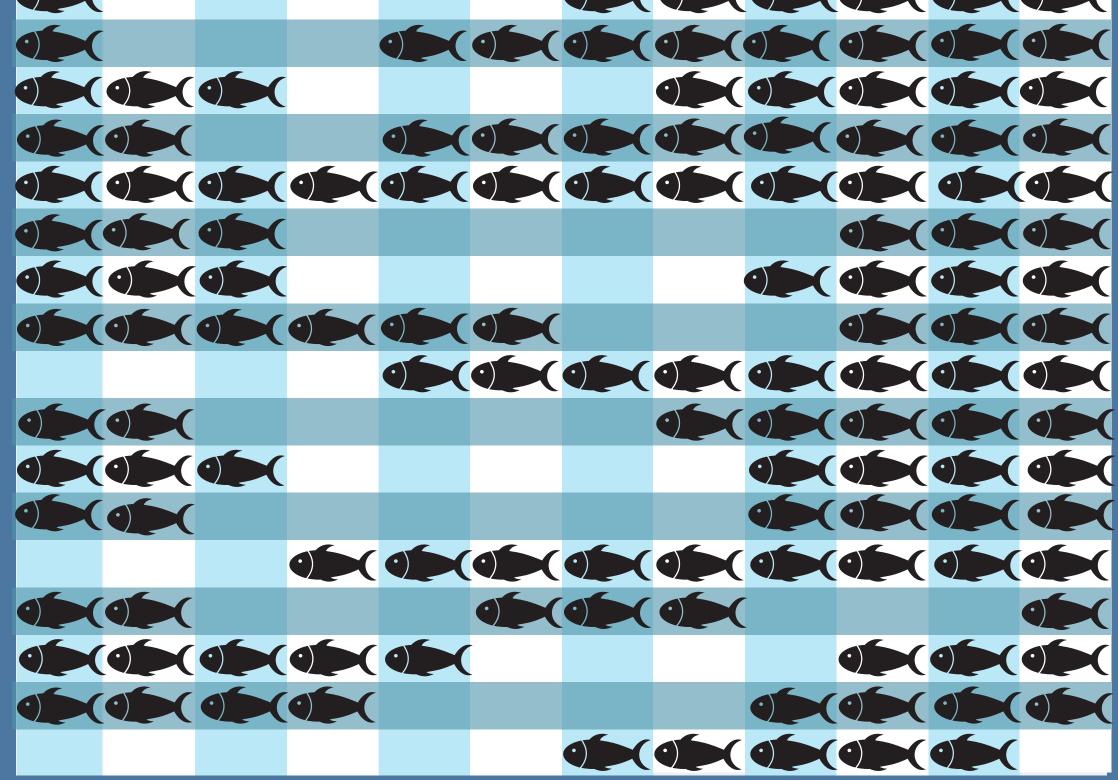


## Fish Seasonality Table

If you prefer to eat / serve freshly caught fish, have a look at the table below to learn which months you can eat the most popular fish and shellfish, without affecting their life cycles.

|                       | Jan | Feb | Mar | Apr | May        | Jun | Jul | Aug      | Sep | Oct        | Nov | Dec |
|-----------------------|-----|-----|-----|-----|------------|-----|-----|----------|-----|------------|-----|-----|
| Atlantic Cod          |     |     |     |     |            |     |     |          |     |            |     |     |
| Black Sea Bream/Porgy |     |     | _   |     | _          |     |     |          |     |            |     |     |
| Brown Trout           |     | _   |     |     |            |     |     |          |     |            |     |     |
| Clam (Carpet/Venus)   |     |     |     | -   | <b>—</b> – |     |     | <b>—</b> |     | <b>—</b> – |     |     |
| Cockle                |     |     |     |     |            |     |     | (        |     |            |     |     |
| Cold Water Prawn      |     |     |     |     |            |     |     |          |     |            |     |     |
| Coley/Saithe          |     |     |     |     |            |     |     |          |     |            |     |     |
| Common Dab            |     |     |     |     |            |     |     |          |     |            |     |     |
| Crab (Brown/Edible)   |     |     |     |     |            |     |     |          |     |            |     |     |
| Dover Sole            |     |     |     |     |            |     |     |          |     |            |     |     |
| Dublin Bay Prawn      |     |     |     |     |            |     |     |          |     |            |     |     |
| European Hake         |     |     |     |     |            |     |     |          |     |            |     |     |

Flounder **Grey Gurnard** Haddock **Herring/Sild King Scallop Lemon Sole** Lobster (European) Lythe/Pollack Mackerel Mussel **Pilchard/Sardine** Plaice **Queen Scallop Red Gurnard Red Mullet** Seabass/Bass



IN PARTNERSHIP WITH:



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