



Bluefish: Pomatomus saltatrix

Market Forms:.....Whole, dressed, fillet, fresh, frozen, smoked.

Size:Bluefish average 3 pounds in weight, though 10 lb. bluefish are not uncommon. Smaller blues, about one foot in length, are called tailor or harbor blues.

Taste/Texture:.....Medium-dense, darker meat with a rich, pronounced flavor. Moderately oily, the texture is flaked and smooth. Smaller fish are milder flavored.

Seasonality:Bluefish move northward in summer and migrate south in the winter, making them available off the coast of Virginia in March through mid-December.

Nutritional Value:139 Calories (100 grams, 3.5 oz.)
20% Protein
6.5% Fat
0.77% Omega-3

Substitutability:Because of its distinctive flavor, the bluefish may be substituted for other darker meat fish such as the amberjack or mackerel, mullet, bonita, shad or tuna.

Folklore:This is the most cannibalistic and voracious fish in the sea, helped toward that end by rows of piranha-like teeth and a proclivity to snap at just about anything that moves. Their schools disperse at night and regroup in the morning to continue their hunt for menhaden, croaker or spot. Their ferociousness is part of their wide appeal as a recreational game fish.

Harvesting:Commercially they are caught by day boats with gill nets, pound nets, trawls and haul seines.

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.