



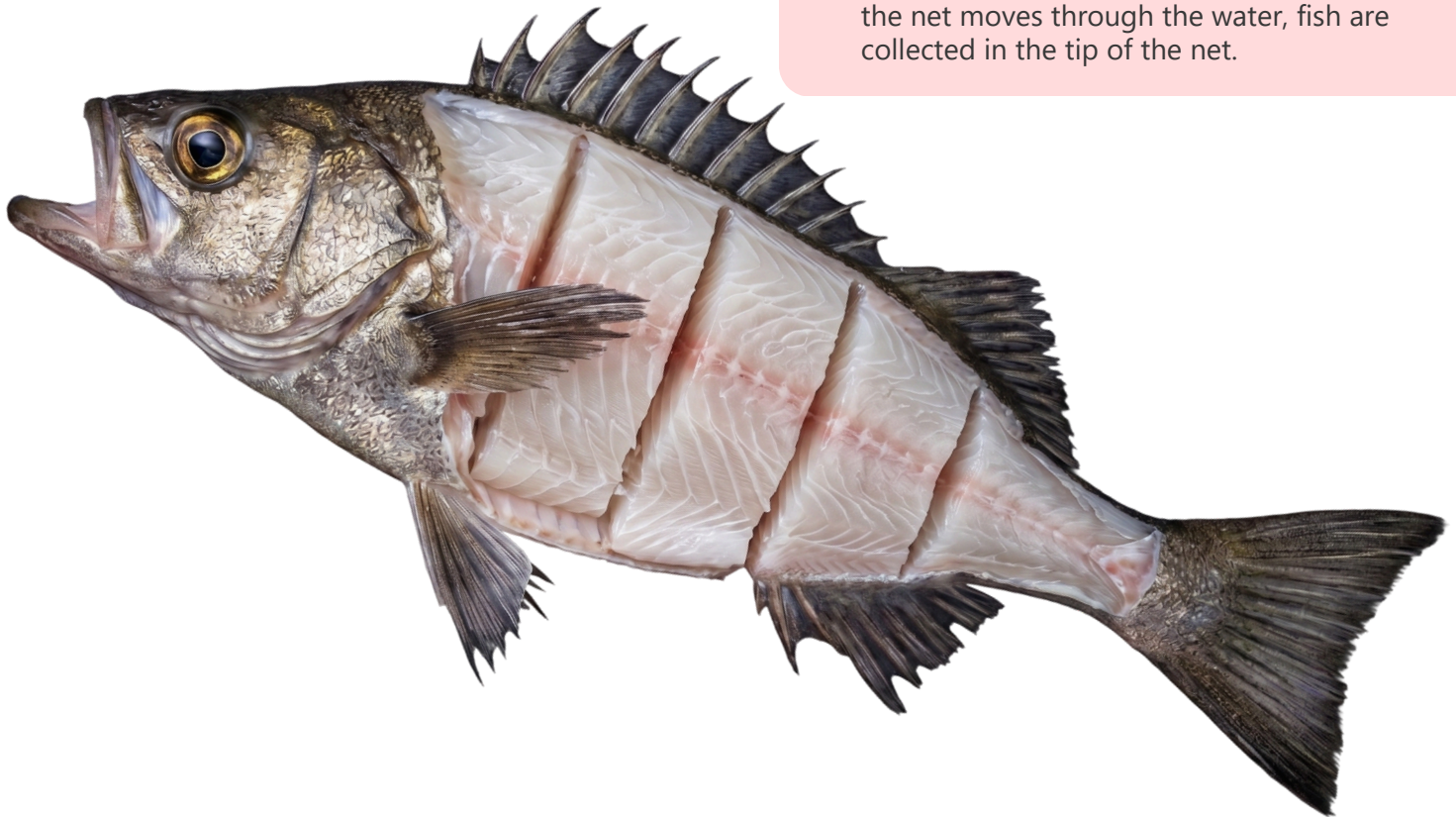
ROCKFISH

What is It?

- Rockfish, like the name suggests, are fish that live in rocky habitats in the ocean.
- Pacific rockfish are in the *Sebastes* genus, which includes more than 70 species of rockfish.
- Common species of wild-caught rockfish harvested along the West Coast include yellowtail, widow, and canary.
- Rockfish range in color from bright red or orange to dusky olive brown.

