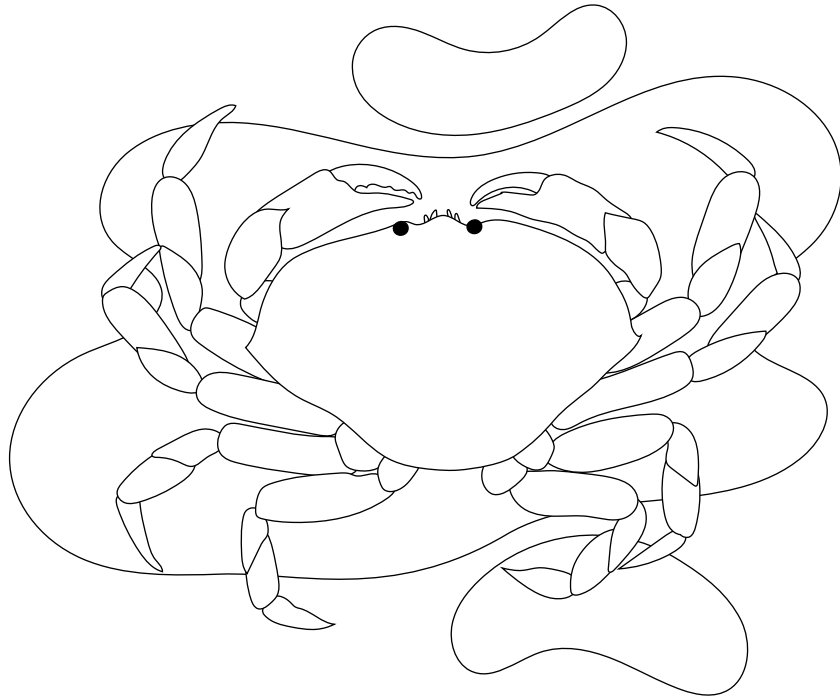


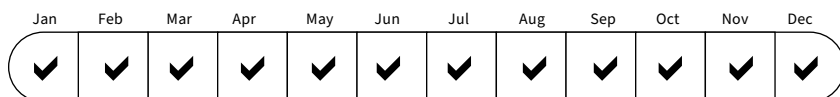
Dungeness Crab



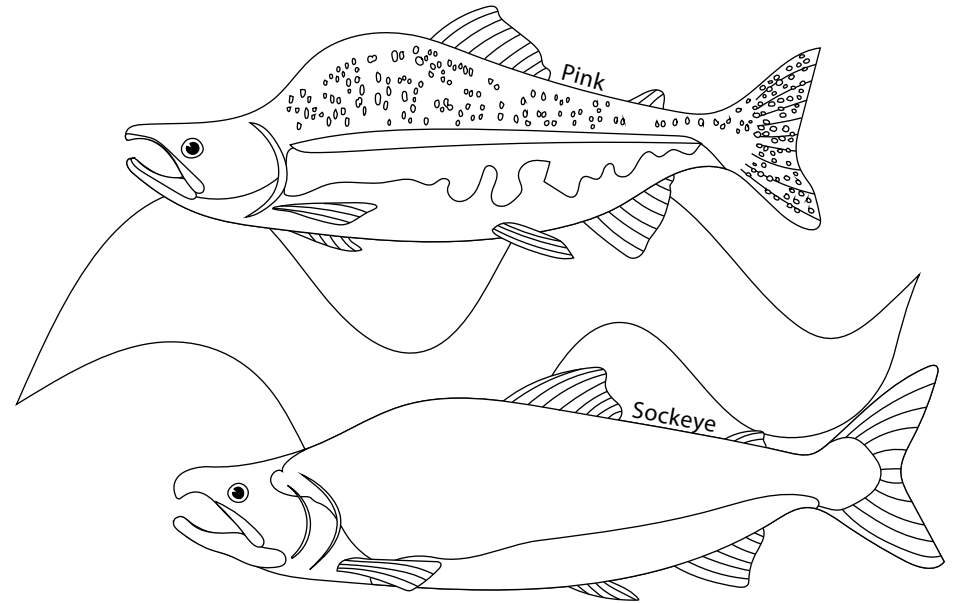
How it's caught: in traps that rest on the ocean floor. All female crabs and undersized crabs are returned to the ocean to help maintain a healthy population.

