Local Catch

- There are about 3,000 different species of catfish. Some catfish species found in Louisiana include flathead, bullhead, blue, and channel.
- Like shrimp, catfish plays an important role in Louisiana’s food culture and tradition. It’s not uncommon to find Louisianans gathered for a Sunday fish fry with catfish or to discover local restaurants featuring Catfish Acadiana on the menu.

Fun Facts!

Catfish are named for their distinct barbels, or “whiskers,” which resemble cat whiskers. Unlike most fish, catfish have thick leathery skin instead of scales.

Catfish live in both freshwater and saltwater environments. Although catfish can be found in coastal or inland waters of every continent except Antarctica, more than half of all catfish species live in the Americas.

Catfish are the 5th most popular fish in America. In fact, the commercial production of catfish accounts for more than 27% of the value of aquaculture production in the United States. The economic impact of the catfish industry is in the billions.

Make It

Baked Catfish Nuggets

Ingredients:
- 1 pound of catfish
- 1/2 cup cornmeal
- 1 Tbs Cajun seasoning
- 1 tsp garlic powder
- 1/2 tsp salt

Easy Dill Dip:
- 1 cup mayonnaise or full fat Greek yogurt
- 1 Tbsp Dijon mustard
- 1 Tbsp fresh lemon juice
- 1/4 tsp garlic powder
- 1/2 tsp dried dill

Directions:
1. Cut catfish into “nugget-sized” pieces.
2. In a shallow dish, mix together cornmeal, Cajun seasoning, garlic powder, and salt.
4. Bake at 400°F for 17-20 minutes, until fish is cooked through, golden and flaky.

Did You Know?

Like most seafood, wild-caught catfish contains high levels of omega-3 fatty acids. Omega-3s are long-chain fatty acids, which are critical to brain development in humans.

For more information on Louisiana Harvest of the Month, visit www.SeedstoSuccess.com

This Institution is an equal opportunity provider.