada.com](mailto:ida@uokada.com)

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: U Okada & Co offers wild-caught Alaskan salmon.

**Products / Methods:** trolled mahi-mahi, mahi-mahi, farmed oysters, oysters, wild-caught salmon, salmon

### **United Food Inc**

500 Alakawa St # 100, Honolulu, HI 96817

Tel: 808-848-0333  
Contact: John Wong

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: United Food Inc offers Alaskan king crab, as well as other varieties of domestic crab.

**Products / Methods:** crab, wild-caught pacific cod, pacific cod, wild-caught crab

### **W.R. Merry Seafood Co**

630 Stanford Avenue, Los Angeles , CA 90021

Tel: 213-623-2306

Fax: 213-627-6883

Contact: William Merry

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: W.R. Merry Seafood offers Pacific spiny lobster.

**Products / Methods:** trap or pot lobster, lobster

### **Wainani Kai Seafood**

2126 Eluwene St # A, Honolulu, HI 96819

Tel: 808-847-7435

Contact: Dayne Sam, Owner

This vendor offers seafood recommended on the Food & Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

Please note: Wainani Kai Seafood's lobster is live from Maine.

**Products / Methods:** lobster, trap or pot lobster

### **Westcott Bay**

904 Westcott Drive, Friday Harbor, WA 98250

Tel: 360-378-2489

Kathleen@westcottbay.com

<http://www.westcottbay.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide,

but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** clams, mussels, oysters

### **Westside Fish Market**

774 Amsterdam Ave, New York, NY 10025  
Tel: 212-932-2942

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

**Products / Methods:** diver-caught or day boat scallops, scallops, oysters, farmed oysters, pole or hook-and-line mahi-mahi, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, pole or hook-and-line haddock, haddock, wild-caught crab, crab, hand-raked clams, clams, farmed catfish, catfish, wild-caught black cod - sablefish, black cod - sablefish, tilapia, farmed tilapia, Shrimp, wild-caught Shrimp

### **Westward Seafoods Inc**

2101 4th Avenue, Suite 1700, Seattle, WA 98121  
Tel: 206-682-5949  
Fax: 206-682-1825  
sales@westwardseafoods.com  
<http://www.westwardseafoods.com/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Westward Seafoods Inc offers king crab.

**Products / Methods:** wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, wild-caught black cod - sablefish, black cod - sablefish

### **William Maidhof**

Santa Cruz, CA  
Tel: 707-953-1410  
<http://www.ifrfish.org/where/san-francisco-bay-area>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some

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suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: This vendor sells directly off the boat, and offers Pacific dungeness crab and Pacific spiny lobster.

**Products / Methods:** trap or pot lobster, lobster, wild-caught crab, crab

# Seasonal Guide



## Seasonal Guide: Arizona

ARIZONA	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Summer Squash							x	x	x			
Sweet Corn							x	x	x			
Black-eyed Peas							x	x	x			
Cucumbers							x	x	x			
Green Beans							x	x	x			
Okra							x	x	x			
Apples								x	x	x		
Melons								x	x			
Peaches								x	x			
Pears								x	x			
White Tamale Corn								x	x			
Bell Pepper									x			
Peppers								x	x	x		
Tomatoes								x	x			
Pistachios									x	x	x	
Winter Squash										x	x	
Pumpkins											x	
Pecans											x	x

Data provided by: <http://cals.arizona.edu/crop/counties/maricopa/veggies/farmfresh.html>

# Seasonal Guide



## Seasonal Guide: California (Northern)

California (Northern)	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Artichokes			x	x	x	x			x	x	x	x
Arugula			x	x	x	x	x	x	x	x	x	
Asian Greens	x	x	x	x	x	x	x	x	x	x	x	x
Asparagus		x	x	x	x	x						
Avocados	x	x	x	x	x	x	x	x	x	x	x	x
Basil					x	x	x	x	x	x		
Beans	x	x	x	x	x	x	x	x	x	x	x	x
Beets	x	x	x	x	x	x	x	x	x	x	x	x
Bok Choy	x	x	x	x	x	x			x	x	x	x
Broccoli	x	x	x	x	x	x	x	x	x	x	x	x
Brussel Sprouts	x	x	x						x	x	x	x
Burdock							x	x	x	x	x	x
Cabbage	x	x	x	x	x	x	x	x	x	x	x	x
Cactus Pads					x	x	x	x	x	x	x	x
Cardoons	x	x	x	x	x	x	x	x	x	x	x	x
Carrots	x	x	x	x	x	x	x	x	x	x	x	x
Cauliflower	x	x	x	x	x	x			x	x	x	x
Celery				x	x	x	x	x	x	x	x	x
Chard	x	x	x	x	x	x	x	x	x	x	x	x
Collards	x	x	x	x		x	x	x	x	x	x	x
Corn						x	x	x	x	x	x	
Cress	x	x	x			x	x	x	x	x	x	
Cucumbers					x	x	x	x	x	x	x	
Dandelion/Chicory	x	x	x	x	x							
Eggplant					x	x	x	x	x	x		
Endive	x	x	x	x	x	x	x	x	x	x	x	x
Fava Beans				x	x	x	x					
Fennel	x	x	x	x	x	x	x	x	x	x	x	x
Garlic	x	x	x	x	x	x	x	x	x	x	x	x
Gourds	x	x	x									
Green Garlic		x	x	x	x	x						
Herbs	x	x	x	x	x	x	x	x	x	x	x	x
Horseradish	x	x	x	x	x	x	x	x	x	x	x	x
Kale	x	x	x	x	x	x	x	x	x	x	x	x
Kohlrabi				x	x	x	x	x		x	x	x
Leeks	x	x	x	x	x	x	x	x	x	x	x	x
Lettuces	x	x	x	x	x	x	x	x	x	x	x	x
Mushrooms	x	x	x	x	x	x	x	x	x	x	x	x
Nettles	x	x	x	x	x	x	x					
Mustard					x	x	x	x	x	x		
Okra						x	x	x	x	x	x	
Olives	x	x	x	x	x	x	x	x	x	x	x	x
Onions	x	x	x	x	x	x	x	x	x	x	x	x
Parsnips	x	x	x	x						x	x	x
Peas				x	x	x	x	x	x	x	x	
Peppers, Bell					x	x	x	x	x	x	x	x
Peppers, Chili					x	x	x	x	x	x	x	x
Potatoes	x	x	x	x	x		x	x	x	x	x	x
Purslane				x	x	x	x	x	x	x	x	

