



Chesapeake Ray: Rhinoptera bonasus

Market Forms:.....Fresh fillets, loins, wings, Frozen fillets, loins, wings

Size:.....Large ray.....20-40 pounds
Small ray.....10-15 pounds

Taste and Texture:.....Tender meat with beefy flavor

Seasonality:.....Also known as a cownose ray, it is found in the Chesapeake Bay and East Coast waters from May till late September.

Nutritional Value:.....Per 3 oz. serving
Moisture.....76.48%
Protein..... 23.40%
Fat..... 0.4%

Substitutability:.....Veal, Flank Steak

Habitat:.....Western Atlantic, Southern New England to northern Florida throughout the Gulf of Mexico.

Folklore:.....In 1608, Captain John Smith, learned about the nature of a Chesapeake Ray. While Smith was spearing a ray with his sword near the Rappahannock River, the ray defended itself by striking Smith in the shoulder with its barb, located on the base of its tail. The pain was so terrible that the crew was convinced Smith was dying, so they dug a grave for him. But he overcame the pain and felt well enough that evening to eat the ray for supper. The place where this happened is still known as Stingray Point, located in Deltaville, VA.

Harvesting:.....Chesapeake ray are harvested by day boats using pound and gill nets.

Quality Statement:.....Virginia's waters and products are regulated by federal and state agencies including the FDA, the Virginia Department of Health, the Virginia Department of Agriculture and Consumer Services, the Virginia Department of Environmental Quality, and the Virginia Marine Resources Commission, insuring that only safe wholesome seafood reaches our customers.

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