

# CELEBRATE SEAFOOD MONTH AT HOME

*Try a New Recipe and an Activity*

## FRESH FISH TACOS *(Source: Epicurious.com)*

### INGREDIENTS

1/2 red onion, thinly sliced	1 jalapeño, stemmed and chopped
About 1 1/2 cups red wine vinegar	1 pound flaky white fish (pollock; redfish; hake), cut into 4 pieces
1/4 cup olive oil	Salt
1 1/2 teaspoons chile powder	8 fresh corn tortillas
1 1/2 teaspoons dried oregano	Mexican crema (or sour cream or Greek yogurt)
1/2 teaspoon ground cumin	Fresh Tomato Salsa
1/4 cup fresh cilantro leaves, chopped	2 limes, cut into quarters

### PREPARATION

#### Marinate the Onion

Put the onion in a small bowl and pour in enough red wine vinegar to cover well. Set aside for at least 30 minutes or up to several weeks.

#### Marinate the Fish

Pour the olive oil into a small bowl and add the chile powder, oregano, cumin, chopped cilantro, and jalapeño. Mix well. Place the fish on a dish and pour the marinade over it, making sure to coat the fish well on both sides. Allow to marinate for 20 minutes.

#### Cook the Fish

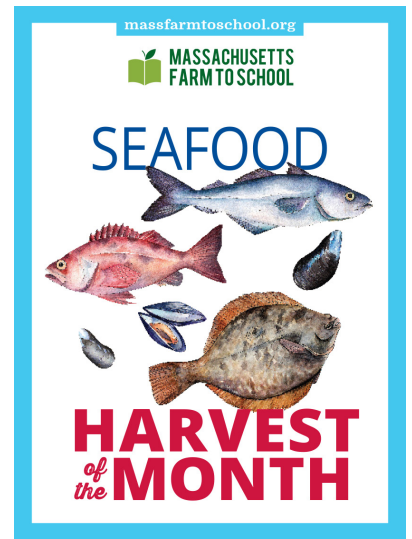
Heat a nonstick sauté pan over medium-high heat. Remove the fish from the marinade and place in the hot pan (there is no need to add more oil). Season the fish with salt. Cook the fish for 4 minutes undisturbed, then turn over, and cook for another 2 minutes. Remove the pan from the heat and flake the fish into the pan with a fork, making sure to mix in all the marinade that has stuck to the bottom of the pan. Check for seasoning and add more salt if necessary. Set aside.

#### Heat the Tortillas

Place four of the tortillas on a plate and sandwich them between two slightly dampened sheets of paper towel. Microwave on high for 45 seconds. Place the warm tortillas in a towel-lined basket or plate and cover. Repeat with the remaining tortillas.

#### Assemble and Serve

To assemble the tacos, place a heaping spoonful of the marinated flaked fish onto the center of a tortilla. Top with the marinated onions. Serve accompanied by Mexican crema and salsa. Garnish with lime wedges and cilantro sprigs.



## WHY DOESN'T THE OCEAN FREEZE? *(Source: New England Aquarium, www.neaq.org)*

In New England, winters are cold enough to freeze the surfaces of ponds and lakes. But why doesn't the ocean freeze along the New England coast?

### Do it yourself

Try this activity to see how salt water freezes in comparison to fresh water. Think about what this means for the animals that live in ponds compared to animals that live in the ocean.

#### Materials

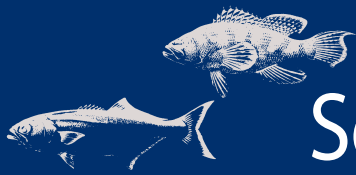
- 2 small paper cups
- 1 tsp. salt
- 2/3 cup cold tap water
- pen/pencil/marker
- level space in the freezer

#### Directions

- Label one cup fresh water and the other cup salt water.
- Place 1/3 cup of tap water in each paper cup.
- Add 1 tsp. of salt to the cup labeled salt water.
- Place both cups in the freezer in a level place for one to one-and-a-half hours

Check the cups of water. Break the ice in the fresh water cup. Is it frozen all the way through? Is the ice in the center of the water, the bottom of the water, or on the surface of the water? Might a pond freeze this way?

Did the salt water freeze? Chances are, the salt water is cloudy but did not freeze. We know that fresh water freezes at 32 degrees Fahrenheit. However, the mixture of water and salt needs much colder temperatures to freeze. This is why the ocean only freezes in very cold places, near land closer to the north and south poles.



# Massachusetts Seafood Availability



FISH SPECIES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
BLACK SEA BASS	Out of season	Out of season	Out of season	Out of season	Limited	Out of season	Out of season	Limited	Out of season	Out of season	Out of season	Out of season
BLUEFIN TUNA	Out of season	Out of season	Out of season	Out of season	Out of season	Limited	Limited	Limited	Limited	Limited	Limited	Limited
BLUEFISH	Out of season	Out of season	Out of season	Out of season	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited
COD	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
FLOUNDER, SUMMER (FLUKE)	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited
FLOUNDER, WITCH (GRAY SOLE)	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
FLOUNDER, YELLOWTAIL	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
HADDOCK	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
HAKE, SILVER (WHITING)	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited
HAKE, WHITE	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
MONKFISH	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
POLLOCK	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
REDFISH (PERCH)	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
SCUP	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited	Limited
STRIPED BASS	Out of season	Out of season	Out of season	Out of season	Out of season	Out of season	Limited	Limited	Limited	Limited	Limited	Limited
SWORDFISH	Out of season	Out of season	Out of season	Out of season	Out of season	Limited	Limited	Limited	Limited	Limited	Limited	Limited
<b>SHELLFISH</b>	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
BAY SCALLOP	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
LOBSTER	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
MUSSELS	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
NORTHERN QUAHOGS	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
NORTHERN SHRIMP	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
OYSTERS	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
SEA SCALLOP	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed
SOFTSHELL CLAMS	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed	Landed

Landed and available in Massachusetts
  Limited landings and availability in Massachusetts
  Out of season or extremely limited availability



DEALER LOOK-UP



## Support Massachusetts Fisheries

A local tradition of fresh seafood  
[www.mass.gov/marinefisheries](http://www.mass.gov/marinefisheries)



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