# Seasonal Guide



## Seasonal Guide: California (Southern)

California (Southern)	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x	x	
Artichokes											x	x
Apricots					x	x	x					
Asparagus	x	x	x	x	x	x	x	x	x	x	x	
Avacados	x	x	x	x	x	x	x	x	x	x		
Basil				x	x	x	x	x	x	x	x	x
Beans, Green				x	x	x	x	x	x	x	x	x
Beets	x	x	x	x	x	x	x	x	x	x	x	x
Broccoli	x	x	x	x	x	x	x	x		x	x	
Brussel Sprouts		x							x	x	x	x
Cabbage	x	x	x	x	x	x	x	x	x	x	x	x
Carrots		x	x	x	x	x	x	x	x	x	x	x
Carambola	x										x	
Cauliflower	x	x	x	x	x	x	x	x		x	x	x
Celery	x	x	x	x	x	x	x	x	x	x	x	x
Chili Pepper								x	x	x	x	x
Chard	x	x	x	x	x	x				x		x
Cherimoyas	x									x		
Cherries				x	x	x	x					
Citrus	x	x	x	x	x	x	x	x	x	x	x	x
Collards		x	x	x	x	x	x	x	x	x	x	x
Corn						x	x	x	x	x	x	x
Cucumber				x	x	x	x	x	x	x	x	x
Dates	x	x	x	x	x							
Eggplant					x	x	x	x	x	x	x	x
Figs					x	x	x	x				
Grapes						x	x	x	x	x	x	x
Guava, Pineapple									x	x	x	x
Kale	x	x	x	x	x	x	x	x	x	x	x	x
Kiwi											x	x
Kohlrabi	x	x	x	x	x	x	x	x	x	x	x	x
Lettuce		x	x	x	x	x	x	x	x	x	x	x
Melons							x	x				
Mushroom	x	x	x	x	x	x	x	x	x	x	x	x
Mustard	x	x	x	x	x	x	x	x	x	x	x	x
Nectarines				x	x	x	x	x	x			
Okra					x	x	x	x	x	x	x	x
Onion, Dry					x	x	x	x	x	x	x	x
Onion, Green	x	x	x	x	x	x	x	x	x	x	x	x
Passion Fruit	x	x	x	x	x	x	x	x	x	x	x	
Peaches					x	x	x	x	x	x	x	
Pears							x	x	x			
Pears, Asian					x	x	x	x	x	x		
Peas, Black-eyed					x		x	x	x	x	x	
Peas, Green	x	x	x	x	x	x						
Peppers						x	x	x	x	x	x	x
Persimmons								x	x	x	x	
Pomegranates										x	x	x

# Seasonal Guide



## Seasonal Guide: Washington

WASHINGTON	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples								x	x	x	x	
Apricots							x	x				
Blackberries								x	x			
Blueberries							x	x	x			
Boysenberries							x	x				
Cherries							x	x				
Currants						x	x	x				
Figs								x	x	x		
Gooseberries							x	x				
Loganberries							x	x				
Marionberries							x	x				
Melons								x	x	x		
Nectarines								x	x			
Pears									x	x		
Plums									x	x		
Quince										x		
Raspberries						x	x	x				
Raspberries, Fall								x	x	x		
Rhubarb				x	x	x						
Strawberries						x	x					
Strawberries, Everbearing						x	x	x	x			
Tayberries						x	x					
Artichokes									x	x		
Asparagus				x	x	x						
Bamboo Shoots					x	x						
Beans, Green							x	x	x			
Beans, Shell									x	x		
Beans, Wax							x	x	x			
Beets	x					x	x	x	x	x	x	x
Broccoli						x	x	x	x			
Brussels Sprouts	x								x	x	x	x
Cabbage	x	x				x	x	x	x	x	x	x
Carrots	x					x	x	x	x	x	x	x
Cauliflower							x	x	x			
Celery								x	x	x	x	
Corn, Sweet								x	x	x		
Cucumbers, Pickling							x	x	x	x		
Cucumbers, Slicing							x	x	x	x		
Daikon						x	x	x	x	x		
Eggplant								x	x	x		
Garlic								x	x	x	x	x
Garlic, Elephant								x	x	x	x	x
Greens	x	x			x	x	x	x	x	x	x	x
Jerusalem Artichokes							x	x	x	x		
Kohlrabi								x	x	x		
Leeks	x	x	x						x	x	x	x
Lettuce					x	x	x	x	x	x	x	
Onions						x	x	x	x	x		

