

# A Guide for Buying Oregon Fish and Shellfish

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SPECIES AVAILABLE IN OREGON	WHOLE SEAFOOD MARKET WEIGHT (POUNDS)*	USUAL MARKET FORMS	SEASON WHEN MOST AVAILABLE	LEAN OR FAT	RECOMMENDED FORMS FOR FREEZING
Clams: Razor, butter, littleneck, soft shell		Alive in shell, shucked	Spring and summer	Lean	Shucked
Cod, true	3-20	Drawn, steaks, fillets	All year	Lean	Fillets, dressed
Crab	20-22 lb./doz.	Cooked in shell, cooked meat	Winter and spring	Lean	Cooked meat
Flounder, sole	$\frac{1}{2}$ -8	Fillets, drawn	All year	Lean	Fillets
Halibut	5-75	Steaks	April-September	Lean	Chunks, steaks
Lingcod	5-20	Drawn, steaks, fillets	All year	Lean	Steaks, chunks, fillets
Oysters	80-240/gal. (number)	Alive in shell, shucked	September-May	Lean	Shucked
Perch	$1\frac{1}{2}$ -3 $\frac{1}{2}$	Drawn, fillets	All year	Lean	Dressed, fillets
Pacific Ocean					
Rockfish (Includes red snapper)	2-5	Drawn, fillets	All year	Lean	Fillets, dressed
Sablefish (Black cod)	4-20	Drawn, fillets	All year	Fat	Fillets, steaks, chunks
Salmon	3-30	Drawn, dressed steaks, fillets	October-November	Fat	Steaks, fillets, chunks
Chum			April-September		Steaks, fillets, chunks
King (Chinook)			July-September		Steaks, fillets, chunks
Pink (Humpy)			June-October		Steaks, fillets, chunks
Silver (Coho)			July-August		Steaks, fillets, chunks
Sockeye					
Steelhead	6-20	Drawn, dressed steaks, fillets	Mid-February-November	Fat	Steaks, chunks, dressed
Shad	$1\frac{1}{2}$ -7	Drawn, fillets	May, June, July	Fat	Dressed, fillets
Shrimp	80-150 per lb. (in shell)	Cooked meat, cooked in shell	All year	Lean	Cooked in shell, cooked meat
Smelt (Eulachon)	$\frac{1}{4}$ or less	Whole	January-March	Fat	Drawn
Striped bass	2-40	Drawn	May-September	Lean	Dressed, fillets, chunks, steaks
Sturgeon	10-300	Dressed	March-December	Fat	Steaks, chunks
Tuna	8-35	Whole	August-October	Fat	Dressed, chunks

\* Unless otherwise specified.



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