

WILD FISH SEASONALITY

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|                | JANUARY | FEBRUARY | MARCH   | APRIL   | MAY     | JUNE    | JULY    | AUGUST | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER |
|----------------|---------|----------|---------|---------|---------|---------|---------|--------|-----------|---------|----------|----------|
| ANCHOVY        | GOOD    | GOOD     | GOOD    | GOOD    | GOOD    | GOOD    | GOOD    | GOOD   | GOOD      | GOOD    | GOOD     | GOOD     |
| BRILL          | POOR    | POOR     | VARYING | ✓       | ✓       | GOOD    | GOOD    | GOOD   | GOOD      | VARYING | VARYING  | VARYING  |
| BREAM          | POOR    | POOR     | VARYING | VARYING | ✓       | ✓       | ✓       | GOOD   | GOOD      | VARYING | VARYING  | POOR     |
| COD            | VARYING | VARYING  | GOOD    | GOOD    | GOOD    | VARYING | ✓       | ✓      | ✓         | ✓       | POOR     | POOR     |
| COLEY          | VARYING | GOOD     | GOOD    | GOOD    | VARYING | VARYING | VARYING | GOOD   | GOOD      | GOOD    | GOOD     | GOOD     |
| CONGER EEL     | POOR    | POOR     | POOR    | VARYING | VARYING | GOOD    | GOOD    | GOOD   | GOOD      | GOOD    | POOR     | POOR     |
| CUTTLE FISH    | ✓       | ✓        | VARYING | GOOD    | GOOD    | GOOD    | GOOD    | GOOD   | VARYING   | VARYING | ✓        | ✓        |
| DAB            | GOOD    | GOOD     | GOOD    | GOOD    | GOOD    | VARYING | ✓       | ✓      | VARYING   | VARYING | VARYING  | VARYING  |
| DOVER SOLE     | POOR    | POOR     | ✓       | ✓       | GOOD    | GOOD    | ✓       | ✓      | GOOD      | GOOD    | GOOD     | VARYING  |
| FLOUNDER       | POOR    | POOR     | POOR    | POOR    | VARYING | GOOD    | GOOD    | GOOD   | ✓         | ✓       | ✓        | POOR     |
| GURNARD        | POOR    | POOR     | GOOD    | GOOD    | ✓       | ✓       | ✓       | ✓      | ✓         | VARYING | POOR     | POOR     |
| GILTHEAD BREAM | GOOD    | GOOD     | GOOD    | GOOD    | GOOD    | GOOD    | GOOD    | GOOD   | GOOD      | GOOD    | GOOD     | GOOD     |
| GREY MULLET    | POOR    | POOR     | POOR    | VARYING | VARYING | GOOD    | GOOD    | GOOD   | GOOD      | VARYING | VARYING  | GOOD     |
| HADDOCK        | VARYING | GOOD     | GOOD    | GOOD    | VARYING | VARYING | ✓       | ✓      | ✓         | GOOD    | POOR     | POOR     |

POOR
  VARYING
  GOOD
 
✓
 TIME OF BEST QUALITY  
 Species without a tick are of consistent quality all year round.

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| HAKE        | POOR    | VARYING  | VARYING | VARYING | GOOD    | GOOD    | GOOD    | GOOD    | VARYING   | VARYING | VARYING  | POOR     |
| HALIBUT     | GOOD    | GOOD     | GOOD    | GOOD    | GOOD    | GOOD    | GOOD    | GOOD    | GOOD      | GOOD    | GOOD     | GOOD     |
| HERRING     | VARYING | VARYING  | VARYING | VARYING | VARYING | VARYING | GOOD    | GOOD    | GOOD      | VARYING | VARYING  | VARYING  |
| JOHN DORY   | GOOD    | GOOD     | GOOD    | GOOD    | GOOD    | GOOD    | GOOD    | GOOD    | GOOD      | GOOD    | GOOD     | GOOD     |
| LEMON SOLE  | ✓       | ✓        | GOOD    | VARYING | GOOD    | ✓       | ✓       | ✓       | ✓         | GOOD    | GOOD     | GOOD     |
| LING        | VARYING | VARYING  | VARYING | VARYING | VARYING | VARYING | VARYING | VARYING | VARYING   | VARYING | VARYING  | VARYING  |
| MACKEREL    | VARYING | VARYING  | VARYING | VARYING | VARYING | GOOD    | GOOD    | GOOD    | GOOD      | VARYING | VARYING  | VARYING  |
| MEGRIM SOLE | POOR    | POOR     | VARYING | GOOD    | GOOD    | GOOD    | GOOD    | VARYING | VARYING   | VARYING | POOR     | POOR     |
| MONK        | ✓       | ✓        | ✓       | ✓       | GOOD    | GOOD    | GOOD    | GOOD    | GOOD      | ✓       | ✓        | ✓        |
| OCTOPUS     | VARYING | VARYING  | VARYING | VARYING | VARYING | VARYING | VARYING | VARYING | VARYING   | VARYING | VARYING  | VARYING  |
| POLLOCK     | GOOD    | GOOD     | GOOD    | GOOD    | GOOD    | VARYING | VARYING | VARYING | VARYING   | VARYING | GOOD     | GOOD     |
| PLAICE      | VARYING | VARYING  | VARYING | VARYING | GOOD    | GOOD    | GOOD    | GOOD    | VARYING   | VARYING | GOOD     | GOOD     |
| RED MULLET  | VARYING | VARYING  | GOOD    | GOOD    | GOOD    | GOOD    | GOOD    | GOOD    | GOOD      | VARYING | VARYING  | VARYING  |
| SARDINE     | ✓       | ✓        | ✓       | ✓       | VARYING | VARYING | GOOD    | GOOD    | GOOD      | ✓       | ✓        | ✓        |

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| SPRAT     | ✓       | ✓        |       |       |     |      |      |        |           |         | ✓        | ✓        |
| SEABASS   | ✓       | ✓        |       |       |     |      | ✓    | ✓      | ✓         | ✓       | ✓        | ✓        |
| SQUID     |         |          |       |       |     |      |      |        |           |         |          |          |
| TROUT     |         |          |       |       |     |      |      |        |           |         |          |          |
| TURBOT    |         |          |       |       |     |      |      |        |           |         |          |          |
| TUNA      |         |          |       |       |     | ✓    | ✓    | ✓      |           |         |          |          |
| WHITEBAIT | ✓       | ✓        |       |       |     |      |      |        |           |         | ✓        | ✓        |
| WHITING   | ✓       | ✓        |       |       |     |      | ✓    | ✓      | ✓         | ✓       | ✓        | ✓        |
| WITCH     |         |          |       |       |     |      |      |        |           |         |          |          |
| WRASSE    |         |          |       |       |     |      |      |        |           |         |          |          |

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