# Seasonal Guide



## Seasonal Guide: Georgia

GEORGIA	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x	x	
Asparagus			x	x	x	x						
Beans, Lima					x	x	x	x	x	x		
Beans, Pole & Snap					x	x	x	x	x	x	x	
Blackberries					x	x	x					
Blueberries						x	x	x				
Cabbage					x	x	x	x	x			
Cantaloupes						x	x	x				
Collards	x	x	x	x	x	x				x	x	x
Corn, Sweet					x	x	x					
Cucumbers					x	x	x					
Eggplant						x	x					
Grapes						x	x	x	x	x		
Lettuce			x	x	x							
Muscadines							x	x	x	x	x	
Okra					x	x	x	x	x	x		
Onions, Dry					x	x						
Onions, Green	x	x	x	x	x	x						
Onions, Vidalia				x	x	x						
Peaches					x	x	x	x				
Peanuts								x	x	x	x	
Pears								x	x	x		
Peas, English	x	x	x	x								
Peas, Field				x	x	x	x	x	x			
Pecans									x	x	x	x
Pepper, Sweet						x	x	x	x			
Plums							x	x				
Potatoes, Irish					x	x	x	x	x			
Potatoes, Sweet							x	x	x	x	x	
Pumpkins									x	x	x	
Squash					x	x	x	x	x	x		
Strawberries				x	x	x						
Tomatoes					x	x	x	x	x	x		
Turnips	x	x	x	x								
Turnip Greens	x	x	x							x	x	x
Watermelons						x	x	x	x			

Data provided by: <http://www.pickyourown.org/gadates.htm>

# Seasonal Guide



## Seasonal Guide: Illinois

ILLINOIS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples						x	x	x	x	x	x	
Artichokes							x	x				
Asparagus				x	x	x						
Beans						x	x	x				
Bell Peppers							x	x	x	x	x	
Berries						x	x	x	x			
Cabbage					x	x	x		x	x	x	
Carrots						x	x	x	x			
Cauliflower								x	x	x		
Cherries					x	x	x					
Corn							x	x	x	x		
Cucumbers								x	x	x		
Eggplant						x	x	x	x	x		
Garlic						x	x	x	x	x	x	
Grapes							x	x	x	x		
Greens					x					x		
Herbs								x	x	x		
Horseradish						x	x	x	x	x	x	
Leeks					x	x	x	x				
Lettuce				x	x	x		x	x	x		
Melons						x	x	x	x			
Nectarines						x	x	x	x			
Okra						x	x	x	x			
Onions				x	x	x	x	x	x	x	x	
Peaches						x	x	x	x			
Peas				x	x	x	x	x	x	x	x	
Plums						x	x	x	x	x	x	
Potatoes						x	x	x	x	x	x	
Potatoes, Sweet								x	x	x	x	
Pumpkins								x	x	x	x	
Radishes					x	x	x	x	x	x		
Rhubarb					x	x	x	x	x	x		
Spinach				x	x	x			x	x	x	
Sprouts					x							
Squash					x	x	x	x	x	x	x	
Strawberries					x	x						
Tomatoes						x	x	x	x	x	x	
Turnips						x	x	x	x	x	x	

Data provided by: <http://www.agr.state.il.us/markets/WhatsInSeason.pdf>

# Seasonal Guide



## Seasonal Guide: Maryland

MARYLAND	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples								x	x	x		
Asian Pears								x	x	x		
Asparagus				x	x							
Beans						x	x	x	x	x		
Blackberries						x	x					
Blueberries							x	x				
Broccoli			x	x					x	x	x	
Cabbage			x	x					x	x	x	
Cantaloupes							x	x	x			
Cherries						x	x					
Cucumbers					x	x	x	x				
Eggplant							x	x	x			
Greens			x	x	x				x	x		
Herbs				x	x	x	x	x	x	x		
Nectarines						x	x					
Peaches					x	x	x	x				
Peas					x	x						
Peppers							x	x	x			
Potatoes					x	x	x					
Raspberries							x	x	x			
Rhubarb					x	x			x	x		
Pumpkins												
Squash						x	x	x	x	x		
Strawberries					x	x						
Sweet Corn								x	x			
Sweet Potatoes									x	x		
Tomatoes							x	x	x	x		
Watermelons								x	x	x		

Data provided by: <http://www.pickyourown.org/MDharvestcalendar.htm>

# Seasonal Guide



## Seasonal Guide: Massachusetts

MASSACHUSETTS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples								x	x	x		
Blueberries							x	x				
Cantaloupes								x				
Cranberries									x	x		
Peaches								x	x			
Raspberries								x	x			
Strawberries							x					
Watermelon								x	x			
Beans							x	x				
Beets						x	x	x	x			
Broccoli								x	x			
Cabbage						x	x	x	x	x		
Carrots							x	x	x			
Cauliflower						x	x	x	x			
Celery								x	x			
Corn								x	x			
Cucumber						x	x	x				
Eggplant								x	x			
Greens						x	x	x				
Lettuce					x	x	x	x	x	x		
Onion						x	x	x	x	x		
Peas					x	x	x	x	x			
Peppers					x	x	x	x	x			
Potatoes						x	x	x	x	x		
Pumpkin									x	x		
Radishes					x	x	x	x	x			
Scallions					x	x	x	x	x			
Spinach					x	x	x	x	x			
Summer Squash						x	x	x	x			
Winter Squash									x	x		
Tomatoes								x	x			
Turnips								x	x	x		

