

Monterey Bay Aquarium Seafood Watch[®]

New and Updated Recommendations

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September 2, 2014 Updates

New Recommendations

Species	Scientific Name	Location	Caught/Farmed	Rating
Cabezon	<i>Scorpaenichthys armoratus</i>	Washington, Oregon, California	Wild, handline	GOOD ALTERNATIVE
Crab, Atlantic rock	<i>Cancer irroratus</i>	US Atlantic	Wild: Trap	AVOID
Grenadier, Giant	<i>Albatrossia pectoralis</i>	California, Washington, Oregon	Wild: Bottom trawl, Bottom longline	GOOD ALTERNATIVE
Grenadier, Pacific	<i>Coryphaenoides acrolepis</i>	California, Washington, Oregon	Wild: Bottom trawl	GOOD ALTERNATIVE
Kelp greenling	<i>Hexagrammosdeca grammus</i>	Washington, Oregon, California	Wild, handline	GOOD ALTERNATIVE
Rockfish, Blue	<i>Sebastes mystinus</i>	Washington, Oregon, California	Wild, handline	GOOD ALTERNATIVE
Skate, Big	<i>Raja binoculata</i>	California, Washington, Oregon	Wild: Bottom trawl	GOOD ALTERNATIVE
Skate, California	<i>Raja inornata</i>	California, Washington, Oregon	Wild: Bottom trawl	GOOD ALTERNATIVE
Skate, Longnose	<i>Raja rhina</i>	California, Washington, Oregon	Wild: Bottom trawl, Bottom longline	BEST CHOICE
Skate, Winter	<i>Leucoraja ocellata</i>	US Atlantic	Wild: Sink gillnet	AVOID

Updated Recommendations

Species	Scientific Name	Location	Caught/Farmed	Previous Rating	Updated Rating
Cod, Pacific	<i>Gadus macrocephalus</i>	California, Washington, Oregon	Wild: Bottom trawl	GOOD ALTERNATIVE	GOOD ALTERNATIVE
Crab, Jonah	<i>Cancer borealis</i>	US Atlantic	Wild: Trap	GOOD ALTERNATIVE	AVOID
Dogfish, Spiny	<i>Squalus acanthias</i>	California, Washington, Oregon	Wild: Bottom trawl	AVOID	BEST CHOICE
Flounder, Arrowtooth	<i>Atheresthes stomia</i>	California, Washington, Oregon	Wild: Bottom trawl	GOOD ALTERNATIVE	GOOD ALTERNATIVE
Flounder, Starry	<i>Platichthys stellatus</i>	California, Washington, Oregon	Wild: Bottom trawl	GOOD ALTERNATIVE	BEST CHOICE
Flounder, Winter*	<i>Pseudopleuronectes americanus</i>	US Mid-Atlantic	Wild: Bottom trawl	GOOD ALTERNATIVE	AVOID
Grouper, Black	<i>Mycteroperca bonaci</i>	US Gulf of Mexico	Wild: Handline, Bottom longline	GOOD ALTERNATIVE	GOOD ALTERNATIVE
Grouper, Black	<i>Mycteroperca bonaci</i>	US South Atlantic	Wild: Handline	AVOID	GOOD ALTERNATIVE
Grouper, Gag	<i>Mycteroperca microlepis</i>	US Gulf of Mexico	Wild: Handline	AVOID	GOOD ALTERNATIVE
Grouper, Gag	<i>Mycteroperca microlepis</i>	US Gulf of Mexico	Wild: Bottom longline	AVOID	AVOID
Grouper, Gag	<i>Mycteroperca microlepis</i>	US South Atlantic	Wild: Handline	AVOID	AVOID

Grouper, Red	<i>Epinephelus morio</i>	US Gulf of Mexico	Wild: Handline, Bottom longline	GOOD ALTERNATIVE	GOOD ALTERNATIVE
Grouper, Red	<i>Epinephelus morio</i>	US South Atlantic	Wild: Handline	AVOID	GOOD ALTERNATIVE
Grouper, Snowy	<i>Epinephelus niveatus</i>	US	Wild: Handline, Bottom longline	AVOID	AVOID
Grouper, Warsaw	<i>Epinephelus nigritus</i>	US Gulf of Mexico	Wild: Handline, Bottom longline	AVOID	AVOID
Grouper, Yellowedge	<i>Epinephelus flavolimbatus</i>	US Gulf of Mexico	Wild: Bottom longline	AVOID	AVOID
Grouper, Yellowedge	<i>Epinephelus flavolimbatus</i>	US South Atlantic	Wild: Handline, Bottom longline	AVOID	AVOID
Lingcod	<i>Ophiodon elongatus</i>	Washington, Oregon, California	Wild: Trawl, Bottom longline	GOOD ALTERNATIVE	BEST CHOICE
Lingcod	<i>Ophiodon elongatus</i>	Washington, Oregon, California	Wild: Handline	GOOD ALTERNATIVE	GOOD ALTERNATIVE
Lobster, American	<i>Homarus americanus</i>	US Georges Bank, US Gulf of Maine	Wild: Trap	GOOD ALTERNATIVE	GOOD ALTERNATIVE
Lobster, American	<i>Homarus americanus</i>	US Southern New England	Wild: Trap	AVOID	AVOID
Orange roughy	<i>Hoplostethus atlanticus</i>	New Zealand	Wild: Bottom trawl	AVOID	AVOID
Perch, Pacific Ocean	<i>Sebastes alutus</i>	Washington, Oregon, California	Wild, bottom trawl	AVOID	GOOD ALTERNATIVE
Rockfish, Aurora	<i>Sebastes aurora</i>	Washington, Oregon, California	Wild	AVOID	BEST CHOICE
Rockfish, Black	<i>Sebastes melanops</i>	Washington, Oregon,	Wild	BEST CHOICE	GOOD ALTERNATIVE

