



Scup (Porgy): *Stenotomus chrysops*

Market Forms:Whole, dressed, fresh, frozen.

Size:Averages less than 10 inches in length and a pound in weight.

Taste/Texture:Light meat with a delicate, sweet flavor.

Seasonality:January to May.

Nutritional Value:100 Calories (100 grams, 3.5 oz.)
18.9% Protein
2.7% Fat

Substitutability:Can be substituted for butterfish, snapper and perch, among others.

Folklore:Scup, or porgy as they're also called, are found all over the world—and they know how to get along once they get there, blending in with any back-ground as their colors change from solid to blotched and from dark to light.

Harvesting:Scup is commercially harvested by trawl off the continental shelf.

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

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