Data provided by: [http://www.mass.gov/agr/markets/farmersmarkets/get\\_fresh\\_seasons.htm](http://www.mass.gov/agr/markets/farmersmarkets/get_fresh_seasons.htm)

# Seasonal Guide



## Seasonal Guide: New York

NEW YORK	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x		
Blueberries							x	x	x	x		
Melons								x	x			
Cherries, Sweet						x	x					
Cherries, Sour							x					
Grapes								x	x	x		
Peaches							x	x	x			
Pears								x	x	x		
Plums, Prunes								x	x			
Raspberries							x		x	x		
Strawberries						x						
Asparagus					x	x						
Beans						x	x	x	x	x		
Beets						x	x	x	x	x		
Broccoli					x	x	x	x	x	x	x	x
Cabbage						x	x	x	x	x	x	x
Carrots							x	x	x	x	x	x
Cauliflower						x	x	x		x	x	x
Celery							x	x	x	x	x	
Corn							x	x	x	x		
Cucumber								x	x	x		
Eggplant								x	x	x		
Lettuce							x	x	x	x		
Onions							x	x	x			
Peas						x	x	x				
Peppers								x	x	x		
Potatoes							x	x	x	x		
Pumpkins									x	x		
Radishes					x	x	x	x	x	x	x	
Rhubarb					x	x	x	x				
Spinach					x	x	x		x	x	x	
Squash, Summer						x	x	x	x			
Squash, Winter								x	x	x	x	
Tomatoes							x	x	x			
Turnips							x	x	x	x	x	

Data provided by: <http://www.pickyourown.org/NYharvestcalendar.htm>

# Seasonal Guide



## Seasonal Guide: New Jersey

NEW JERSEY	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Arugula										x	x	
Basil						x	x	x	x			
Snap Beans					x	x	x	x	x			
Beets						x	x		x	x	x	
Bok Choi					x	x			x	x		
Broccoli					x	x				x	x	
Cabbage					x	x				x	x	
Carrots						x	x	x	x	x	x	
Cauliflower										x	x	
Chinese Cabbage										x	x	
Cilantro						x	x	x	x	x	x	
Collards					x	x						
Cucumbers						x	x	x	x			
Daikon									x	x	x	
Dandelion										x	x	
Eggplant						x	x	x	x			
Endive									x	x	x	
Escarole									x	x	x	
Kale					x	x				x		
Lettuce					x	x	x		x	x		
Mizuna					x	x				x		
Mustard Greens					x	x				x		
Onions							x	x				
Parsley						x	x	x	x	x	x	
Peppers							x	x	x	x		
Hot Peppers								x	x	x		
Potatoes							x	x	x	x		
Pumpkins									x	x		
Radish					x				x	x		
Rutabaga										x	x	
Scallions						x	x	x	x	x	x	
Spinach					x	x						
Summer Squash							x	x	x			
Winter Squash									x	x	x	
Tatsoi										x		
Tomatoes							x	x	x	x		
Tomatillos								x	x	x		
Turnips					x	x						
Watermelon								x				

Data provided by: [http://www.honeybrookorganicfarm.com/thisweek/harvest\\_calendar.html](http://www.honeybrookorganicfarm.com/thisweek/harvest_calendar.html)

# Seasonal Guide



## Seasonal Guide: Oregon

OREGON	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x	x	
Apricots							x	x				
Asparagus					x	x						
Beans							x	x	x			
Beets							x	x	x	x		
Blackberries							x	x	x			
Blueberries							x	x	x			
Boysenberries						x	x					
Cabbage							x	x	x	x	x	
Cauliflower								x	x	x	x	
Cherries						x	x					
Corn								x	x	x		
Cucumbers							x	x	x			
Dry Onions									x	x	x	x
Filberts										x	x	x
Herbs				x	x	x	x					
Marionberries							x	x				
Peaches							x	x	x			
Pears								x	x	x		
Peppers								x	x	x		
Plums/Prunes								x	x			
Potatoes							x	x	x	x	x	x
Pumpkins										x	x	
Raspberries						x	x	x	x			
Rhubarb				x	x	x	x	x				
Squash							x	x	x	x	x	x
Strawberries						x	x					
Tomatoes							x	x	x	x		
Walnuts										x	x	x

Data provided by: [http://www.tricountyfarm.org/crop\\_availability.asp](http://www.tricountyfarm.org/crop_availability.asp)

# Seasonal Guide



## Seasonal Guide: Texas

TEXAS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x		
Asparagus			x	x								
Beets	x	x	x	x	x	x	x	x	x	x	x	x
Blackberries					x	x						
Blueberries						x	x					
Broccoli	x	x	x	x	x					x	x	x
Cabbage	x	x	x	x	x							
Carrots	x	x	x	x	x							
Celery	x	x	x	x	x							
Cucumbers				x	x	x	x	x				
Figs						x	x	x				
Grapes							x	x				
Melons						x	x	x				
Nectarines						x	x					
Peaches					x	x	x	x	x			
Pears								x				
Plums						x	x	x				
Pumpkins								x	x	x	x	
Raspberries							x	x	x	x		
Spinach	x	x	x	x						x	x	x
Squash, Summer				x	x	x	x	x	x			
Squash, Winter								x	x	x		
Strawberries		x	x	x								
Sweet Corn					x	x	x	x				
Tomatoes				x	x	x	x	x	x	x		

