



FISH

YEAR-ROUND



PRODUCE

Wild fish can be caught in rivers, streams, and lakes. Fish are also raised on farms. Farmers remove fish eggs and transfer them to indoor hatcheries. After the eggs hatch, they are moved into pods until they are 4 to 6 inches long. The fish are then moved to growout ponds until they are mature and full-sized.



PREP

Keep frozen fish in the original packaging in the freezer for up to six months. Thaw frozen fish in the refrigerator over night. Prepare fresh fish within one day of catching or purchasing. Rinse it quickly, pat it dry, and bake, grill, sauté, or fry.



EAT

Breaded baked or fried fish is a delicious entrée served with your favorite side dishes. Sautéed and grilled fish are yummy served over a bed of rice or a sautéed leafy green, such as chard. Enjoy fish as an ingredient in soup or gumbo!



LEARN

Fish is a **protein**. Among the health benefits of eating fish are the fatty acids called Omega-3s. They support brain health and lower risk of heart disease. The most popular fish to eat in Arkansas are bass, catfish, crappie, and trout. The first fish farm in Arkansas was built to raise goldfish!

