

### Seasonality of commercially important seafood

Species	January	February	March	April	May	June	July	August	September	October	November	December	
Plaice	Spawning			Spawning									
Lemon sole	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Dab	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Flounder	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Megrim	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
White sole/witch/Pole dab	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Dover/Black sole	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Turbot	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Brill	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Halibut	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Whiting	Spawning		Spawning		Recovery/Hibernation			Recovery/Hibernation					
Cod	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Haddock	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Hake	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
White Pollock (Blossom)	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Black Pollock (Coley)	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Ling	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Gurnard	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Horse Mackerel	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Grey Sea Mullet	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Weever	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Red Mullet	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Tuna	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Swordfish	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Salmon	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Salmon (farmed)	Recovery/Hibernation												
Sea trout (farmed)	Recovery/Hibernation												
Mackerel	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Herring	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Spratt	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Monkfish	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Ray	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Skate	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Dogfish	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
John Dory	Recovery/Hibernation		Recovery/Hibernation		Spawning			Recovery/Hibernation					
Lobster	Recovery/Hibernation		Recovery/Hibernation		carrying eggs	Egg hatching*		Recovery/Hibernation					
Prawns/Dublin prawns	Recovery/Hibernation		Recovery/Hibernation		Spawning*			Recovery/Hibernation					
Shrimps	Recovery/Hibernation		Recovery/Hibernation		Spawning*			Recovery/Hibernation					
Brown crab	Carrying egg	carrying eggs			Spawning*			Recovery/Hibernation					
Spider crab	Recovery/Hibernation		Recovery/Hibernation		Spawning*			Recovery/Hibernation					
Squid	Growning season**						Recovery/Hibernation						
Scallops	Recovery/Hibernation					Risk of toxic shellfish poisoning***			Risk of toxic shellfish poisoning***				
Oysters	Recovery/Hibernation					Risk of toxic shellfish poisoning***			Risk of toxic shellfish poisoning***				
Mussels	Recovery/Hibernation					Risk of toxic shellfish poisoning***			Risk of toxic shellfish poisoning***				
Clams	Recovery/Hibernation					Risk of toxic shellfish poisoning***			Risk of toxic shellfish poisoning***				
Cockles	Recovery/Hibernation					Risk of toxic shellfish poisoning***			Risk of toxic shellfish poisoning***				
Sea Urchins	Recovery/Hibernation												
Periwinkles	Recovery/Hibernation												
Whelks	Risk of toxic shellfish poisoning***												

Flatfish  
White Fish  
Oily Fish  
Prime Fish  
Crustaceans  
Molluscs

**NOTE:**  
This seasonality chart is a guide only to indicate when fish is at its best in regards to taste and meat content. This varies due to local climatic and environmental conditions. We have created this one to our best knowledge for Irish seafood, but don't hold us to account. Generally all seafood spawn over a period of four to six weeks. During spawning a lot of fat and protein reserves go into egg production. This often makes the fish flesh watery and soft. Fish in this condition are termed 'spent fish'. These fish take anything between one to two months to recover depending on the local environmental conditions. Sometimes fishing goes on despite spawning season, because the fish are then more reachable for fishing boats and often occur in bigger numbers. Set quotas are put in place to ensure sustainable harvesting of the fish stocks (in theory). Other limitations are also put in place to ensure protection of stocks such as limited hours of fishing during specific times of the day.  
\* Crustaceans have two different stages in which they should be avoided: carrying eggs and spawning. During the spawning period they mate as well as mould which makes their meat soft and watery. Fishing for crustaceans during the egg carrying period is not forbidden, however in Ireland fishers have an obligation to mark egg carrying females with a "v-notch" and release them back into the sea.  
\*\* Squid start to grow at the beginning of the year and typically reach adulthood in mid summer and with that their full tasty flavour.  
\*\*\* Shellfish such as mussels, cockles, scallops and any other filter feeders are mostly from aquacultures in this day and age. They have a slightly higher risk of accumulating toxic phytoplankton during the summer months due to frequently occurring phytoplankton blooms. Highly advanced monitoring programmes for toxic phytoplankton are in place across the island of Ireland and generally keep you safe, however if you want to keep the risk to a minimum avoid molluscs from late May to early October.

unsure  
FishingSeason  
Recovery/Hibernation  
Spawning