Data provided by: <http://www.pickyourown.org/TXharvestdates.htm>

# Seasonal Guide



## Seasonal Guide: Virginia

VIRGINIA	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x	x	
Asparagus				x	x							
Blackberries							x	x				
Blueberries						x	x	x				
Broccoli									x	x	x	
Cantaloupes							x	x				
Cucumbers						x	x	x	x	x		
Grapes								x	x	x		
Green Beans						x	x	x	x	x		
Green Peppers							x	x	x	x	x	
Greens/Spinach			x	x	x	x						
Nectarines							x	x				
Peaches							x	x				
Pumpkins									x	x		
Raspberries						x		x	x	x		
Squash						x	x	x	x	x		
Strawberries					x	x						
Sweet Corn							x	x				
Tomatoes							x	x	x	x		
Watermelons							x	x	x			

Data provided by: <http://www.vdacs.virginia.gov/vagrown/chart.shtml>

# Seasonal Guide



## Seasonal Guide: Arizona

ARIZONA	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Summer Squash							x	x	x			
Sweet Corn							x	x	x			
Black-eyed Peas							x	x	x			
Cucumbers							x	x	x			
Green Beans							x	x	x			
Okra							x	x	x			
Apples								x	x	x		
Melons								x	x			
Peaches								x	x			
Pears								x	x			
White Tamale Corn								x	x			
Bell Pepper									x			
Peppers								x	x	x		
Tomatoes								x	x			
Pistachios									x	x	x	
Winter Squash										x	x	
Pumpkins											x	
Pecans											x	x

Data provided by: <http://cals.arizona.edu/crop/counties/maricopa/veggies/farmfresh.html>

# Seasonal Guide



## Seasonal Guide: California (Northern)

California (Northern)	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Artichokes			x	x	x	x			x	x	x	x
Arugula			x	x	x	x	x	x	x	x	x	
Asian Greens	x	x	x	x	x	x	x	x	x	x	x	x
Asparagus		x	x	x	x	x						
Avocados	x	x	x	x	x	x	x	x	x	x	x	x
Basil					x	x	x	x	x	x		
Beans	x	x	x	x	x	x	x	x	x	x	x	x
Beets	x	x	x	x	x	x	x	x	x	x	x	x
Bok Choy	x	x	x	x	x	x			x	x	x	x
Broccoli	x	x	x	x	x	x	x	x	x	x	x	x
Brussel Sprouts	x	x	x						x	x	x	x
Burdock							x	x	x	x	x	x
Cabbage	x	x	x	x	x	x	x	x	x	x	x	x
Cactus Pads					x	x	x	x	x	x	x	x
Cardoons	x	x	x	x	x	x	x	x	x	x	x	x
Carrots	x	x	x	x	x	x	x	x	x	x	x	x
Cauliflower	x	x	x	x	x	x			x	x	x	x
Celery				x	x	x	x	x	x	x	x	x
Chard	x	x	x	x	x	x	x	x	x	x	x	x
Collards	x	x	x	x		x	x	x	x	x	x	x
Corn						x	x	x	x	x	x	
Cress	x	x	x			x	x	x	x	x	x	
Cucumbers					x	x	x	x	x	x	x	
Dandelion/Chicory	x	x	x	x	x							
Eggplant					x	x	x	x	x	x		
Endive	x	x	x	x	x	x	x	x	x	x	x	x
Fava Beans				x	x	x	x					
Fennel	x	x	x	x	x	x	x	x	x	x	x	x
Garlic	x	x	x	x	x	x	x	x	x	x	x	x
Gourds	x	x	x									
Green Garlic		x	x	x	x	x						
Herbs	x	x	x	x	x	x	x	x	x	x	x	x
Horseradish	x	x	x	x	x	x	x	x	x	x	x	x
Kale	x	x	x	x	x	x	x	x	x	x	x	x
Kohlrabi				x	x	x	x	x		x	x	x
Leeks	x	x	x	x	x	x	x	x	x	x	x	x
Lettuces	x	x	x	x	x	x	x	x	x	x	x	x
Mushrooms	x	x	x	x	x	x	x	x	x	x	x	x
Nettles	x	x	x	x	x	x	x					
Mustard					x	x	x	x	x	x		
Okra						x	x	x	x	x	x	
Olives	x	x	x	x	x	x	x	x	x	x	x	x
Onions	x	x	x	x	x	x	x	x	x	x	x	x
Parsnips	x	x	x	x						x	x	x
Peas				x	x	x	x	x	x	x	x	
Peppers, Bell					x	x	x	x	x	x	x	x
Peppers, Chili					x	x	x	x	x	x	x	x
Potatoes	x	x	x	x	x		x	x	x	x	x	x
Purslane				x	x	x	x	x	x	x	x	

