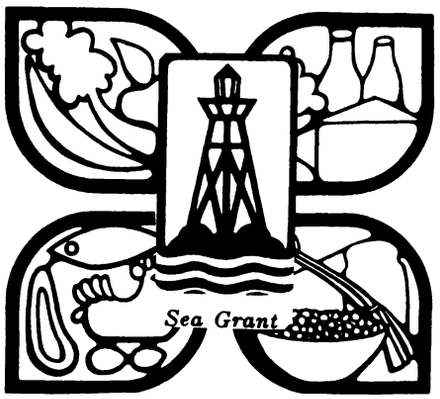
LD
5655
A761
M1154
no.520
c.2

► VIRGINIA COOPERATIVE EXTENSION SERVICE ◄
EXTENSION DIVISION • VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY • BLACKSBURG, VIRGINIA 24061



FOODS AND NUTRITION

MF-520 June 1980

V.P.I. & S.U. LIBRARY
1980
BLACKSBURG, VIRGINIA

FINFISH

Seafood products are commonly divided into two groups -- finfish and shellfish. Many varieties of finfish are caught in Virginia waters and others are available in frozen or canned form in the supermarket. Finfish caught in Virginia waters include flounder, bluefish, sea trout, croaker, shad, mullet, and mackeral. Crabs, clams, oysters, scallops, lobster, crawfish, and squid are shellfish.

Whether you catch your own or buy fresh fish from a seafood market or supermarket, keep these points in mind.

1. Some species of fish are seasonal just as are fruits and vegetables. The supply is more plentiful and the price lower when in season. The chart below shows the season for several species caught in Virginia waters.

NAME OF FINFISH	SEASON CAUGHT LOCALLY	FAT OR LEAN
Bass		
black sea	Winter	Lean
striped (rockfish)	Fall-Winter	Lean
Bluefish	Summer-Fall	Fat
Butterfish	Summer	Fat
Croaker	Spring-Summer	Lean
Drum (red & black)	Summer-Fall	Lean
Flounder		
summer	Summer-Fall	Lean
winter	Spring-Early Summer	Lean
Herring	Spring	Fat
Kingfish	Summer-Fall	Fat
Mackeral	Spring-Late Summer-Fall	Fat
Mullet, jumping	Summer-Fall	Fat
Scup (porgy)	Winter	Lean
Shad	Spring	Fat
Spot	Late Summer-Fall	Lean
Trout, Gray (weakfish)	Summer-Fall	Lean
Tuna, bluefin	Summer	Fat

Virginia Cooperative Extension Service programs, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation. An equal opportunity/affirmative action employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U. S. Department of Agriculture. W. R. Van Dresser, Dean, Extension Division, Cooperative Extension Service, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.

2. Fresh fish spoils easily, so keep it cold. Take a cooler full of ice when you go fishing so you can ice down the fish as soon as you catch them. If you're buying, select fresh fish from a refrigerated display or which are on ice. Buy fish the last thing and hurry home to put it in the refrigerator. If you are going to be on the road long, take along a cooler with ice.

3. How to Buy Fresh Fish
   Check
   - Eyes - should protrude from the head and be clear not cloudy.
   - Gills - should be red or pink and free of slime.
   - Flesh - should be firm and elastic, not soft; should be bright, not faded.
   - Odor - should smell fresh, not sour or strong.

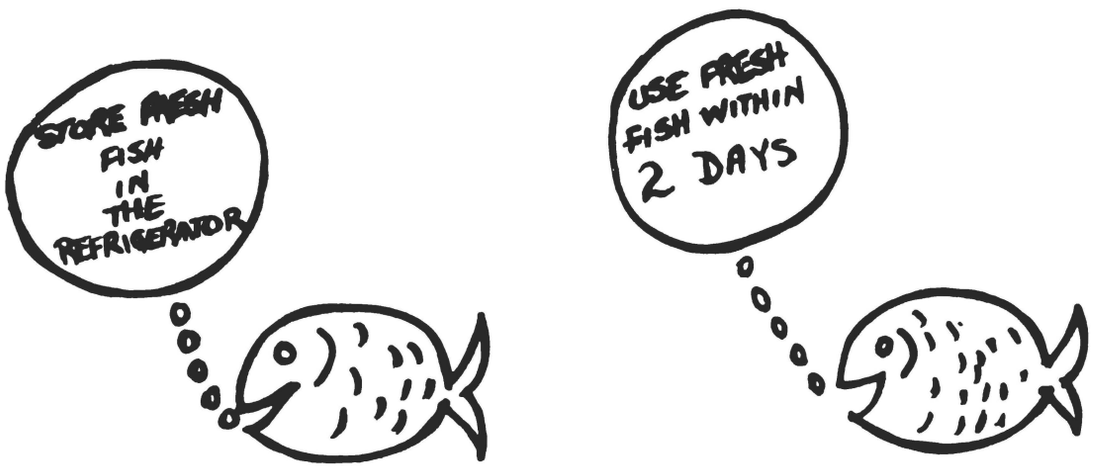
4. One finfish can be substituted for another in recipes, so pick the best buy.

5. For each serving, buy ½ pound dressed fish (head and entrails removed) or 1/3 pound fish fillets or steaks.

6. Clean and dress the fish or have it done at the seafood market.

7. Wash fish in cold running water. Dry it. Wrap it in a moisture proof wrap -- heavy-duty aluminum foil, plastic wrap, or a clean plastic bag. Store in the coldest part of the refrigerator. Use within two days.

8. Freeze fish if you can't use within two days.



MF-520 Prepared by Jo Anne Barton, Extension Specialist - Foods and Nutrition.
Information provided by James A. Daniels, Extension Agent, and Laurie M. Dean, Home Economist, Seafood Processing Research and Extension Unit.