**SPECIES**

37 SPECIES OF ROCKFISH LIVE IN ALASKA WATERS.

However,

3 species represent over 90% of the harvest:

- Pacific Ocean Perch: 64.5 mil. lbs.
- Northern Rockfish: 7.1 mil. lbs.
- Dusky Rockfish: 3.7 mil lbs.

*Numbers based on Commercial Operator's Annual Report (COAR) 2018.*

**HARVEST PROFILE**

**HARVEST SEASON**

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

- Gulf of Alaska
- Bering Sea
- Southeast Alaska

**FAO 67**

FAO 67: The world's boundaries of the major fishing areas established for statistical purposes.

**ECONOMY**

Source: NOAA

- rockfish jobs: ~1300
- rockfish vessels: ~160

**GEAR TYPE**

- trawl
- jig
- longline

**SUSTAINABILITY**

Due to the varied types of rockfish available in Alaska waters, **STATE AND FEDERAL AGENCIES COLLABORATE** and divide the species into management groups based on habitat and distribution. Quotas are set for each species and allocated among fishermen. This quota is determined from the previous year's catch data and in-season monitoring through record-keeping, detailed reporting requirements, and observer monitoring. With these detailed schemes in place, Alaska's fishery managers ensure rockfish will be sustainably harvested for generations to come.

**CERTIFIED**

Nearly all Alaska rockfish are certified under two independent certification standards for sustainable fisheries:

- **ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)**
- **MARINE STEWARDSHIP COUNCIL (MSC)**

**PRODUCTS**

<table>
<thead>
<tr>
<th>FRESH</th>
<th>FROZEN</th>
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<tbody>
<tr>
<td>HEG</td>
<td>FILLETS</td>
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<tr>
<td>HEG</td>
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**HARVEST SEASON**

Due to the wide array of species, different varieties of rockfish are harvested year round in each region.

Due to the wide array of species, different varieties of rockfish are harvested year round in each region.
3.0 oz. of ROCKFISH

19 g PROTEIN (38% DV)
293 mg OMEGA 3s DHA & EPA
3.9 mcg VITAMIN D (26% DV)
65 mcg SELENIUM (118% DV)

DV = Daily Value // 3.0 oz = 85g
Source: USDA Standard Reference Release 28

Fun Fact

With over 100 species of tasty ROCKFISH available, ‘ROCKFISH’ is used as a collective common name or is often mislabeled as ‘SNAPPER’ causing confusion. Be sure to #ASKFORALASKA rockfish!

COOKING PROFILE

METHOD Poaching, steaming, sautéing.

Forgiving and Versatile
Lean and Appealing

Gastronomy

Lean • Tender • Mild • Meaty

“Meaty and Flaky. It’s perfect for frying and makes the best beer battered fish for Baja style tacos. I also like just grilling it with a mix of soy sauce, butter and garlic.”

Chef Erik Slater
The Seward Brewing Company | Seward, Alaska

Wild Habitat

The Rockfish:
• Good parents, rockfish give birth to live young rather than laying eggs and defend them during early development after they are born
• A slow grower, Alaska rockfish take far longer to reach reproductive age and size than most species
• Rockfish can be both pelagic (open water) and non-pelagic (bottom-dwelling) but both stay close to rocky structures
• Rockfish have been harvested in Alaska since humans first settled the region. Their bones have been found in archaeological digs dating back 9k years!

The Rockfish:
Many species of ROCKFISH are extremely long-lived, with some living over 120 years!

Nutrition

Alaska Rockfish is packed with lean, high quality protein.

Benefits of Complete High Quality Protein
• Build and maintain lean body mass
• Regulation of metabolism
• Improved satiation—leading to lower intake and possible weight loss
• Stronger muscles, resulting in greater mobility, strength, and dexterity

Recipes

Grilled Alaska Rockfish Kebabs with Chimichurri Sauce | Alaska Rockfish Charmoula
Alaska Rockfish Caribe with Cauliflower Risotto | Forbidden Rice Rockfish

Find these and more at WILDALASKASEAFOOD.COM/RECIPES

Alaska Seafood Marketing Institute | www.alaskaseafood.org