# Seasonal Guide



## Seasonal Guide: California (Southern)

California (Southern)	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x	x	
Artichokes											x	x
Apricots					x	x	x					
Asparagus	x	x	x	x	x	x	x	x	x	x	x	
Avacados	x	x	x	x	x	x	x	x	x	x		
Basil				x	x	x	x	x	x	x	x	x
Beans, Green				x	x	x	x	x	x	x	x	x
Beets	x	x	x	x	x	x	x	x	x	x	x	x
Broccoli	x	x	x	x	x	x	x	x		x	x	
Brussel Sprouts		x							x	x	x	x
Cabbage	x	x	x	x	x	x	x	x	x	x	x	x
Carrots		x	x	x	x	x	x	x	x	x	x	x
Carambola	x										x	
Cauliflower	x	x	x	x	x	x	x	x		x	x	x
Celery	x	x	x	x	x	x	x	x	x	x	x	x
Chili Pepper								x	x	x	x	x
Chard	x	x	x	x	x	x				x		x
Cherimoyas	x									x		
Cherries				x	x	x	x					
Citrus	x	x	x	x	x	x	x	x	x	x	x	x
Collards		x	x	x	x	x	x	x	x	x	x	x
Corn						x	x	x	x	x	x	x
Cucumber				x	x	x	x	x	x	x	x	x
Dates	x	x	x	x	x							
Eggplant					x	x	x	x	x	x	x	x
Figs					x	x	x	x				
Grapes						x	x	x	x	x	x	x
Guava, Pineapple									x	x	x	x
Kale	x	x	x	x	x	x	x	x	x	x	x	x
Kiwi											x	x
Kohlrabi	x	x	x	x	x	x	x	x	x	x	x	x
Lettuce		x	x	x	x	x	x	x	x	x	x	x
Melons							x	x				
Mushroom	x	x	x	x	x	x	x	x	x	x	x	x
Mustard	x	x	x	x	x	x	x	x	x	x	x	x
Nectarines				x	x	x	x	x	x			
Okra					x	x	x	x	x	x	x	x
Onion, Dry					x	x	x	x	x	x	x	x
Onion, Green	x	x	x	x	x	x	x	x	x	x	x	x
Passion Fruit	x	x	x	x	x	x	x	x	x	x	x	
Peaches					x	x	x	x	x	x	x	
Pears							x	x	x			
Pears, Asian					x	x	x	x	x	x		
Peas, Black-eyed					x		x	x	x	x	x	
Peas, Green	x	x	x	x	x	x						
Peppers						x	x	x	x	x	x	x
Persimmons								x	x	x	x	
Pomegranates										x	x	x

# Seasonal Guide



## Seasonal Guide: Washington

WASHINGTON	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples								x	x	x	x	
Apricots							x	x				
Blackberries								x	x			
Blueberries							x	x	x			
Boysenberries							x	x				
Cherries							x	x				
Currants						x	x	x				
Figs								x	x	x		
Gooseberries							x	x				
Loganberries							x	x				
Marionberries							x	x				
Melons								x	x	x		
Nectarines								x	x			
Pears									x	x		
Plums									x	x		
Quince										x		
Raspberries						x	x	x				
Raspberries, Fall								x	x	x		
Rhubarb				x	x	x						
Strawberries						x	x					
Strawberries, Everbearing						x	x	x	x			
Tayberries						x	x					
Artichokes									x	x		
Asparagus				x	x	x						
Bamboo Shoots					x	x						
Beans, Green							x	x	x			
Beans, Shell									x	x		
Beans, Wax							x	x	x			
Beets	x					x	x	x	x	x	x	x
Broccoli						x	x	x	x			
Brussels Sprouts	x								x	x	x	x
Cabbage	x	x				x	x	x	x	x	x	x
Carrots	x					x	x	x	x	x	x	x
Cauliflower							x	x	x			
Celery								x	x	x	x	
Corn, Sweet								x	x	x		
Cucumbers, Pickling							x	x	x	x		
Cucumbers, Slicing							x	x	x	x		
Daikon						x	x	x	x	x		
Eggplant								x	x	x		
Garlic								x	x	x	x	x
Garlic, Elephant								x	x	x	x	x
Greens	x	x			x	x	x	x	x	x	x	x
Jerusalem Artichokes							x	x	x	x		
Kohlrabi								x	x	x		
Leeks	x	x	x						x	x	x	x
Lettuce					x	x	x	x	x	x	x	
Onions						x	x	x	x	x		

# Seasonal Guide



## Seasonal Guide: Georgia

GEORGIA	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x	x	
Asparagus			x	x	x	x						
Beans, Lima					x	x	x	x	x	x		
Beans, Pole & Snap					x	x	x	x	x	x	x	
Blackberries					x	x	x					
Blueberries						x	x	x				
Cabbage					x	x	x	x	x			
Cantaloupes						x	x	x				
Collards	x	x	x	x	x	x				x	x	x
Corn, Sweet					x	x	x					
Cucumbers					x	x	x					
Eggplant						x	x					
Grapes						x	x	x	x	x		
Lettuce			x	x	x							
Muscadines							x	x	x	x	x	
Okra					x	x	x	x	x	x		
Onions, Dry					x	x						
Onions, Green	x	x	x	x	x	x						
Onions, Vidalia				x	x	x						
Peaches					x	x	x	x				
Peanuts								x	x	x	x	
Pears								x	x	x		
Peas, English	x	x	x	x								
Peas, Field				x	x	x	x	x	x			
Pecans									x	x	x	x
Pepper, Sweet						x	x	x	x			
Plums							x	x				
Potatoes, Irish					x	x	x	x	x			
Potatoes, Sweet							x	x	x	x	x	
Pumpkins									x	x	x	
Squash					x	x	x	x	x	x		
Strawberries				x	x	x						
Tomatoes					x	x	x	x	x	x		
Turnips	x	x	x	x								
Turnip Greens	x	x	x							x	x	x
Watermelons						x	x	x	x			