How to prepare it: Boil and crack open for sweet, juicy meat, perfect in sandwiches, salads, or on its own with melted butter.

When it's in season: Available year round (dependent on region).



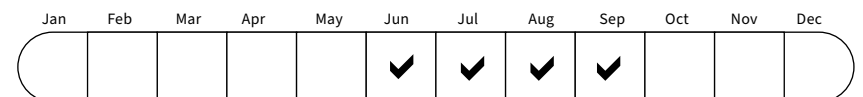
Salmon



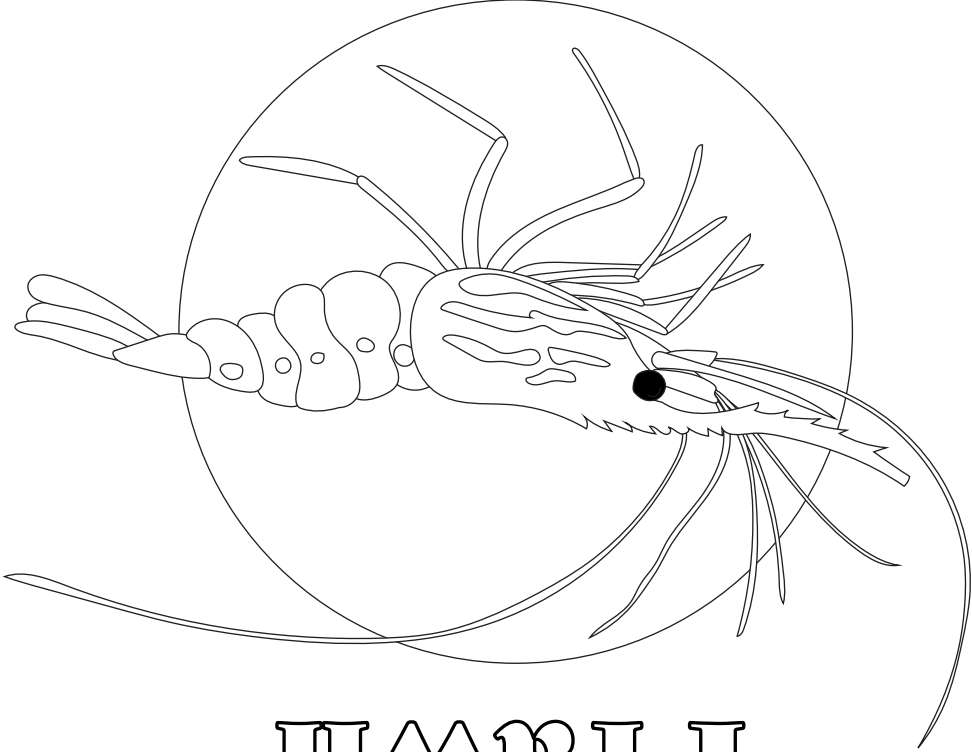
How it's caught: Harvested with gillnets, troll lines or seine nets.

How to prepare it: Great smoked, grilled, or baked. Tastes amazing with maple glaze or grilled on a cedar plank!

When it's in season: June to September, depending on the species and region.



