

Seafood Availability Chart for Bay Area Farmers Markets

This chart represents seafood availability at Bay Area farmers markets. Fishing seasons vary from year to year, depending on conditions and quotas. Some species are sustainably farmed. All species are on Monterey Bay Aquarium’s Seafood Watch “best choices” or “good alternatives” list. This chart might not apply outside of Northern California. Learn more at foodwise.org.

 In season and caught or farmed locally in Northern California

 In the market but preserved or not caught or farmed locally

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Clams	In season											
Cod, Black	In season											
Crab, Dungeness	In season											
Halibut, California	In season											
Lingcod	In season											
Oysters	In season											
Prawns	In season											
Rock Fish	In season											
Salmon, King (Chinook)	In season											
Sanddabs, Pacific	In season											
Sardines	In season											
Seabass, White	In season											
Squid	In season											
Swordfish	In season											
Tuna, Albacore (Tombo Ahi)	In season											

Sourcing Seafood Sustainably

Just like fruits and vegetables, seafood has seasons too. Make sure you’re eating seafood that is sustainably caught or raised by following a few easy tips:

- **Ask questions:** Ask where your seafood is from and if it is farmed sustainably. Letting your local restaurants and stores know that there is a demand for sustainable seafood will encourage them to source from fisheries with ecologically and environmentally sound practices.
- **Known your resources:** Consult the Monterey Bay Aquarium’s Seafood Watch list (seafoodwatch.org) to identify the best choices and which fish to avoid at the seafood counter, or use their Seafood Watch app for on-the-go information.
- **Support local fishermen:** Fishermen rely on you, their local consumer base, to support their trade. While their prices may be higher than those at your average supermarket, the price tag reflects the true cost of maintaining a responsible fishing operation.