

YELLOW LAKE PERCH
PERCA FLUVIATILIS



DESCRIPTION: The yellow perch is dusky olive green over the back, and its sides to below the pectoral fins are yellow or yellow-green marked with six to eight broad, dusky, vertical bars. Its belly is white. Yellow lake perch populations were impacted dramatically in the 1900s. This was due to spawning habitat loss, invasive non-native species and over fishing. Spawning occurs at the end of April or beginning of May, depositing 5,000 to 100,000 eggs upon weeds, or the branches of trees or shrubs that have become immersed in the water. After fertilization the eggs hatch in 11 to 27 days depending on temperature and other weather conditions. Yellow perch size can vary greatly between bodies of water, but adults are usually between 4-10 inches (10-25.5 cm) in length and weigh about 5.29 oz (150 g) on average.

Lake Erie Yellow Perch populations have increased through careful commercial fishing management and the tough, resilient nature of the species. We currently source all of our Yellow Lake Perch from Lake Erie, which represents 85% of the commercial catch. Help us support the local fisherman of the United States and Canada for their conservation efforts, by putting Lake Erie Yellow Perch on the menu.

EATING QUALITIES: Yellow Perch are one of the finest flavored of all pan fish. The white, flaky meat is firm, white, and sweet-tasting.

FISHING METHODS AND REGULATIONS: . They are caught by gill-net and come to us butterflied with the pin-bones in.

SOLD AS: Skin-on fillets

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	91
Fat Calories	36
Total Fat	2.5 g
Saturated Fat	.9 g
Protein	20 g
Sodium	54 mg
Cholesterol	60 mg
Omega-3	.5 g

COOKING METHODS

- Sautéed
- Broil
- Grill
- Poach
- Bake
- Steam

HANDLING

Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.