

## Fish in Season tracker

Species	Alternatives	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Round Fish</b>													
Wild Bass	Wild/Farmed Bream												
Farmed Bass	Wild/Farmed Bream												
Wild Bream	Wild/Farmed Bass												
Farmed Bream	Wild/Farmed Bass												
Cod	Cod Family												
Gumard	Wild Sea Bass												
Haddock	Cod Family												
Hake	Cod Family												
John Dory	Turbot/Brill												
Ling	Cod Family												
Monkfish	Turbot/John Dory												
Grey Mullet	Wild Sea Bass												
Red Mullet	Wild Bream/Bass												
Pollack	Cod Family												
Scottish Farmed Salmon	Wild Sea Trout												
Wild Sea Trout	Scottish Salmon												
Farmed Rainbow Trout	Scottish Salmon												
Whiting	Cod Family												
<b>Flat Fish</b>													
Brill	Turbot/Halibut												
Halibut	Turbot												
Megrim Sole	Lemons/Plaice												
Plaice	Lemons/Megrims												
Ray	N/A												
Dover Sole	Lemons/Megrims												
Lemon Sole	Plaice/Dovers/Megrims												
Turbot	Brill/Halibut												
<b>Oily Fish</b>													
Mackerel	Sardines												
Sardines	Mackerel												
<b>Shell Fish</b>													
Brown Crab	Spider Crab												
Spider Crab	Brown Crab												
Clams	Mussels/Cockles												
Cockles/Whelks/Winkles	Mussels/Clams												
Lobsters	Monkfish/Crab												
Mussels	Clams/Cockles												
Oysters	Mussels/Clams												
Live Prawns	Crayfish Tails												
Scallops	Slices of Monkfish												
<b>Cephalopods</b>													
Squid	Cuttlefish/Octopus												
Cuttlefish	Squid/Octopus												
Octopus	Squid/Cuttlefish												
<b>Exotic Fish</b>													
Tuna	Monkfish												
Swordfish	Monkfish												

In Season	Plenty available weather depending
Spawning Season	Females likely to contain roe or size may be smaller
Out of Season	Prices rise as not so many available or none available at all

