

# Smart. Seafood Locator.

Cleaner, Greener, and Safer Seafood Substitutes  
**2009**



[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](#).

## 2009 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:** wild-caught black cod - sablefish, wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, sustainable seafood, black cod - sablefish

## 2009 guide: retail



### **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 shrimp.

**Products / Methods:** shrimp or prawns, sustainable seafood, wild-caught shrimp or prawns

### **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).

**Products / Methods:** sustainable seafood

### **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, wild-caught crab, crab, farmed catfish, catfish, farmed oysters, oysters, farmed tilapia, tilapia, sustainable seafood

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

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

## 2009 guide: retail



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:** trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, hand-raked clams, farmed clams, clams, farmed catfish, catfish, black cod - sablefish, wild-caught black cod - sablefish, farmed mussels, mussels, farmed oysters, oysters, pacific whiting, wild-caught pacific whiting, diver-caught or day boat scallops, scallops, shrimp or prawns, sustainable seafood

### **Northern Lights Seafood**

8352 West Main Street, Marshall, VA 20115  
Tel: 540-364-7444  
Contact: Debbie  
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 wreckfish, black cod - sablefish, wreckfish, pacific halibut, wild-caught pacific cod, pacific cod, hand-raked clams, clams, wild-caught black cod - sablefish, wild-caught pacific whiting, pacific whiting, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood, wild-caught 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:** black cod - sablefish, farmed mussels, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, hand-raked clams, clams, farmed clams, farmed catfish, catfish, wild-caught black cod - sablefish, mussels, farmed oysters, oysters, diver-caught or day boat scallops, scallops, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **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:** farmed catfish, clams, catfish, trolled mahi-mahi, pole or hook-and-line mahi-mahi, mahi-mahi, wild-caught black cod - sablefish, black cod - sablefish, farmed mussels, mussels, farmed oysters, oysters, diver-caught or day boat scallops, scallops, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood, 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

### **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, sustainable seafood

### **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).

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**Products / Methods:** catfish, wild-caught black cod - sablefish, 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, wild-caught crab, crab, hand-raked clams, farmed catfish, clams, black cod - sablefish, farmed oysters, oysters, wild-caught pacific whiting, pacific whiting, farmed tilapia, tilapia, diver-caught or day boat scallops, scallops, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

## 2009 guide: seafood market



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

4960 Bethesda Ave, Bethesda, MA 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 and spot prawns.

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

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

Santa Cruz, CA

Tel: 831-461-1576

Contact: Hans, Heidi

info@hhfreshfish.com

[www.hhfreshfish.com/products.html](http://www.hhfreshfish.com/products.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: 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 black cod - sablefish, sustainable seafood, wild-caught pacific halibut, wild-caught alaskan salmon, wild-caught pacific cod, wild-caught crab

### **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

## 2009 guide: seafood market



different catch methods). Please note: Santa Barbara Fish Market offers Pacific dungeness crab.

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

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

4960 Bethesda Ave, Bethesda, MA 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 and spot prawns.

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

### **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:** pacific halibut, wild-caught black cod - sablefish, black cod - sablefish, wild-caught pacific halibut, sustainable seafood

### **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, sustainable seafood, 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 local pink shrimp.

**Products / Methods:** sustainable seafood, wild-caught shrimp or prawns, shrimp or prawns

### **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 pacific cod, pacific cod, clams, farmed clams, diver-caught or day boat scallops, scallops, catfish, farmed catfish, farmed mussels, mussels, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **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 crawfish, crawfish, catfish, farmed catfish, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **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:** trap or pot lobster, lobster, farmed crawfish, farmed catfish, crawfish, catfish, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **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:** crab, wild-caught shrimp or prawns, wild-caught crab, shrimp or prawns, sustainable seafood

### **Bornstein Seafood**

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 local pink shrimp.

**Products / Methods:** wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **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 local pink shrimp.