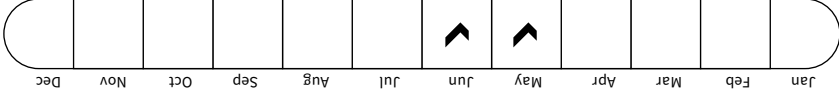
Spot Prawn



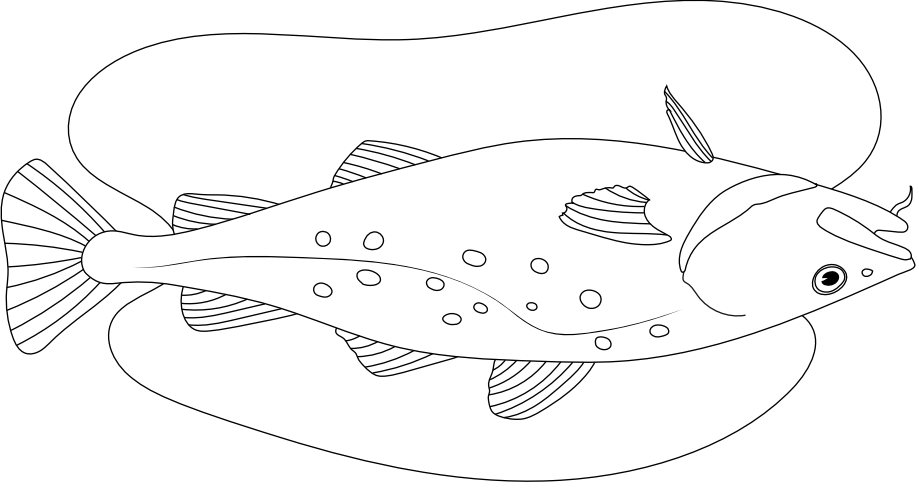
How it's caught: Fished using traps with large mesh and escape rings for small prawns to exit, this method keeps the impact and the bycatch to the environment low.

How to prepare it: Exciting to get fresh when they are in season, but also great prepared from frozen! Try the tails sautéed with garlic and butter or boiled in the shell then peeled and served with cocktail sauce.

When it's in season: May to June.



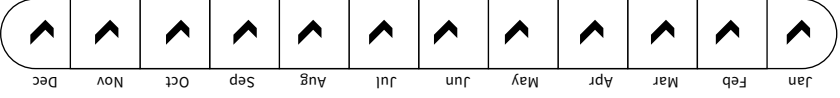
Pacific Cod



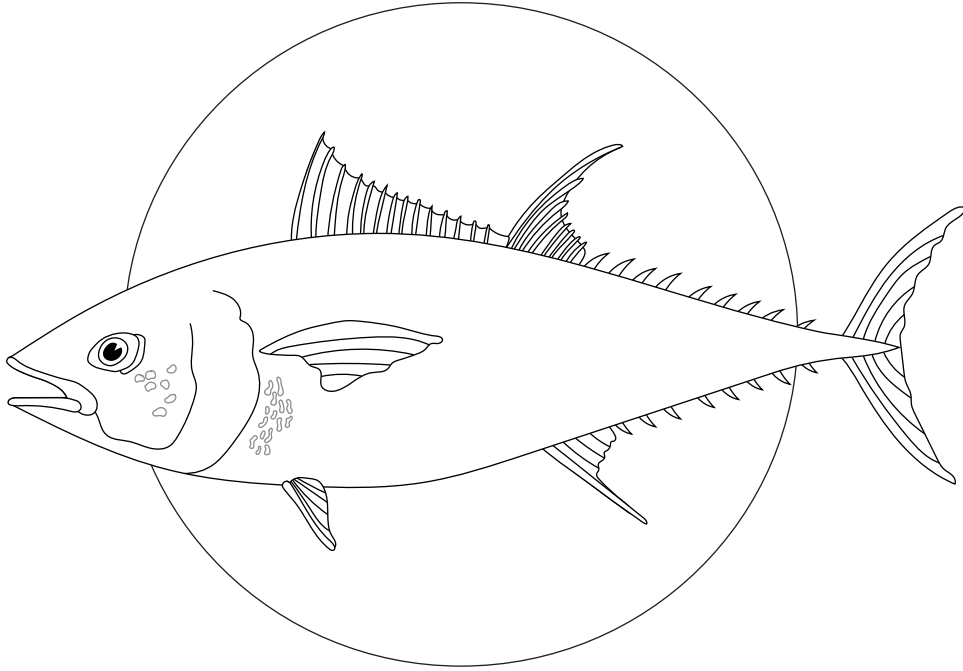
How it's caught: Fished with longlines and bottom trawl nets. In B.C., the fishery is managed with strict quotas and monitoring to protect ocean habitats.

