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Market Updates...

Lake fish – all species are now being landed and we're finally starting to see a few white bass.

Salmon prices are continuing to fall. Supply is at a surplus.

Wild salmon – is over. Look to Farmed organic New Zealand King salmon as an alternate choice

Lobsters – Bay of Fundy opened last week and the catch is great. We are only bringing hard shells.

Tuna – will remain steady through this week.

Halibut - The West Coast season is almost over (closes mid November) and prices remain high but consistent.

Fluke – quality and price are great right now. Landings in the Carolinas and Virginia.

Scallops – looks like prices should hold steady through October and begin to creep up starting in November as the boats use up their "days at sea". Our product is coming from the Georges Bank which produces a much firmer and higher quality product than the Hudson Canyon area that others are currently fishing.

New Season...

Nantucket Bay Scallops open November 1st

The native eelgrass that surrounds the island acts as a nursery for the tender scallops, making them the last substantial wild scallop population on the East Coast, according to Peter Boyce, chair of Nantucket's Harbor and Shellfish Advisory Board. The commercial scallop season starts Nov. 1 and runs through the end of March, but most of the madness happens prior to New Year's, before the harbor freezes over and fishermen can still get their boats out on the water.

Pass it on

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Feature Fish – Swordfish



Distribution There is only a single swordfish species found in oceanic regions worldwide, including the Atlantic, Pacific, and Indian Oceans. It is found in tropical, temperate, and sometimes cold waters. The swordfish is highly migratory, generally moving to warmer waters in the winter and cooler waters in the summer. **Size & Catch** Swordfish can grow to over 1,000 pounds, but average 50 to 200 pounds. Large swordfish are all females; males seldom exceed 200 pounds. Feeds on squid, octopus, and pelagic fishes of all kinds. The best catches from the long line fleet come on the full moon, when nights are bright and swordfish are feeding heavily. Thus, the best catches occur during the final quarter of the moon. **Product Taste Profile** Swordfish is moist and flavorful with a slightly sweet taste. Steaks have a moderately high oil content and a firm, meaty texture. The flesh color can vary from white and ivory to pink and orange. Color variation does not indicate quality, and all swordfish turns beige after cooking. Swordfish steaks have a whorling pattern. **Cooking Tips** Any recipe that works for tuna will work for swordfish. While traditionally swordfish is served baked with a slice of lemon, more chefs are preparing it in ways that stretch it, like swordfish kebabs with dipping sauces. Swordfish is excellent for marinating and grilling. It can also be easily cooked from a frozen state. For moist grilled swordfish, select steaks that are at least 1 ¼ inches thick. Baste with olive oil and lemon juice before and during cooking. **Best Cooking Methods:** Bake, Broil, Grill, Smoke

Broiled Swordfish Steak with Toasted Almonds



- 6 swordfish steaks, center cut, 6-7 oz. each
- 4 oz. Amaretto
- 2/3 c. white wine
- 1/2 fresh lemon, juiced
- 1 c. crushed tomatoes
- 1/2 c. almonds, sliced
- 2 tbsp. olive oil

Marinate swordfish in Amaretto, white wine and lemon juice for 1/2 hour in refrigerator.

Spread crushed tomatoes in baking dish. Remove swordfish from marinade and place on top of crushed tomatoes. Reserve marinade. Lightly brush each steak with olive oil, season with salt and pepper.

Broil for 10 minutes, pour reserved marinade over fish and sprinkle with almonds. Reduce oven temperature to 350°. Bake for another 15 minutes.

Serves 6

recipe from [Cooks.com](#)

Feature Oyster... Penn Cove Select



West Coast Oyster Menu from Northern Puget Sound, Washington

Originating where the Samish River meets the northern Puget Sound, these beach raised oysters are intensively cultured to an extra small half-shell size before being taken to Whidbey Island's scenic Penn Cove in Washington State. The oysters are suspended from the surface in bags where they can feed and purge themselves of any grains of sand. They are seasoned in Penn Cove until harvested for each order. The meats are firm with a crisp, briny flavor leaving a fresh aftertaste. Simply Oysterific!