**Products / Methods:** shrimp or prawns, wild-caught shrimp or prawns, sustainable seafood

### **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:** oysters, farmed oysters, sustainable seafood

### **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, sustainable seafood, farmed catfish, catfish

### **Caito Fisheries**

PO Box 1370, Ft. Bragg, CA 95437

Tel: 707-964-6368

Fax: 707-964-6439

Contact: Jim Caito

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caitofish@mcn.org  
<http://www.wcspa.com/caito.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: Caito Fisheries carries dungeness crab.

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

### **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, crab, wild-caught crab, sustainable seafood

### **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:** sustainable seafood, wild-caught alaskan salmon, wild-caught 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  
<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:** sustainable seafood, trap or pot lobster

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

5495 Traffic Way, Atascadero, CA 93422  
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:** sustainable seafood, wild-caught pacific halibut, farmed catfish, wild-caught black cod - sablefish, diver-caught or day boat scallops, farmed clams, farmed oysters, wild-caught crab, wild-caught pacific cod, trap or pot lobster

### **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, sustainable seafood

### **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, sustainable seafood, farmed mussels

### **Critter Runners**

2611 Shorewick, Highlands, TX 77562

Tel: 281-426-3741

Contact: Vince Slorio

[crittterrunner@crittterrunners.com](mailto:crittterrunner@crittterrunners.com)

<http://crittterrunners.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 or prawns, farmed crawfish, crawfish, wild-caught crab, crab, shrimp or prawns, sustainable seafood

### **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:** wild-caught pacific halibut, wild-caught alaskan salmon, sustainable seafood, wild-caught crab

### **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 or prawns, sustainable seafood

### **Desert Sweet Shrimp**

45075 S Old Highway 80, Gila Bend, AZ 85337

Tel: 623-393-0136

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:** sustainable seafood, farmed shrimp or prawns

### **DiCarlo Seafood Co**

842 N. Pioneer Avenue, Wilmington, CA 90744

Tel: 310-830-3460

Fax: 310-830-1064

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:** sustainable seafood, wild-caught 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

<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

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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 shrimp.

**Products / Methods:** shrimp or prawns, sustainable seafood, wild-caught shrimp or prawns

### **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:** 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

<http://www.coastguide.com/exclusivefresh>

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 alaskan salmon, sustainable seafood

### **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:** sustainable seafood, wild-caught black cod - sablefish, farmed catfish, farmed clams, wild-caught crab, pole or hook-and-line haddock, wild-caught pacific halibut, trap or pot lobster, farmed mussels, farmed oysters, wild-caught alaskan salmon, diver-caught or day boat scallops, wild-caught shrimp or prawns

### **Fishhawk Fisheries**

P.O. Box 715, Astoria, OR 97103

Tel: 503-325-5252

Fax: 503-325-8786

Contact: Steve Fick

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 local pink shrimp.

**Products / Methods:** wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **Fortune Fish Company**

1068 Thorndale Ave, Bensenville, IL 60106

Tel: 630-860-7100

Fax: 630-860-7400

Contact: Mark Palicki

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

### **Golden Ocean Seafood**

2355 S Blue Island Ave, Chicago, IL 60608

Tel: 773-0847-1700

Fax: 773-847-1717

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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:** pacific halibut, wild-caught pacific cod, pacific cod, trolled mahi-mahi, mahi-mahi, wild-caught pacific halibut, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### H and H Fresh Fish

Santa Cruz, CA  
Tel: 831-461-1576  
Contact: Hans, Heidi  
info@hhfreshfish.com  
[www.hhfreshfish.com/products.html](http://www.hhfreshfish.com/products.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: 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 black cod - sablefish, sustainable seafood, wild-caught pacific halibut, wild-caught alaskan salmon, wild-caught pacific cod, wild-caught crab

