

# NC CATCH

## REAL LOCAL SEAFOOD

NC Catch wants to ensure seafood from our coast is a priority on your table.

We believe that by sustaining the rich culture, variety of resources, health benefits and incredible tastes from our shores, we can help maintain thriving coastal fishing communities and build a stronger appreciation of North Carolina's local seafood for generations to come.

Our non-profit is comprised of local Catch groups focused on connecting consumers and businesses with year-round access to high-quality seafood.

FOR MORE INFORMATION PLEASE VISIT US ONLINE AT  
[WWW.NCCATCH.ORG](http://WWW.NCCATCH.ORG)



Fresh from local fishermen to you.

Local fishermen approved.

Select N.C. seafood from the fishermen of Carteret County.

Caught today the traditional way.

Do you love great seafood? You're in luck! North Carolina offers a variety of local seafood par excellence!

Our coastal waters supply shrimp, blue crabs, oysters, clams, scallops and many types of fish for your dining pleasure. Some of our seafood comes from our broad expanse of estuaries and some from the Atlantic Ocean.

Whether you enjoy seafood prepared at your favorite restaurant, purchased at your local market, or like to catch your own, opportunities abound to celebrate the seasonal variety of North Carolina seafood.

FOR MORE INFORMATION REGARDING NORTH CAROLINA ESTUARIES, PLEASE VISIT: [WWW.APNEP.ORG](http://WWW.APNEP.ORG)



### Where It All Begins: The Estuary

Estuaries are partially enclosed coastal water bodies where freshwater from inland rivers mix with saltwater from the ocean. North Carolina's estuary system consists of about 3,000 square miles of surface water area.

Estuaries are shallow, so sunlight penetrates the water, allowing plants to grow. The rivers flowing into the estuaries carry sediments rich in nutrients that settle onto the estuary floor. These conditions create unique habitat for marine species to hatch and to grow. Some of these species migrate to the ocean.

More than 150 species of fish and invertebrates live in North Carolina estuaries.

### DID YOU KNOW THAT?

\*About 30 types of seafood caught by commercial fishermen live in NC estuaries, including oysters, clams, blue crabs, shrimp, spotted sea trout, red drum, and flounder.

\*The peak months in NC for blue crab landings are May through October.

\*The blue crab fishery is the most valuable in NC in terms of landings and dollars.

\*The crab pot was developed in the Chesapeake Bay in 1928 and first used in NC in 1953.

\*Oysters filter impurities out of water as they eat. One oyster can filter 25 gallons of water per day.

\*Croakers are named for the croaking sound produced by the vibration of their swim bladder and muscles.

\*Southern flounder are lefteye flounders and have both of their eyes on the left side of their body.