

Food Season Chart - Fish & Shellfish (UK)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Brill												
Brown Shrimp												
Clam												
Cockle												
Cod												
Crab												
Dover sole												
Gunard												
Haddock												
Hake												
Halibut (farmed)												
Halibut (wild)												
Herring												
John Dory												
Lemon Sole												
Mackerel												
Monkfish												
Mussel												
Langoustine												
Lobster (native)												
Oyster												
Plaice												
Pollock												
Prawn (Atlantic)												
Razor clam												
Red gunard												
Red mullet												
Rock oyster												
Salmon (wild)												

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Sardine												
Scallop												
Sea bass												
Sea bream												
Sea trout												
Squid												
Tiger prawn												
Turbot												
Tuna												
Whelk												
Winkle												