### 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 local pink shrimp and dungeness crab.

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

sustainable seafood

### **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:** farmed crawfish, crawfish, farmed catfish, wild-caught snapper, catfish, snapper, wild-caught pompano, pompano, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **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:** 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:** sustainable seafood, farmed 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:** sustainable seafood, wild-caught 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 alaskan salmon, sustainable seafood, wild-caught crab

### **Jim Anderson**

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 alaskan salmon, sustainable seafood

### **JJ Brenner Oyster Co**

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

Tel: 253-929-1562

Fax: 253-929-1564

info@jbbrenner.com  
<http://www.jbbrenner.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, farmed clams, farmed oysters, oysters, sustainable seafood

### **John Hurwitz**

Pillar Point Pier, Half Moon Bay, CA 94019  
Tel: 925-785-1633  
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:** wild-caught alaskan salmon, sustainable seafood

### **Kyle LeBlanc Crawfish Farms**

P.O. Box 170, Raceland, LA 70394  
Tel: 985-226-6444  
kyle@crawdads.net  
<http://www.klcrawfishfarms.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 only sells out of state. They do not sell within Louisiana.

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

### **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

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(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 alaskan salmon, sustainable seafood

### **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).

**Products / Methods:** sustainable seafood

### **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:** sustainable seafood, wild-caught 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, wild-caught crab, crab, farmed

catfish, catfish, farmed oysters, oysters, farmed tilapia, tilapia, sustainable seafood

### **Louisiana Seafood Exchange**

428 Jefferson Highway, Jefferson, LA 70121

Tel: 504-834-9393

Fax: 504-834-5633

Contact: Lenny Minutillo

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:** crab, farmed crawfish, wild-caught crab, crawfish, wild-caught pompano, pompano, sustainable seafood

### **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:** sustainable seafood, wild-caught pacific halibut

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

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).

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

halibut, farmed clams, oysters, clams, wild-caught black cod - sablefish, farmed tilapia, trolled mahi-mahi, tilapia, diver-caught or day boat scallops, scallops, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood, black cod - sablefish, farmed mussels, mussels, farmed oysters

### **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:** trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, hand-raked clams, farmed clams, clams, farmed catfish, catfish, black cod - sablefish, wild-caught black cod - sablefish, farmed mussels, mussels, farmed oysters, oysters, pacific whiting, wild-caught pacific whiting, diver-caught or day boat scallops, scallops, shrimp or prawns, sustainable seafood

### **Mad Jax Seafood**

Squalicum Harbor, Gate 7, Bellingham, WA 98227

Tel: 360-220-0976

Contact: Andy or Sandy

[andymadjax@aol.com](mailto: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). Please note: Mad Jax Seafood offers Pacific spot prawns.

**Products / Methods:** shrimp or prawns, sustainable seafood, wild-caught shrimp or 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:** sustainable seafood, wild-caught shrimp or prawns, trap or pot lobster

### **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:** sustainable seafood, wild-caught alaskan salmon, wild-caught crab

### **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:** wild-caught black cod - sablefish, catfish, farmed catfish, clams, farmed clams, hand-raked clams, haddock, pole or hook-and-line haddock, pacific halibut, wild-caught pacific halibut, lobster, trap or pot lobster, mahi-mahi, trolled mahi-mahi, pole or hook-and-line mahi-mahi, black cod - sablefish, farmed mussels, mussels, farmed oysters, oysters, wild-caught pacific whiting, pacific whiting, farmed tilapia, tilapia, diver-caught or day boat scallops, scallops, shrimp or prawns, sustainable seafood

### **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](mailto: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:** clams, farmed clams, farmed catfish, pole or hook-and-line mahi-mahi, trolled mahi-mahi, trap or pot lobster, mahi-mahi, lobster, wild-caught pacific halibut, pacific halibut, haddock, pole or hook-and-line haddock, wild-caught crab, crab, hand-raked clams, catfish, wild-caught black cod - sablefish, black cod - sablefish, farmed mussels, mussels, farmed oysters, oysters, diver-caught or day boat scallops, scallops, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### Monterey Fish

Pier 33, San Francisco, CA 94109

Tel: 415-956-1986

Fax: 415-956-5851

Contact: David

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

<http://www.montereyfish.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: Monterey Fish offers pot-caught spot prawns.

