

Seafood Month: Starts with Lake Fish!

Seafood Month brings about so many reasons to eat seafood! Rosh Hashanah, Spiny Lobsters, Oysters, and Lake Fish. With harvest season upon us so is the month that is now declared as 'Seafood Month'. We seafood lovers will bait and catch whatever opportunity comes along to simply indulge in seafood. For those who are about to try seafood for the first time, Tip #1: start local and fresh! If your one of those lucky dogs living around pristine lakes, there is a succulent white fish calling your name! White fish can be so light and flavorful. Season it with herbs, lemon, salt and pepper and the flavor will speak to you. Its that simple.



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Fishing
Lake Fish
Responsibly-caught Seafood
Pescatarian
Seafood Nutrition Partnership
Seafood Month
Great Lakes Ontario
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