



## **Black Sea Bass: *Centropristes striatus***

**Market Forms:**.....Whole, fresh or frozen.

**Size:** .....Up to 24 inches; 1 1/2 to 5 pounds.

**Taste/Texture:**.....Medium-dense, light meat with a delicate mild-to-moderate flavor.

**Seasonality:** .....Year round.

**Nutritional Value:** .....92 Calories (100 grams, 3.5 oz.)  
18.4% Protein  
2% Fat  
.6% Omega-3

**Substitutability:** .....Black sea bass can be substituted for other fish with similar taste, texture and size characteristics such as croaker, scup, sea trout, spot and snapper.

**Folklore:** .....The facts of life must be confusing to the young sea bass, as mom becomes dad later in life. Known within the scientific community as protogynous hermaphrodites, these fish begin life as females but develop into males. The size and age at which this transformation takes place is highly variable, but generally begins when the fish is between 7 and 10 inches long and 2 to 5 years old. The black sea bass' large pouting mouth and black back and sides make it easily identifiable.

**Harvesting:** .....Most commercial catches of black sea bass are made with trawl nets on hard bottom in depths up to 300 feet. Wooden traps are also used offshore in depths of 65 to 110 feet.

**Safety/Quality:** .....Virginia's waters and products are regulated by federal and state agencies including the FDA, the Virginia Department of Health, the Virginia Department of Agriculture and Consumer Services, the Virginia Department of Environmental Quality, and the Virginia Marine Resources Commission, insuring that only safe wholesome seafood reaches our customers.