**Products / Methods:** wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### Moore's Seafood, Inc

640 Piropo Court, Camarillo, CA 93010

Tel: 805-384-9277

Fax: 805-384-9278

Contact: Steve Moore

[Steve@MooresSeafood.com](mailto: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:** sustainable seafood, trap or pot lobster, wild-caught pacific halibut, wild-caught shrimp or prawns

### 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:** sustainable seafood, wild-caught 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, sustainable seafood

### **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:** wild-caught black cod - sablefish, black cod - sablefish, farmed mussels, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, crab, wild-caught crab, clams, farmed clams, mussels, farmed oysters, oysters, farmed tilapia, tilapia, sustainable seafood

### **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, sustainable seafood

### **Northern Lights Seafood**

8352 West Main Street, Marshall, VA 20115  
Tel: 540-364-7444  
Contact: Debbie  
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 wreckfish, black cod - sablefish, wreckfish, pacific halibut, wild-caught pacific cod, pacific cod, hand-raked clams, clams, wild-caught black cod - sablefish, wild-caught pacific whiting, pacific whiting, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood, wild-caught pacific halibut

### **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:** crab, wild-caught pacific cod, pacific cod, wild-caught pacific halibut, pacific halibut, wild-caught crab, sustainable seafood

### **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). Please note: Ocean Fresh Seafoods offers pot-caught spot prawns.

**Products / Methods:** wild-caught shrimp or prawns, sustainable seafood

### **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:** sustainable seafood, wild-caught pacific halibut

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

5525 South Santa Fe Ave., Vernon, CA 90058

Tel: 323-319-1515

Fax: 323-319-1517

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, sustainable seafood, farmed shrimp or prawns

### **Pacific Aqua Farms**

## 2009 guide: wholesale



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, sustainable seafood

### **Pacific Seafood Group**

16797 S.E. 130th Ave., Clackamas, OR 97015  
Tel: 503-905-4500  
[bbsoton@pacseafood.com](mailto:bbsoton@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:** farmed oysters, oysters, wild-caught black cod - sablefish, black cod - sablefish, farmed mussels, mussels, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **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:** farmed mussels, sustainable seafood, farmed oysters, wild-caught alaskan salmon, wild-caught black cod - sablefish, wild-caught shrimp or prawns

### **Pacific Seafood Group**

1 Commercial St, Eureka, CA 95501

Tel: 503-226-2200  
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:** wild-caught alaskan salmon, farmed oysters, wild-caught black cod - sablefish, sustainable seafood, farmed mussels, wild-caught shrimp or 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:** sustainable seafood, trap or pot 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, sustainable seafood

### **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, sustainable seafood

### **Penn Cove Shellfish**

P.O. Box 148, Coupeville, WA 98239

Tel: 360-678-4803

Fax: 360-678-0266

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:** mussels, farmed oysters, oysters, sustainable seafood, clams, farmed clams, farmed mussels

### **Piazza Seafood**

5374 Heebe Street, Harahan, LA 70181

Tel: 800-259-5016

Contact: Nicholas Piazza

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:** crab, wild-caught crab, farmed crawfish, crawfish, wild-caught pompano, pompano, sustainable seafood

### **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:** wild-caught black cod - sablefish, black cod - sablefish, farmed catfish, catfish, farmed mussels, pole or hook-and-line mahi-mahi, trolled mahi-mahi, mahi-mahi, trap or pot lobster, lobster, pole or hook-and-line haddock, wild-caught crab, haddock, farmed clams, crab, clams, mussels, farmed oysters, oysters, farmed tilapia, tilapia, wild-caught sardines, sardines, diver-caught or day boat scallops, scallops, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **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, sustainable seafood