Data provided by: <http://www.pickyourown.org/gadates.htm>

# Seasonal Guide



## Seasonal Guide: Illinois

ILLINOIS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples						x	x	x	x	x	x	
Artichokes							x	x				
Asparagus				x	x	x						
Beans						x	x	x				
Bell Peppers							x	x	x	x	x	
Berries						x	x	x	x			
Cabbage					x	x	x		x	x	x	
Carrots						x	x	x	x			
Cauliflower								x	x	x		
Cherries					x	x	x					
Corn							x	x	x	x		
Cucumbers								x	x	x		
Eggplant						x	x	x	x	x		
Garlic						x	x	x	x	x	x	
Grapes							x	x	x	x		
Greens					x					x		
Herbs								x	x	x		
Horseradish						x	x	x	x	x	x	
Leeks					x	x	x	x				
Lettuce				x	x	x		x	x	x		
Melons						x	x	x	x			
Nectarines						x	x	x	x			
Okra						x	x	x	x			
Onions				x	x	x	x	x	x	x	x	
Peaches						x	x	x	x			
Peas				x	x	x	x	x	x	x	x	
Plums						x	x	x	x	x	x	
Potatoes						x	x	x	x	x	x	
Potatoes, Sweet								x	x	x	x	
Pumpkins								x	x	x	x	
Radishes					x	x	x	x	x	x		
Rhubarb					x	x	x	x	x	x		
Spinach				x	x	x			x	x	x	
Sprouts					x							
Squash					x	x	x	x	x	x	x	
Strawberries					x	x						
Tomatoes						x	x	x	x	x	x	
Turnips						x	x	x	x	x	x	

Data provided by: <http://www.agr.state.il.us/markets/WhatsInSeason.pdf>

# Seasonal Guide



## Seasonal Guide: Maryland

MARYLAND	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples								x	x	x		
Asian Pears								x	x	x		
Asparagus				x	x							
Beans						x	x	x	x	x		
Blackberries						x	x					
Blueberries							x	x				
Broccoli			x	x					x	x	x	
Cabbage			x	x					x	x	x	
Cantaloupes							x	x	x			
Cherries						x	x					
Cucumbers					x	x	x	x				
Eggplant							x	x	x			
Greens			x	x	x				x	x		
Herbs				x	x	x	x	x	x	x		
Nectarines						x	x					
Peaches					x	x	x	x				
Peas					x	x						
Peppers							x	x	x			
Potatoes					x	x	x					
Raspberries							x	x	x			
Rhubarb					x	x			x	x		
Pumpkins												
Squash						x	x	x	x	x		
Strawberries					x	x						
Sweet Corn								x	x			
Sweet Potatoes									x	x		
Tomatoes							x	x	x	x		
Watermelons								x	x	x		

Data provided by: <http://www.pickyourown.org/MDharvestcalendar.htm>

# Seasonal Guide



## Seasonal Guide: Massachusetts

MASSACHUSETTS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples								x	x	x		
Blueberries							x	x				
Cantaloupes								x				
Cranberries									x	x		
Peaches								x	x			
Raspberries								x	x			
Strawberries							x					
Watermelon								x	x			
Beans							x	x				
Beets						x	x	x	x			
Broccoli								x	x			
Cabbage						x	x	x	x	x		
Carrots							x	x	x			
Cauliflower						x	x	x	x			
Celery								x	x			
Corn								x	x			
Cucumber						x	x	x				
Eggplant								x	x			
Greens						x	x	x				
Lettuce					x	x	x	x	x	x		
Onion						x	x	x	x	x		
Peas					x	x	x	x	x			
Peppers					x	x	x	x	x			
Potatoes						x	x	x	x	x		
Pumpkin									x	x		
Radishes					x	x	x	x	x			
Scallions					x	x	x	x	x			
Spinach					x	x	x	x	x			
Summer Squash						x	x	x	x			
Winter Squash									x	x		
Tomatoes								x	x			
Turnips								x	x	x		

Data provided by: [http://www.mass.gov/agr/markets/farmersmarkets/get\\_fresh\\_seasons.htm](http://www.mass.gov/agr/markets/farmersmarkets/get_fresh_seasons.htm)

# Seasonal Guide



## Seasonal Guide: New York

NEW YORK	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x		
Blueberries							x	x	x	x		
Melons								x	x			
Cherries, Sweet						x	x					
Cherries, Sour							x					
Grapes								x	x	x		
Peaches							x	x	x			
Pears								x	x	x		
Plums, Prunes								x	x			
Raspberries							x		x	x		
Strawberries						x						
Asparagus					x	x						
Beans						x	x	x	x	x		
Beets						x	x	x	x	x		
Broccoli					x	x	x	x	x	x	x	x
Cabbage						x	x	x	x	x	x	x
Carrots							x	x	x	x	x	x
Cauliflower						x	x	x		x	x	x
Celery							x	x	x	x	x	
Corn							x	x	x	x		
Cucumber								x	x	x		
Eggplant								x	x	x		
Lettuce							x	x	x	x		
Onions							x	x	x			
Peas						x	x	x				
Peppers								x	x	x		
Potatoes							x	x	x	x		
Pumpkins									x	x		
Radishes					x	x	x	x	x	x	x	
Rhubarb					x	x	x	x				
Spinach					x	x	x		x	x	x	
Squash, Summer						x	x	x	x			
Squash, Winter								x	x	x	x	
Tomatoes							x	x	x			
Turnips							x	x	x	x	x	

