

# SEATTLE FISH CO. EST. 1918

## East Coast Oysters



While the Pacific oyster has taken over much of the world, America's native oyster, the Eastern 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.

### Common Name

Atlantic or Eastern oyster, cove oyster, American oyster

### Scientific Name

*Crassostrea virginica*

### Seasonal Availability

Year round

### Primary Product Forms

Fresh: live and in the shell

Frozen: whole in the shell, shucked with oyster liquor

### Sourcing

Most East Coast oysters are farm-raised along the Atlantic coast stretching from Canada down into the Gulf of Mexico. There are some wild varieties available and are hand harvested.

### Sustainability

Rated Best Choice (green) by Monterey Bay Aquarium's Seafood Watch

### Did you know?

The Eastern oyster can grow up to 10 inches in length and can live to approximately 20 years of age

### Preparation

The most popular preparation, is shucked and served raw on the half-shell. For cooked preparations, make sure to 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, spinach and breadcrumbs.

### Nutrition Facts

Serving Size 6 oysters

Servings Per Container 1

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Amount Per Serving

Calories 49    Calories from Fat 11.7

% Daily Value\*

**Total Fat** 1.3g 2%

Saturated Fat .4g 2%

Trans Fat .6g

**Cholesterol** 21mg7%

**Sodium** 150mg6%

**Total Carbohydrate** 4.6g 2%

Dietary Fiber 0g 0%

Sugars 0g

**Protein** 4.4g

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Vitamin A 0%

Vitamin C 6%

Calcium3%

Iron 27%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.