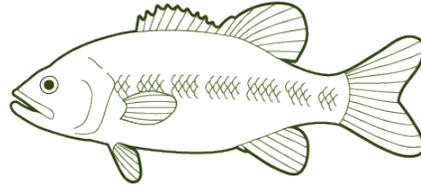


Largemouth Bass

Micropterus salmoides

Largemouth bass are freshwater finfish in the Centrarchidae family. Their native range includes the St. Lawrence River, the Great Lakes, Hudson Bay, the Mississippi basin, the Atlantic Slope drainages from North Carolina to Florida, and Gulf Slope drainages from northern Mexico to Florida.¹ They are a popular sportfish and have been widely introduced throughout the US and Canada.² In the wild, they can be found in streams, lakes, rivers and reservoirs. They have moderately deep bodies; dark olive to green mottled coloration; sides are olive to greenish yellow with an irregular dark stripe extending from gill plate to tail.² Their upper jaw extends past the eye distinguishing them from similar species of bass.



Where do the largemouth bass I eat come from?

Largemouth bass are farmed for food and for recreational stocking and naturally occur in the wild. They are not commercially harvested from the wild. Largemouth bass raised for human consumption is a niche market in the US. The majority of all largemouth bass sold for food are raised in ponds and sold live. However, the number of farms using tanks for farming largemouth bass is growing. You are most likely to find largemouth bass at ethnic grocery stores selling live fish. Largemouth bass can also be purchased directly from farmers for stocking private ponds. To find aquaculture businesses in the Great Lakes region selling fish for pond stocking visit the Great Lakes Fresh Fish Finder website (<https://freshfishfinder.org/>).

Why largemouth bass?

- Source of Protein³
- Minerals (potassium, magnesium, and calcium)⁴
- Omega 3 Fatty Acids^{4,5}
- Lean Fish (low in total fat)⁵

Are U.S. largemouth bass products safe to eat?

Research scientists^{6,8} and government agencies^{7,8,9} have looked into contaminant loads in wild largemouth bass populations, but no research focused on examining contaminant levels in US farm-raised largemouth bass sold for food. Wild fish populations are monitored for contaminants as a way to inform recreational anglers about what fish are safe and what fish are not safe to eat. Check with a local fish advisory before eating fish caught in public waters.

To learn about commercial fish and seafood safety, visit:

Eat Midwest Fish: Advisories
eatmidwestfish.org/nutrition-safety/advisories/

EPA-FDA Advice about Eating Fish and Shellfish
<https://bit.ly/epa-safe-eating-guide>

EPA State, Territor and Tribe Fish Advisory Contacts
<https://fishadvisoryonline.epa.gov/Contacts.aspx>

Pan Fried Largemouth Bass with Garlic Herb Sauce

Prep Time: 15 minutes / Start to finish: 22 minutes

Serves: 4

4 skinless largemouth bass fillets
salt & ground black pepper
1/2 cup flour
2 Tbsp olive oil
4 Tbsp butter
1 Tbsp sliced garlic
3 Tbsp fresh Italian parsley
1 lemon

Cooking Tips

Largemouth bass can be more flavorful than mild white fish like tilapia. Ways to cook it include: frying, sautéing, baking, and grilling. Air frying is a healthier alternative to deep frying. Largemouth bass pairs nicely with bold spices like blackening spices as well as garlic, scallions, and citrus and herbs like basil, oregano, and parsley.

- 1.** Lightly season fillets with salt and pepper. Set aside.
- 2.** Prep ingredients. Measure flour, slice garlic, and chop parsley. Squeeze the juice from half a lemon and cut half into 4 wedges.
- 3.** Heat a sauté pan on medium high. When the pan is hot, add 2 Tbsp of olive oil.
- 4.** Coat fillets with flour. When the oil is hot, place fillets in pan.
- 5.** While the fish is frying, prepare the sauce. Melt butter in a small sauce pan over medium heat. When hot, add garlic. As the garlic starts to turn light golden brown add the parsley and remove from the heat. Carefully add lemon juice. Season with salt and pepper to taste. Set aside.
- 6.** Pan frying fillets will take about 3 minutes per side. When fillets are golden brown on the outside, opaque on the inside, and the internal temperature is 145°F, they are done.
- 7.** Serve with a wedge of lemon and drizzle with sauce.