Data provided by: <http://www.pickyourown.org/NYharvestcalendar.htm>

# Seasonal Guide



## Seasonal Guide: New Jersey

NEW JERSEY	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Arugula										x	x	
Basil						x	x	x	x			
Snap Beans					x	x	x	x	x			
Beets						x	x		x	x	x	
Bok Choi					x	x			x	x		
Broccoli					x	x				x	x	
Cabbage					x	x				x	x	
Carrots						x	x	x	x	x	x	
Cauliflower										x	x	
Chinese Cabbage										x	x	
Cilantro						x	x	x	x	x	x	
Collards					x	x						
Cucumbers						x	x	x	x			
Daikon									x	x	x	
Dandelion										x	x	
Eggplant						x	x	x	x			
Endive									x	x	x	
Escarole									x	x	x	
Kale					x	x				x		
Lettuce					x	x	x		x	x		
Mizuna					x	x				x		
Mustard Greens					x	x				x		
Onions							x	x				
Parsley						x	x	x	x	x	x	
Peppers							x	x	x	x		
Hot Peppers								x	x	x		
Potatoes							x	x	x	x		
Pumpkins									x	x		
Radish					x				x	x		
Rutabaga										x	x	
Scallions						x	x	x	x	x	x	
Spinach					x	x						
Summer Squash							x	x	x			
Winter Squash									x	x	x	
Tatsoi										x		
Tomatoes							x	x	x	x		
Tomatillos								x	x	x		
Turnips					x	x						
Watermelon								x				

Data provided by: [http://www.honeybrookorganicfarm.com/thisweek/harvest\\_calendar.html](http://www.honeybrookorganicfarm.com/thisweek/harvest_calendar.html)

# Seasonal Guide



## Seasonal Guide: Oregon

OREGON	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x	x	
Apricots							x	x				
Asparagus					x	x						
Beans							x	x	x			
Beets							x	x	x	x		
Blackberries							x	x	x			
Blueberries							x	x	x			
Boysenberries						x	x					
Cabbage							x	x	x	x	x	
Cauliflower								x	x	x	x	
Cherries						x	x					
Corn								x	x	x		
Cucumbers							x	x	x			
Dry Onions									x	x	x	x
Filberts										x	x	x
Herbs				x	x	x	x					
Marionberries							x	x				
Peaches							x	x	x			
Pears								x	x	x		
Peppers								x	x	x		
Plums/Prunes								x	x			
Potatoes							x	x	x	x	x	x
Pumpkins										x	x	
Raspberries						x	x	x	x			
Rhubarb				x	x	x	x	x				
Squash							x	x	x	x	x	x
Strawberries						x	x					
Tomatoes							x	x	x	x		
Walnuts										x	x	x

Data provided by: [http://www.tricountyfarm.org/crop\\_availability.asp](http://www.tricountyfarm.org/crop_availability.asp)

# Seasonal Guide



## Seasonal Guide: Texas

TEXAS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x		
Asparagus			x	x								
Beets	x	x	x	x	x	x	x	x	x	x	x	x
Blackberries					x	x						
Blueberries						x	x					
Broccoli	x	x	x	x	x					x	x	x
Cabbage	x	x	x	x	x							
Carrots	x	x	x	x	x							
Celery	x	x	x	x	x							
Cucumbers				x	x	x	x	x				
Figs						x	x	x				
Grapes							x	x				
Melons						x	x	x				
Nectarines						x	x					
Peaches					x	x	x	x	x			
Pears								x				
Plums						x	x	x				
Pumpkins								x	x	x	x	
Raspberries							x	x	x	x		
Spinach	x	x	x	x						x	x	x
Squash, Summer				x	x	x	x	x	x			
Squash, Winter								x	x	x		
Strawberries		x	x	x								
Sweet Corn					x	x	x	x				
Tomatoes				x	x	x	x	x	x	x		

Data provided by: <http://www.pickyourown.org/TXharvestdates.htm>

# Seasonal Guide



## Seasonal Guide: Virginia

VIRGINIA	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x	x	
Asparagus				x	x							
Blackberries							x	x				
Blueberries						x	x	x				
Broccoli									x	x	x	
Cantaloupes							x	x				
Cucumbers						x	x	x	x	x		
Grapes								x	x	x		
Green Beans						x	x	x	x	x		
Green Peppers							x	x	x	x	x	
Greens/Spinach			x	x	x	x						
Nectarines							x	x				
Peaches							x	x				
Pumpkins									x	x		
Raspberries						x		x	x	x		
Squash						x	x	x	x	x		
Strawberries					x	x						
Sweet Corn							x	x				
Tomatoes							x	x	x	x		
Watermelons							x	x	x			

Data provided by: <http://www.vdacs.virginia.gov/vagrown/chart.shtml>



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