How to prepare it: Mild and flaky—perfect baked for fish tacos, added to chowder, or fried for classic fish and chips!

When it's in season: Year round.



Tuna



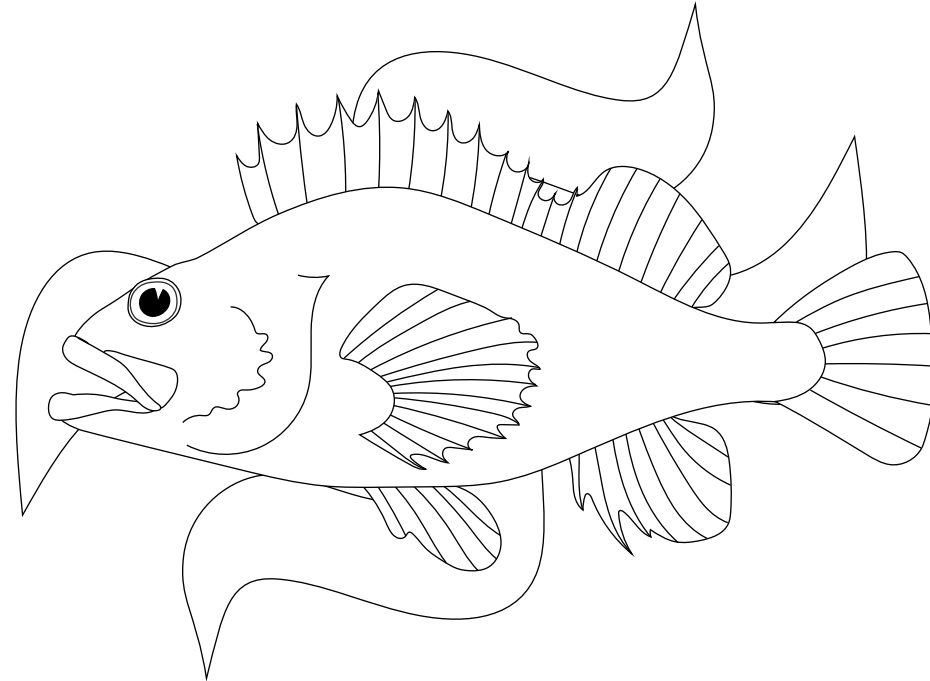
How it's caught: Troll-caught using hooks and lines - one fish at a time - making it a low-impact, sustainable fishery.

How to prepare it: Delicious raw in sushi, or seared quickly for a tender, meaty steak.

When it's in season: July to October, dependent on tuna migration.



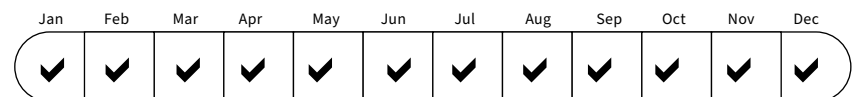
Rockfish



How it's caught: Often caught using hook-and-line gear or bottom trawl. To help protect rockfish populations, many areas along the B.C. coast are designated as Rockfish Conservation Areas where fishing is not allowed.