### **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:** black cod - sablefish, farmed mussels, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, hand-raked clams, clams, farmed clams, farmed catfish, catfish, wild-caught black cod - sablefish, mussels, farmed oysters, oysters, diver-caught or day boat scallops, scallops, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **Plitt Seafood**

22613 76th Avenue South, Kent, WA 98032

Tel: 253-872-0536

Fax: 253-872-774

plittcontact@plittco.com

<http://www.plittcompany.com/seattle>

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:** trap or pot lobster, lobster, pacific halibut, wild-caught 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, farmed mussels, mussels, farmed oysters, oysters, sustainable seafood

### **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, sustainable seafood

### **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](mailto: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 or prawns, shrimp or prawns, sustainable seafood

### **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:** mussels, crab, wild-caught pacific cod, pacific cod, farmed clams, farmed catfish, clams, catfish, wild-caught black cod - sablefish, farmed mussels, black cod - sablefish, oysters, farmed oysters, farmed tilapia, tilapia, diver-caught or day boat scallops, scallops, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood, trolled mahi-mahi, mahi-mahi, wild-caught pacific halibut, pacific halibut, wild-caught crab

### **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). Please note: Puget Sound Prawns Cooperative offers local spot prawns.

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

**Products / Methods:** shrimp or prawns, sustainable seafood, wild-caught shrimp or 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). Please note: Royal Seafood, Inc., offers Pacific-caught spot prawns.

**Products / Methods:** shrimp or prawns, wild-caught shrimp or prawns, sustainable seafood

### **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:** farmed catfish, catfish, haddock, wild-caught shrimp or prawns, pole or hook-and-line haddock, shrimp or prawns, sustainable seafood

### **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, sustainable seafood

### **Santa Barbara Fish Market**

117 Harbor Way # A, Santa Barbara, CA 93109

Tel: 805-965-9564

Fax: 805-963-7456

[info@sbfish.com](mailto: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:** clams, farmed mussels, mahi-mahi, trolled mahi-mahi, trap or pot lobster, lobster, wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, farmed clams, farmed oysters, mussels, oysters, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **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:** farmed catfish, clams, catfish, trolled mahi-mahi, pole or hook-and-line mahi-mahi, mahi-mahi, wild-caught black cod - sablefish, black cod - sablefish, farmed mussels, mussels, farmed oysters, oysters, diver-caught or day boat scallops, scallops, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood, 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

### **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, sustainable seafood

### **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 or prawns, black cod - sablefish, wild-caught black cod - sablefish, shrimp or prawns, sustainable seafood

### **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:** crawfish, farmed crawfish, wild-caught crab, crab, farmed clams, clams, farmed catfish, catfish, black cod - sablefish, wild-caught black cod - sablefish, farmed mussels, mussels, farmed oysters, wild-caught wreckfish, oysters, wreckfish, wild-caught snapper, snapper, wild-caught pompano, pompano, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **Seafood, Inc.**

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

Tel: 541-888-9302

Fax: 866-646-6439

Contact: Marvin

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:** wild-caught black cod - sablefish, wild-caught pacific halibut, pacific halibut, wild-caught crab, crab, sustainable seafood, black cod - sablefish

### **Sovereign Seafood**

## 2009 guide: wholesale



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, sustainable seafood

### **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:** lobster, trap or pot lobster, sustainable seafood

### **Taylor Shellfish Farms**

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:** mussels, farmed oysters, oysters, sustainable seafood, farmed clams, clams, farmed mussels

### **Taylor Shellfish Farms**

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:** clams, farmed mussels, mussels, farmed oysters, farmed clams, 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, sustainable seafood

