



Atlantic Mackerel: *Scomber scombrus*

Market Forms:.....Whole, dressed, filets, steaks, fresh, frozen, canned.

Size:Average between 12 to 18 inches long and weigh 1 to 2 pounds.

Taste/Texture:.....Darker meat, medium-dense texture, rich pronounced flavor.

Seasonality:Atlantic mackerel can be caught in deep waters off the Virginia coast from March through early August and again from mid-October through December.

Nutritional Value:191 Calories (100 grams, 3.5 oz.)
20% Protein
12% Fat
2.3% Omega-3

Substitutability:The meat of this fish can be substituted for other members of the mackerel family such as the king or Spanish mackerel, as well as other dark meat fish like tuna, marlin, shark or amberjack.

Folklore:The Atlantic mackerel is a gentler breed than other members of its predacious family, feeding mostly on small crustacean, shrimp, herring, and other small schooling fish. Each female produces as many as half a million eggs which contain oil droplets that allow them to float, safe from the harm of bottom-dwelling scavengers.

Harvesting:Atlantic mackerel are harvested commercially with bottom and mid-water trawl nets.

Safety/Quality: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.