



WILD • SUSTAINABLE • HEALTHY • DELICIOUS

Did you know that the coastal region of the U.S. Pacific Northwest is home to some of the most well-managed and sustainable fisheries in the world?

According to the Marine Stewardship Council (MSC)*, the most diverse and complex fishery in the world to ever meet the MSC seafood sustainability standard is the West Coast Groundfish Trawl fishery - the backbone of small fishing communities in our region. The Pacific Northwest also boasts the renowned Oregon Pink Shrimp fishery, known for its fishermen's commitment to sustainability (as well as its title "the first shrimp (prawn) fishery in the world to achieve MSC certification").

We take great pride in what we do! We fish in the bountiful, pristine cold waters of the Pacific for the food we choose to put on our - and your - table, while also always ensuring our ocean's bounty remains for generations to come.



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PACIFIC NORTHWEST SEAFOOD

WILD • SUSTAINABLE • HEALTHY • DELICIOUS

PACIFIC DOVER SOLE

Microstomus pacificus



FISHERY

U.S. West Coast Groundfish

CATCH AREA

U.S. wild-caught from Oregon,
Washington, California

HARVEST METHOD

Bottom trawl

CERTIFICATION

Marine Stewardship Council

TASTE & TEXTURE

Dover Sole has a mild and
sweet flavor and dense and firm
texture.

HEALTH BENEFITS

Dover Sole is an excellent
source of low-fat protein,
phosphorus, vitamin B-12 and
vitamin D.

AVAILABILITY

Year-round



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Photo Credit (species): Fishwatch.gov



PACIFIC NORTHWEST SEAFOOD

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THORNYHEAD

Sebastes alascanus



FISHERY

U.S. West Coast Groundfish

CATCH AREA

U.S. wild-caught from Oregon,
Washington, California

HARVEST METHOD

Bottom trawl

CERTIFICATION

Marine Stewardship Council

TASTE & TEXTURE

Shortspine Thornyhead is juicy
and tastes sweeter than typical
rockfish. The meat cooks white,
has a sweet and mild taste, and
has firm, coarse flakes.

HEALTH BENEFITS

Thornyhead is high in protein
and selenium.

AVAILABILITY

Year-round



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Photo Credit (species): Fishwatch.gov



WILD • SUSTAINABLE • HEALTHY • DELICIOUS

PACIFIC ROCKFISH

Sebastes spp.



FISHERY

U.S. West Coast Groundfish

CATCH AREA

U.S. wild-caught from Oregon, Washington, California

HARVEST METHOD

Midwater trawl; bottom trawl

CERTIFICATION

Marine Stewardship Council

TASTE & TEXTURE

Delicate, nutty flavor. Lean with a medium-fine texture.

HEALTH BENEFITS

Rockfish is an excellent source of lean protein and is very high in selenium, vitamin D and potassium.

AVAILABILITY

Year-round



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Photo Credit (species): Fishwatch.gov



PACIFIC NORTHWEST SEAFOOD

WILD • SUSTAINABLE • HEALTHY • DELICIOUS

PACIFIC HAKE

Merluccius productus



Also known as Whiting

FISHERY

U.S. Pacific Whiting,
managed under West Coast
Groundfish

CATCH AREA

U.S. wild-caught from Oregon
and Washington

HARVEST METHOD

Midwater trawl

CERTIFICATION

Marine Stewardship Council

TASTE & TEXTURE

Mild and slightly sweet with a
delicate texture.

HEALTH BENEFITS

Hake is a good source of
protein, selenium, vitamin B and
magnesium.

AVAILABILITY

Frozen hake is available year-
round



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Photo Credit (species): Fishwatch.gov



WILD • SUSTAINABLE • HEALTHY • DELICIOUS

PETRALE SOLE

Eopsetta jordani



FISHERY

U.S. West Coast Groundfish

CATCH AREA

U.S. wild-caught from Oregon, Washington, California

HARVEST METHOD

Bottom trawl

CERTIFICATION

Marine Stewardship Council

TASTE & TEXTURE

Petrale Sole are known for having a wonderfully sweet, delicate, nutty flavor and a fine texture.

HEALTH BENEFITS

They contain all of the essential amino acids, making it a high-quality source of low-fat protein. It is high in selenium, calcium, vitamin D and phosphorus.

AVAILABILITY

Year-round



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Photo Credit (species): Fishwatch.gov



PACIFIC NORTHWEST SEAFOOD

WILD • SUSTAINABLE • HEALTHY • DELICIOUS

SABLE FISH

Anoplopoma fimbria



Also known as Black Cod

FISHERY

U.S. West Coast Groundfish

CATCH AREA

U.S. wild-caught from Oregon,
Washington, California

HARVEST METHOD

Bottom trawl

CERTIFICATION

Marine Stewardship Council

TASTE & TEXTURE

Black Cod, with their velvety soft texture and large white flakes, are often called butterfish because of their melt-in-your-mouth, oil-rich meat.

HEALTH BENEFITS

Very high in omega-3 fatty acids as well as vitamin B-6, vitamin B-12, iron and magnesium.

AVAILABILITY

Year-round



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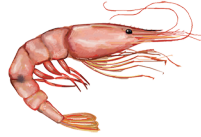
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COLDWATER SHRIMP

Pandalus jordani



Also known as Oregon Pink Shrimp

FISHERY

Oregon Pink Shrimp

CATCH AREA

U.S. wild-caught from Oregon

HARVEST METHOD

Shrimp trawl

CERTIFICATION

Marine Stewardship Council

TASTE & TEXTURE

Sweet, clean flavor with a delicate texture in a petite size.

HEALTH BENEFITS

A good source of protein, iron, and calcium.

AVAILABILITY

Season: April - October
Available frozen year-round



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Photo Credit (species): Fishwatch.gov