		California			
Rockfish, Black and Yellow	<i>Sebastes chrysomelas</i>	Washington, Oregon, California	Wild	GOOD ALTERNATIVE	GOOD ALTERNATIVE
Rockfish, Blackgill	<i>Sebastes melanostomus</i>	Washington, Oregon, California	Wild	AVOID	GOOD ALTERNATIVE
Rockfish, Bocaccio	<i>Sebastes paucispinis</i>	Washington, Oregon, California	Wild	AVOID	GOOD ALTERNATIVE
Rockfish, Brown	<i>Sebastes auriculatus</i>	Washington, Oregon, California	Wild	GOOD ALTERNATIVE	GOOD ALTERNATIVE
Rockfish, Canary	<i>Sebastes pinniger</i>	Washington, Oregon, California	Wild	AVOID	GOOD ALTERNATIVE
Rockfish, Chilipepper	<i>Sebastes goodei</i>	Washington, Oregon, California	Wild	AVOID	GOOD ALTERNATIVE
Rockfish, China	<i>Sebastes nebulosus</i>	Washington, Oregon, California	Wild	GOOD ALTERNATIVE	GOOD ALTERNATIVE
Rockfish, Darkblotched	<i>Sebastes crameri</i>	Washington, Oregon, California	Wild	AVOID	BEST CHOICE
Rockfish, Grass	<i>Sebastes rastrelliger</i>	Washington, Oregon, California	Wild	GOOD ALTERNATIVE	GOOD ALTERNATIVE
Rockfish, Greenstriped	<i>Sebastes elongatus</i>	Washington, Oregon, California	Wild	AVOID	GOOD ALTERNATIVE
Rockfish, Rougheye	<i>Sebastes aleutianus</i>	Washington, Oregon, California	Wild	AVOID	BEST CHOICE

Rockfish, Spiltnose	<i>Sebastes diploproa</i>	Washington, Oregon, California	Wild	AVOID	BEST CHOICE
Rockfish, Vermilion	<i>Sebastes miniatus</i>	Washington, Oregon, California	Wild	AVOID	GOOD ALTERNATIVE
Rockfish, Widow	<i>Sebastes entomelas</i>	Washington, Oregon, California	Wild	AVOID	BEST CHOICE
Rockfish, Yellowtail	<i>Sebastes flavidus</i>	Washington, Oregon, California	Wild	AVOID	BEST CHOICE
Sablefish	<i>Anoplopoma fimbria</i>	Washington, Oregon, California	Wild: Pot	GOOD ALTERNATIVE	BEST CHOICE
Sablefish	<i>Anoplopoma fimbria</i>	Washington, Oregon, California	Wild: Bottom longline, Bottom trawl	GOOD ALTERNATIVE	GOOD ALTERNATIVE
Sanddab, Pacific	<i>Citharichthys sordidus</i>	Washington, Oregon, California	Wild: Trawl	GOOD ALTERNATIVE	BEST CHOICE
Sole, Dover	<i>Microstomus pacificus</i>	Washington, Oregon, California	Wild: Trawl	GOOD ALTERNATIVE	BEST CHOICE
Sole, English	<i>Parophrys vetulus</i>	Washington, Oregon, California	Wild: Trawl	GOOD ALTERNATIVE	BEST CHOICE
Sole, Petrale	<i>Eopsetta jordani</i>	Washington, Oregon, California	Wild: Trawl	GOOD ALTERNATIVE	GOOD ALTERNATIVE
Sole, Rex	<i>Glyptocephalus zachirus</i>	Washington, Oregon, California	Wild: Trawl	GOOD ALTERNATIVE	BEST CHOICE
Skate, Winter	<i>Leucoraja ocellata</i>	US Atlantic	Wild: Bottom trawl	AVOID	GOOD ALTERNATIVE

Thornyhead Longspine	<i>Sebastolobus altivelus</i>	Washington, Oregon, California	Wild	GOOD ALTERNATIVE	BEST CHOICE
Thornyhead Shortspine	<i>Sebastolobus alascanus</i>	Washington, Oregon, California	Wild	GOOD ALTERNATIVE	BEST CHOICE

*Due to a scoring error in the original report, the Mid-Atlantic Winter flounder fishery has changed from a Good Alternative to an Avoid. The Mid-Atlantic fishery represents approximately 1.7% of US Winter flounder landings.