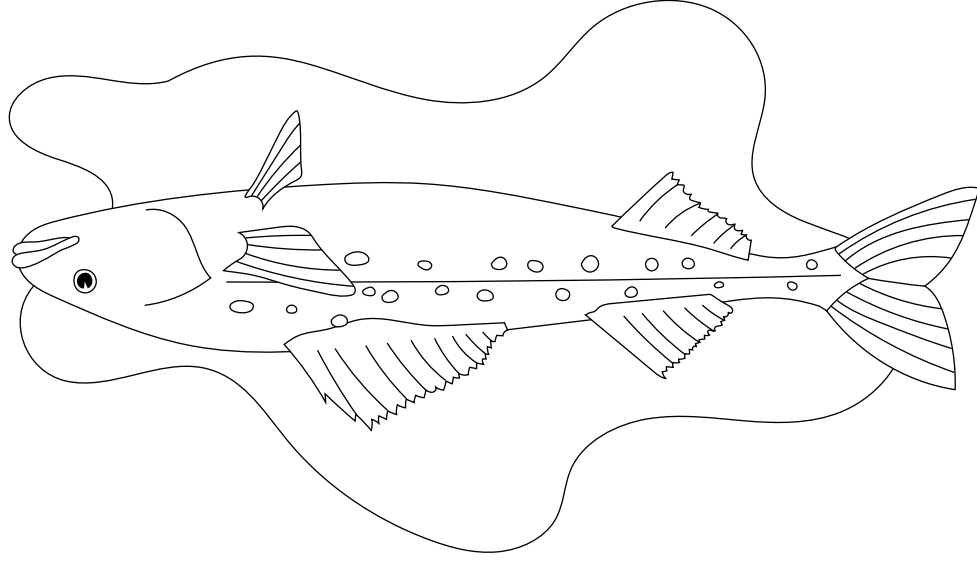
How to prepare it: Great baked, grilled, or in tacos! Mild and flaky, rockfish holds its shape well, making it perfect for soups and stews.

When it's in season: Available year-round, dependent on region.

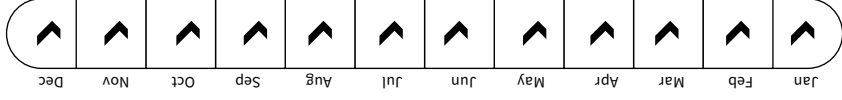


A black and white line drawing of a fish, likely a pufferfish, shown in profile. The fish has a large, rounded body covered in small, dark spots. It has a prominent, striped, cone-shaped snout and a large, striped, fan-shaped tail. The drawing is simple and suitable for coloring.

When it's in season: March to December.



When it's in season: Year-round.



Thinking about buying Canadian-caught seafood?

Five ways to buy local, sustainable seafood in BC

1. Community-Supported Fisheries (CSFs)

Subscribe to a share of the catch from independent harvesters! CSFs connect you directly to fishers and provide traceable, seasonal seafood while supporting sustainable practices.

2. Farmers' Markets

Many local markets feature vendors selling freshly caught BC seafood. Meet the people behind the catch and take home something delicious.

3. Direct Dockside Sales

Buy right off the boat! Visit public sales floats or order from fishers online. You can't get fresher than that.

4. Local Seafood Markets

Some shops across BC specialize in sustainably sourced local seafood. They often work directly with harvesters to bring in top-quality products.

5. Online Directories

Tools like the BC Food Directory and Local Catch Network's Seafood Finder can help you find suppliers near you.

Every purchase supports coastal jobs, local economies, and a more sustainable future for BC fisheries