Harvest It

- Pacific rockfish are harvested through various methods, including longline, pole and handline, and trawl fishing.
- Longline fishing uses a main fishing line which is anchored to the seafloor. Shorter lines are attached to the long line with hooks at the end of them. This allows many fish to be captured on each long line.
- Pole and handline fishing involves a line with one or more hooks or lures. The line is attached to a pole, which is held by a fisher.
- A trawl is a large funnel shaped net that is towed through the water by fishing boats. As the net moves through the water, fish are collected in the tip of the net.





Make It

Recipe: Easy Ginger Soy Grilled Rockfish
Yield: 2 servings

Ingredients	Directions
<ul style="list-style-type: none">• 1 1/2 to 2 pounds of raw rockfish fillets• 1/4 cup honey• 1/2 cup soy sauce• 1 tablespoon freshly grated ginger• 2 to 3 cloves of garlic, chopped or crushed• 1 cup olive oil• 3 tablespoons vinegar, apple cider, white, or rice vinegar	<ol style="list-style-type: none">1. Make marinade by whisking the honey, soy sauce, ginger, garlic, olive oil, and vinegar in a shallow bowl. Add the rockfish, making sure it is fully coated on all sides. Place the bowl in the refrigerator and let the filets sit for at least an hour.2. Grill fillets on medium heat for 2 to 3 minutes per side (for 6- to 8-ounce pieces approximately 1/2 inch thick). More grill time may be required for thicker pieces; a little less time if thinner. Fish is cooked when internal temperature reaches 145 degrees F.

This recipe was adapted from [National Oceanic and Atmospheric Administration](#), courtesy of [California Sea Grant](#).



Make It

Recipe: Blackened Fish Tacos
Yield: 2 servings

Ingredients	Directions
<ul style="list-style-type: none">• 2 6-oz raw rockfish fillets• Seafood seasoning (cumin, chili powder, and black pepper work well for tacos)• Canola oil• 6 corn tortillas <p>Optional Toppings:</p> <ul style="list-style-type: none">• Romaine, roughly chopped• Avocado, smashed with a squeeze of lime• Lime wedges• Red onion, finely chopped• Jalapeños, pickled or raw, sliced	<ol style="list-style-type: none">1. Rub a generous sprinkle of seasoning onto both sides of fillets.2. Heat oil in a heavy-bottomed skillet.3. Once hot, place fillets on the skillet. Cook until they have a nice dark crust, then flip.4. When the fillets are opaque, flake easily at their thickest point, and reach an internal temperature of 145 degrees F, they are done.5. Assemble tacos by layering fish and toppings in each tortilla.

This recipe was adapted from adapted from [Sea Grant](#).



Eat It

Rockfish is a good source of omega-3 fatty acids. These important fats support healthy heart, brain, and eyes. Rockfish is also high in protein, supporting muscle growth and repair, and vitamin B12, which supports red blood cell development and nerve function and helps the body convert food into usable energy.

Read It

- The Rockfish Kids Book, by Claudia Makeyev, NOAA Fisheries & The Mermaid Scientist

Play It

Enjoy the rockfish coloring page from the National Oceanic and Atmospheric Administration (NOAA) Fisheries on the next page!

Find It

Healthy populations of rockfish are harvested year-round off the Pacific coast of Washington. Many grocers and seafood markets sell rockfish fillets that are boneless and skinless. Frozen seafood is a great option because the freezing process locks in the fresh flavor, firm texture, and quality while seafood is fresh.

Rockfish can also be found at many of Washington state's farmers and dockside markets, farm stands, and other local markets throughout market season. Search for local farms, markets, and restaurants that sell Washington-harvested rockfish on the following online directories:

- [Washington Food and Farm Finder](#)
- [Native Grown and Gathered](#)
- [Positively Groundfish Restaurant and Retail Guide](#)
- [Local Catch Seafood Finder](#)

Or find a farmers market near you here: [Farmers Market in Washington](#). Many farmers and dockside markets and vendors accept WIC Farmers Market Nutrition Program, WIC Fruit and Vegetable Benefit, SNAP, and SNAP Market Match.



