

Oyster, Eastern (*Crassostrea virginica*)



COMMON NAMES

Atlantic or Eastern oyster, cove oyster, American oyster

SEASONAL AVAILABILITY

Year-round; yields are highest and prices lowest in January and February when oysters are at peak quality

PRIMARY PRODUCT FORMS

Live

Fresh: Half Shell, Shucked Meats

Frozen: Whole, Half Shell, Shucked Meats

Value-added: Smoked, Canned, Breaded, Fritters

PRODUCT PROFILE



COOKING TIPS

For best results, treat your oysters with gentle care—cook them slowly and remove from heat as soon as the mantle starts to curl. One of the most common dishes is Oysters Rockefeller; broil in shells and top with bacon, butter, scallions and breadcrumbs. While it's also common to serve them raw on the half shell, this is not recommended for those in high-risk categories.

COOKING METHODS

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> BAKE | <input checked="" type="checkbox"/> GRILL | <input checked="" type="checkbox"/> SMOKE |
| <input type="checkbox"/> BROIL | <input type="checkbox"/> POACH | <input checked="" type="checkbox"/> STEAM |
| <input checked="" type="checkbox"/> FRY | <input checked="" type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL |

DID YOU KNOW...

...the eastern oyster is the same species that fed pilgrims at Plymouth Rock? While the Pacific oyster has taken over much of the world, America's native oyster still represents nearly two-thirds of our domestic harvest. Because they flourish in a wide variety of conditions (from Long Island Sound to the Gulf of Mexico), oysters vary in taste and are often identified by the region in which they were harvested. Varieties of oyster include the popular Blue Point, Chincoteagues, Apalachicolas, Cape Cods and several others. Most oysters are about 3 to 4 inches in length.

GLOBAL SUPPLY



NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz.

AMOUNT PER SERVING

Calories	137
Fat Calories	44.1
Total Fat	4.9 g
Saturated Fat	1.5 g
Cholesterol	105 mg
Sodium	422 mg
Protein	14.1 g
Omega-3	1.2 g

If it swims we have it.

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