Low Priority

Species	Scientific Name	Location	Caught/Farmed	Previous Rating
Note: The following gear types and locations are no longer covered in the updated assessment as they are no longer present in the fishery or represent an insignificant portion of the North American market.				
Cod, Pacific	<i>Gadus macrocephalus</i>	California, Washington, Oregon	Wild: Bottom longline, Pot	BEST CHOICE
Grouper, Black	<i>Mycteroperca bonaci</i>	US South Atlantic	Wild: bottom longline, spear fishing	AVOID
Grouper, Black	<i>Mycteroperca bonaci</i>	US Gulf of Mexico	Wild: spear fishing	GOOD ALTERNATIVE
Grouper, Gag	<i>Mycteroperca microlepis</i>	US South Atlantic	Wild: bottom longline	AVOID
Grouper, Gag	<i>Mycteroperca microlepis</i>	US	Wild: spear fishing	AVOID
Grouper, Red	<i>Epinephelus morio</i>	US South Atlantic	Wild: bottom longline, spear fishing	AVOID
Grouper, Red	<i>Epinephelus morio</i>	US Gulf of Mexico	Wild: spear fishing	GOOD ALTERNATIVE

Grouper, Snowy	<i>Epinephelus niveatus</i>	US	Wild: spear fishing	AVOID
Grouper, Warsaw	<i>Epinephelus nigritus</i>	US South Atlantic	Wild: bottom longline, handline	AVOID
Grouper, Warsaw	<i>Epinephelus nigritus</i>	US	Wild: spear fishing	AVOID
Grouper, Yellowedge	<i>Epinephelus flavolimbatus</i>	US Gulf of Mexico	Wild: handline	AVOID
Grouper, Yellowedge	<i>Epinephelus flavolimbatus</i>	US	Wild: spear fishing	AVOID
Orange roughy	<i>Hoplostethus atlanticus</i>	Australia, North Atlantic, Republic of Nambia	Wild: Bottom trawl	AVOID
Rockfish, Bank	<i>Sebastes rufus</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Calico	<i>Sebastes dalli</i>	Washington, Oregon, California	Wild	GOOD ALTERNATIVE
Rockfish, Copper	<i>Sebastes caurinus</i>	Washington, Oregon, California	Wild	GOOD ALTERNATIVE
Rockfish, Cowcod	<i>Sebastes levis</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Flag	<i>Sebastes rubrivinctus</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Gopher	<i>Sebastes carnatus</i>	Washington, Oregon, California	Wild	GOOD ALTERNATIVE
Rockfish, Greenblotched	<i>Sebastes rosenblatti</i>	California	Wild	AVOID

Rockfish, Greenspotted	<i>Sebastes chlorostictus</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Kelp	<i>Sebastes atrovirens</i>	Washington, Oregon, California	Wild	GOOD ALTERNATIVE
Rockfish, Olive	<i>Sebastes serranoides</i>	Washington, Oregon, California	Wild	GOOD ALTERNATIVE
Rockfish, Puget Sound	<i>Sebastes emphaeus</i>	Washington, Oregon, California	Wild	GOOD ALTERNATIVE
Rockfish, Quillback	<i>Sebastes maliger</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Redbanded	<i>Sebastes babcocki</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Redstripe	<i>Sebastes proriger</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Rosethorn	<i>Sebastes helvomaculatus</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Rosy	<i>Sebastes rosaceus</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Sharpchin	<i>Sebastes zacentrus</i>	Washington, Oregon, California	Wild	AVOID
Rockfish,	<i>Sebastes jordani</i>	Washington, Oregon,	Wild	AVOID

Shortbelly		California		
Rockfish, Shortraker	<i>Sebastes borealis</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Silvergrey	<i>Sebastes brevispinis</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Speckled	<i>Sebastes ovalis</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Squarespot	<i>Sebastes hopkinsi</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Starry	<i>Sebastes constellatus</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Stripetail	<i>Sebastes saxicola</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Tiger	<i>Sebastes nigrocinctus</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Yelloweye	<i>Sebastes ruberrimus</i>	Washington, Oregon, California	Wild	AVOID
Rockfish, Yellowmouth	<i>Sebastes reedi</i>	Washington, Oregon, California	Wild	AVOID

Skate, Barndoor	<i>Dipturus laevis</i>	US Atlantic	Wild: Otter trawl	AVOID
Skate, Clearnose	<i>Raja eglanteria</i>	US Atlantic	Wild: Otter trawl	AVOID
Skate, Little	<i>Leucoraja erinacea</i>	US Atlantic	Wild: Otter trawl	AVOID
Skate, Rosette	<i>Leucoraja garmanii</i>	US Atlantic	Wild: Otter trawl	AVOID
Skate, Smooth	<i>Malacoraja senta</i>	US Atlantic	Wild: Otter trawl	AVOID
Skate, Thorny	<i>Amblyraja radiata</i>	US Atlantic	Wild: Otter trawl	AVOID