

Seafood

Wild Caught or Farm Raised?

“Farm Raised / Aqua Cultured”

Raised in the open ocean in large nets. Contained in their natural habitat.
Generally fed the same crops day in and day out.

“Wild Caught”

Caught from their natural habitat (lake, ocean, river).
Eat a natural diet and tend to be lower in saturated fat.

Catfish	Farm Raised. Most people do not like Wild (called Channel Cat). Wild has a totally different flavor and a very strong flavor. Farm Raised mellows out the flavor.	Red Snapper	Wild Caught.
Chilean Sea Bass	Wild Caught.	Salmon	<u>Farm Raised</u> (We regularly carry) - 90% of Salmon sold in the USA is Farm Raised. <u>Wild Caught</u> Special Order. Cannot get wild salmon year round. Only typically in May-August. Drier. Not as much fat content and 50% more expensive.
Cod	Wild Caught.	Shrimp	Farm Raised. From SE Asia. VERY good and have immaculate plants. Much better than South America.
Flounder	Wild Caught.	Sole	Wild Caught
Grouper	Wild Caught.	Swordfish	Wild Caught.
Haddock	Wild Caught.	Tilapia	Farm Raised. There is NO wild caught Tilapia. Anywhere.
Halibut	Wild Caught.	Trout (Lake)	Wild Caught
Lobsters/Tails	Wild Caught.	Tuna	Wild Caught.
Mahi-Mahi	Wild Caught.	Walleye	Wild Caught.
Monkfish	Wild Caught.	Whitefish	Wild Caught
Mussels	Strange scenario. Grown/Live on ropes because they are filter feeders. But kept in the same place.		
Oysters	Ranched. Wild found but then kept in cages/pens. But they don't mate them.		
Perch (Lake)	Wild Caught.		

We can order any seafood listed above if you place an order. If you don't see something on our list, just ask and we will be happy to look into getting it in for you!