### **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, sustainable seafood

### **Tomales Bay Oyster Co**

15479 Highway One, Marshall, CA 94940  
Tel: 415-663-1242  
Fax: 415-663-9327  
Contact: Drew Alden  
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:** mussels, farmed oysters, oysters, farmed clams, farmed mussels, clams, sustainable seafood

### **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:** pacific halibut, wild-caught pacific halibut, sustainable seafood

### **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).

**Products / Methods:** sustainable seafood

### **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:** lobster, trap or pot lobster, sustainable seafood

### **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:** mussels, farmed oysters, oysters, farmed clams, clams, farmed mussels, sustainable seafood

### **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:** catfish, wild-caught black cod - sablefish, 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, wild-caught crab, crab, hand-raked clams, farmed catfish, clams, black cod - sablefish, farmed oysters, oysters, wild-caught pacific whiting, pacific whiting, farmed tilapia, tilapia, diver-caught or day boat scallops, scallops, wild-caught shrimp or prawns, shrimp or prawns, sustainable seafood

### **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

## 2009 guide: wholesale



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 black cod - sablefish, black cod - sablefish, wild-caught pacific halibut, pacific halibut, sustainable seafood, wild-caught crab, crab

### **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 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:** wild-caught crab, crab, trap or pot lobster, sustainable seafood, lobster

# Smart Seafood Locator

Our goal at **Food & Water Watch** is to help you find sustainably raised or caught seafood for fantastic menus and meals that will please the palate, the pocketbook and the planet.

We also encourage you to be loyal to sustainable seafood because not all seafood is created equal.

Much of the fish we buy in the United States is imported, often from places where health, safety and environmental standards for growing or catching fish are weak or non-existent. Less than 2 percent of recent seafood imports to the United States were inspected for contamination. Also, many popular wild fish have been managed poorly and are depleted, caught with gear that can hurt habitat and other wildlife, and/or contain substances like mercury or PCBs that can cause serious health problems. These concerns can make choosing healthful and ecologically sustainable fish challenging.

Fortunately, there are still good domestic seafood options. Take our tips on best and worst seafood choices.

**Best Seafood Choices:** U.S. wild pole- or troll-caught mahi-mahi • U.S. Pacific sablefish/black cod • U.S. farmed catfish • U.S. wild Pacific halibut • U.S. wild Pacific cod (not trawl caught) • U.S. wild Pacific whiting • U.S. farmed tilapia • U.S. wild hand-raked clams • U.S. farmed clams, oysters and mussels, especially rope-grown • U.S. wild crab (except blue crab) • U.S. wild lobster, especially American (“Maine”) or Pacific spiny • U.S. wild Alaskan salmon • U.S. wild Pacific sardines • U.S. wild diver-caught/day boat scallops • U.S. wild shrimp, especially South Atlantic white, Pacific (“Oregon”) pinks and Florida (“Key West” or “Tortugas”) pinks • U.S. wild squid, especially Atlantic trap- or net-caught longfin or Pacific market (“California”).

**Avoid:** Atlantic cod • Atlantic flatfish – e.g.: flounder, halibut, sole • Blue crab • Caviar (wild caught sturgeon, especially Beluga) • Chilean seabass • Farmed salmon (often called “Atlantic salmon”) • Imported farmed shrimp • Imported king crab • Orange roughy • Red snapper • Sharks • Tuna, especially Atlantic bluefin

We are glad to provide you with the Smart Seafood Locator for better menus, better meals and better health.

Many thanks to our partner [Eat Well Guide](#)® which made this tool possible.

Learn more about sustainable seafood by visiting:

<http://www.foodandwaterwatch.org/fish/seafood/seafood-guide/national-seafood-guide> or  
<http://www.foodandwaterwatch.org/fish/seafood>

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



**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).

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# 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: 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>



With thousands of listings of farms, markets, restaurants and other producers of locally-grown, sustainably-produced food throughout North America, the Eat Well Guide will lead you to fresh, healthy food near you.



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