

Fish farmed in an ecologically responsible manner:

Tilapia: It is a sustainably harvested fish that has a mild, sweet flesh with tender flakes.

Preparation: Baked, broiled, sautéed, steamed, poached or microwaved.

Origins: Southern and Western U.S.

Great article about Tilapia:

http://seattletimes.nwsourc.com/html/foodwine/2003303015_pacificptaste15.html

Trout: Firm meaty rainbow trout is one of our most sustainably raised fish, and most of it is grown on clean “farms” in Idaho. Because it is dense, with a fair amount of oil in the flesh, it’s less likely to stick to the grill than other fish. High in Omega-3’s.

Preparation: Baked, broiled, sautéed, steamed, poached or grilled.

Origins: Idaho

Catfish: has a mild, sweet flavor with a light texture. It is sustainably harvested fish.

Preparation: Baked, broiled, sautéed, steamed, poached or microwaved.

Origins: Southern U.S.