Washington Office of Superintendent of
PUBLIC INSTRUCTION



Washington
State Department of
Agriculture

**Regional
Markets
Program**



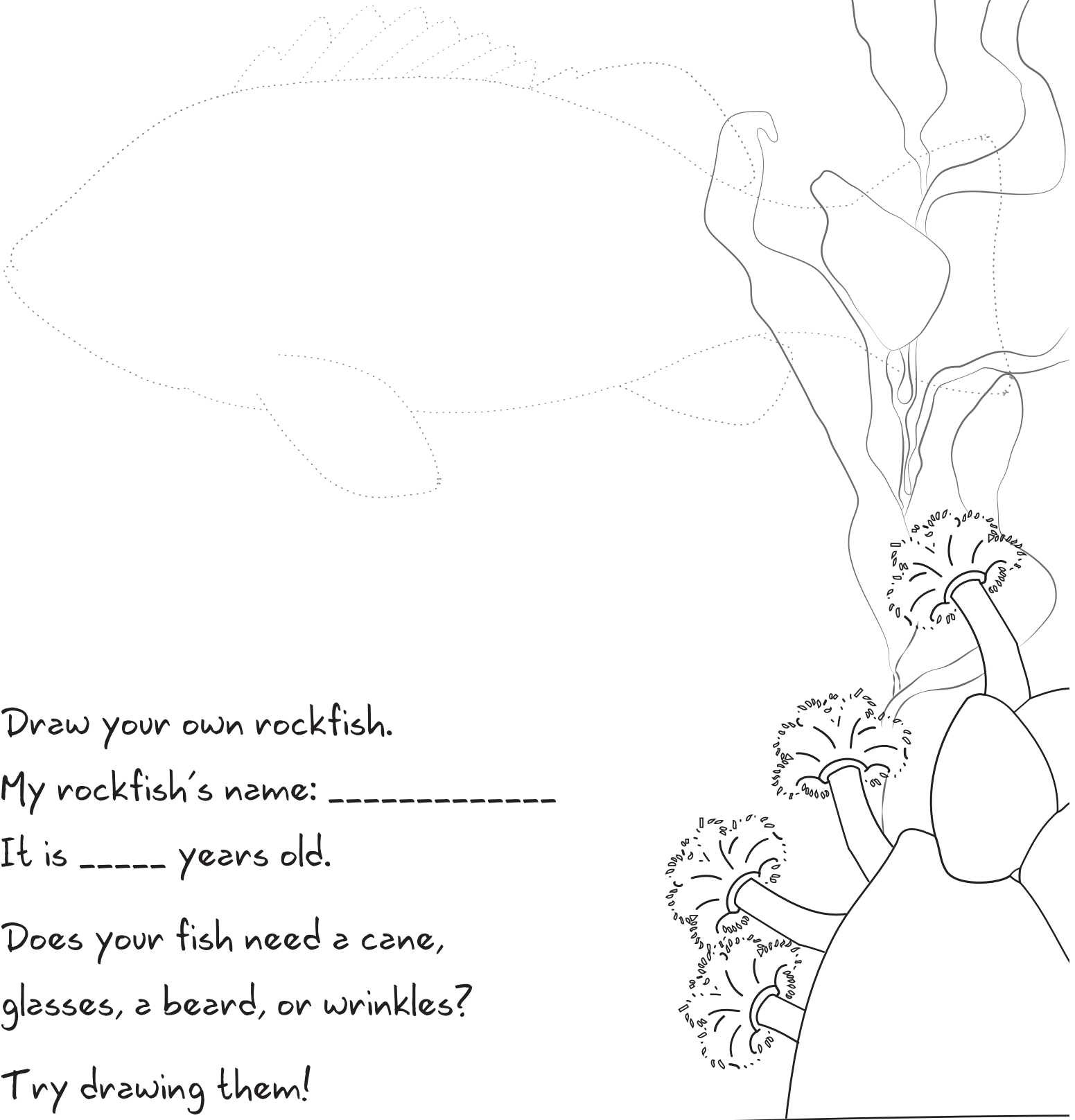
SNAP-Ed

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Washington Harvest of the Season: **Rockfish**

Rockfish can live a very long time.

The oldest known rockfish is 205 years old!



Draw your own rockfish.

My rockfish's name: _____

It is _____ years old.

Does your fish need a cane,
glasses, a beard, or wrinkles?

Try drawing them!