

	JANUARI	FEBRUARI	MAART	APRIL	MEI	JUNI	JULI	AUGUSTUS	SEPTEMBER	OKTOBER	NOVEMBER	DECEMBER
Pladijs / Schol						●	●	●	●	●		
Zeetong / Tong							●	●	●	●	●	●
Rog							●	●	●	●	●	●
Zeekat / Sepia	●	●	●							●	●	●
Kabeljauw						●	●	●	●	●		
Tongschar						●	●	●	●	●		
Rode poon	●	●	●								●	●
Jakobsschelp	●	●	●						●	●	●	●
Steenbolk	●	●	●								●	●
Hondshaai	●	●	●	●	●	●	●	●	●	●	●	●
Zeeduivel / Staartvis						●	●	●	●	●		
Schar						●	●	●	●	●		
Griet						●	●	●	●	●	●	●
Tarbot								●	●	●	●	●
Schelvis	●								●	●	●	●
Wijting							●	●	●	●	●	
Grijze garnaal								●	●	●	●	
Pijlinktvis / Calamar	●	●	●	●					●	●	●	●
Krab									●	●	●	●
Pollak	●	●	●	●	●							●
Langoustine					●	●	●	●				
Zeebaars					●	●	●	●	●	●	●	
Zeewolf				●	●	●	●	●				
Leng	●	●	●						●	●	●	●
Zeebarbeel / Mul	●	●	●	●	●	●	●	●	●	●	●	●
Octopus / Inktvis	●	●	●	●	●	●	●	●	●	●	●	●
Koolvis	●	●	●								●	●



Beste aankoopperiode verse vis



Moeilijker verkrijgbaar en/of minder van kwaliteit

Bron: VLAM