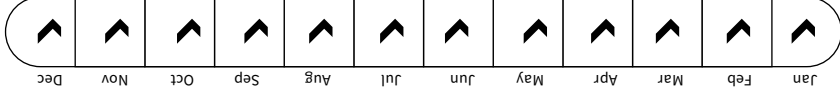
Kelp

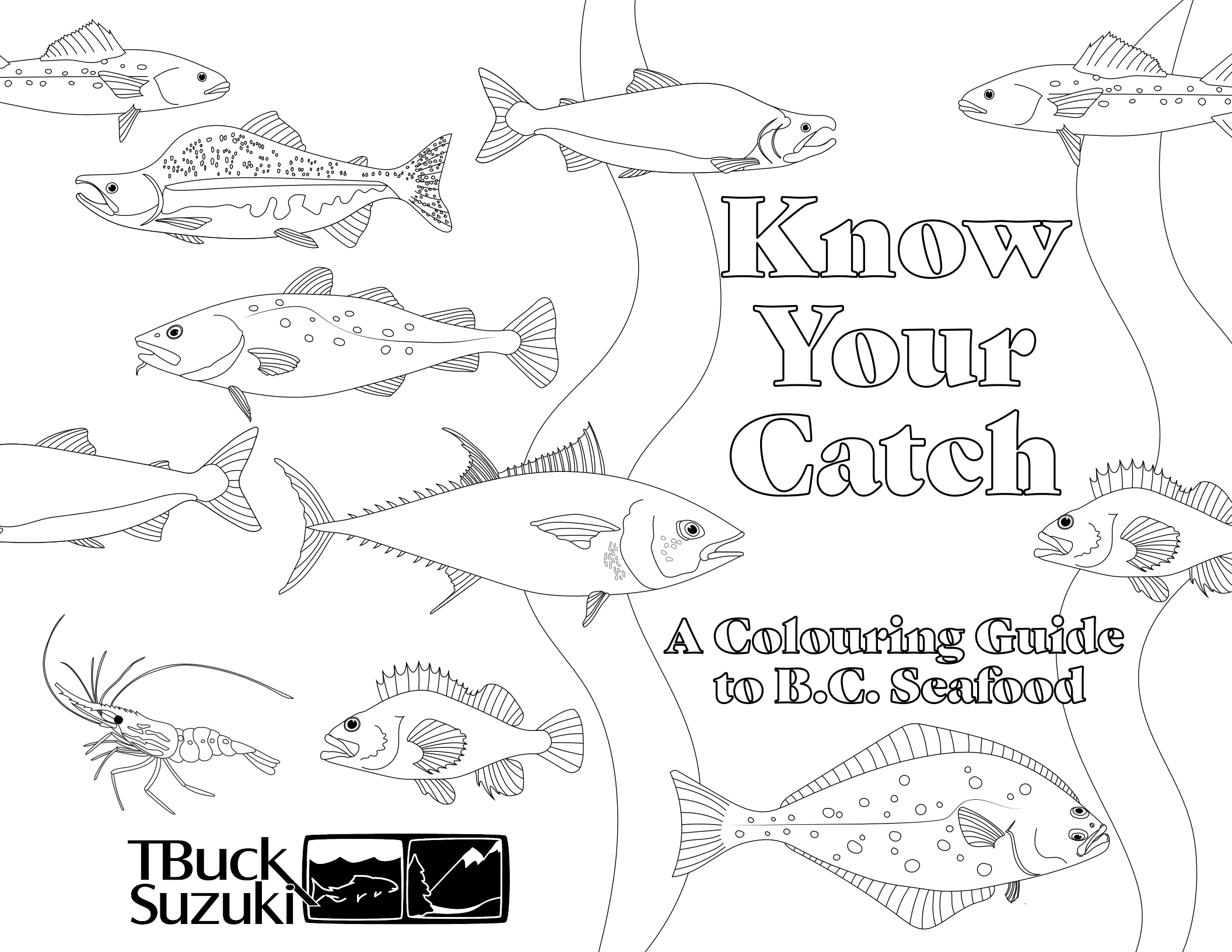


How it's harvested: Collected by hand from the wild, or farmed.

How to prepare it: Can be dried and used in soups and snacks. It's full of nutrients!

When it's in season: Year-round, but usually harvested in spring and summer.





Know Your Catch

A Colouring Guide
to B.C. Seafood