

Why Buy Local?

Buying local seafood ensures that your dollars stay in your community. You can also feel confident that the product was legally harvested under high environmental standards that don't always exist in other parts of the world.

What is Sustainable?

Sustainable seafood is harvested at a level that maintains its availability for present and future generations. State and federal agencies manage our seafood resources based on the best available science. Meanwhile, seafood harvesters work with researchers to further reduce their environmental impact.

Why Seafood?

Seafood is an incredibly healthy source of protein shown to increase brain capacity and life expectancy. It is a renewable resource with comparably less environmental impact than other sources of food. Eat seafood from known sources and feel confident you're making a good decision.

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Catalyzing solutions to the complex challenges of ocean stewardship and economic growth in the Gulf of Maine bioregion through a dynamic fusion of science, education, and community.



Gulf of Maine
Research Institute
Science. Education. Community.

Your Guide



Seafood
FROM THE GULF OF MAINE

What Seafood is Local to the Gulf of Maine Region?

All of the seafood products listed here are harvested from the Gulf of Maine region of the United States. Many of these products, such as tuna and salmon, are also produced in other parts of the world. While options from the Gulf of Maine region might not be available all year due to seasonality of the species and harvesting restrictions, be sure to ask where it came from and support local when you can.

Fish

Black Sea Bass
Bluefish
Butterfish
Cod, Atlantic
Catfish
Cusk
Dogfish
Eel
Flounder (*blackback, dab, fluke, grey sole, plaice, summer, winter, yellowtail*)
Haddock
Hake
Halibut (*Atlantic, Greenland, turbot*)
Herring
Mackerel
Monkfish

Pollock
Redfish
Salmon, Atlantic*
Scup
Shad
Shark

Shellfish

Clams (*littleneck, quahogs, razor, softshell, surf*)
Mussels
Oysters
Periwinkle
Scallops (*bay, sea*)
Squid
Whelks

Skate
Smelt
Striped Bass
Swordfish
Tilefish
Tuna (*ahi, albacore, bigeye, bluefin, yellowfin*)

* Farm-raised only

Crustaceans

Crab (*Cancer, jonah, peckytoe, red, rock, snow*)
Lobster
Shrimp, Northern

Other

Sea Vegetables (*including Sea lettuce, Rockweed, Horsetail kelp, Dulse, Irish moss*)

For more information on sustainable seafood, visit: www.gmri.org/Sustainable_Seafood_Initiative