



# 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 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|

|                              |
|------------------------------|
| <b>Atlantic Cod</b>          |
| <b>Black Sea Bream/Porgy</b> |
| <b>Brown Trout</b>           |
| <b>Clam (Carpet/Venus)</b>   |
| <b>Cockle</b>                |
| <b>Cold Water Prawn</b>      |
| <b>Coley/Saithe</b>          |
| <b>Common Dab</b>            |
| <b>Crab (Brown/Edible)</b>   |
| <b>Dover Sole</b>            |
| <b>Dublin Bay Prawn</b>      |
| <b>European Hake</b>         |
| <b>Flounder</b>              |
| <b>Grey Gurnard</b>          |
| <b>Haddock</b>               |
| <b>Herring/Sild</b>          |
| <b>King Scallop</b>          |
| <b>Lemon Sole</b>            |
| <b>Lobster (European)</b>    |
| <b>Lythe/Pollack</b>         |
| <b>Mackerel</b>              |
| <b>Mussel</b>                |
| <b>Pilchard/Sardine</b>      |
| <b>Plaice</b>                |
| <b>Queen Scallop</b>         |
| <b>Red Gurnard</b>           |
| <b>Red Mullet</b>            |
| <b>Seabass/Bass</b>          |

