

Seafood Seasonality Guide



FISH SPECIES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Albacore	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season	In-Season	In-Season
Anchovy	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season & High Abundance	In-Season & High Abundance
CA Halibut	In-Season	In-Season	In-Season	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season	In-Season	In-Season
Dungeness Crab	In-Season	In-Season	In-Season	In-Season	In-Season	Closed Season	Closed Season	Closed Season	Closed Season	Closed Season	In-Season	In-Season
Grenadier	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season
Lingcod	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season
Petrale & Dover Sole	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season
Rock Crab	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season
Rockfish (many species)	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season
Sablefish/Black Cod	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season
Salmon	Closed Season	Closed Season	Closed Season	Closed Season	In-Season	In-Season	In-Season	In-Season	Closed Season	Closed Season	Closed Season	Closed Season
Sanddabs & other flatfish	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season
Sardine	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season & High Abundance	In-Season & High Abundance
Spot Prawn	In-Season	In-Season	In-Season	In-Season	In-Season	Closed Season	Closed Season	In-Season	In-Season	In-Season	In-Season	In-Season
Squid	In-Season	In-Season	In-Season	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season & High Abundance	In-Season	In-Season	In-Season
Thornyheads	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season
White Seabass	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season	In-Season

#MontereyBaySeafood

Seafood seasonality is influenced by natural changes and migrations, fisheries regulations and availability off our local coastline. Choose local, seasonal seafood whenever possible. [Learn more at www.mbfishtrust.org/local](http://www.mbfishtrust.org/local).

