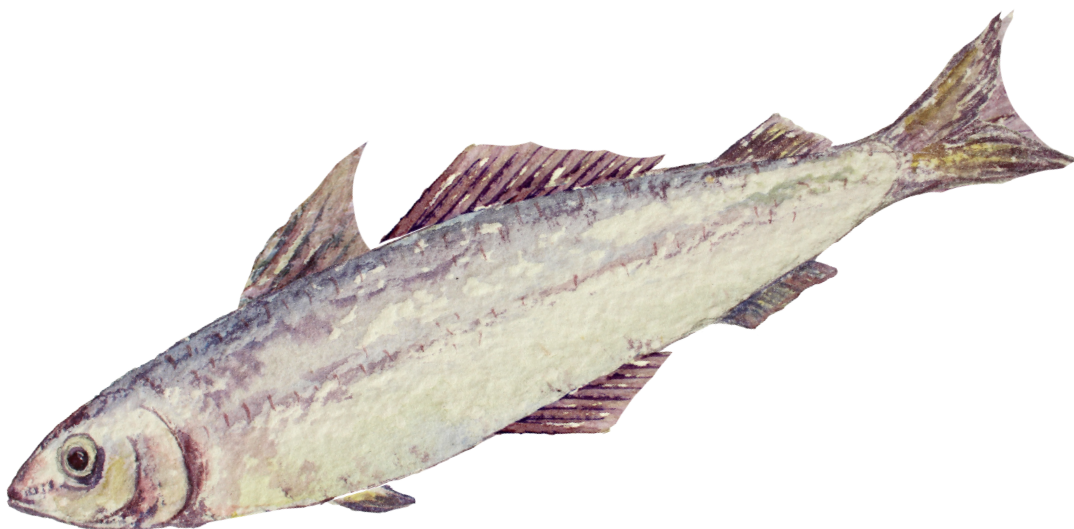
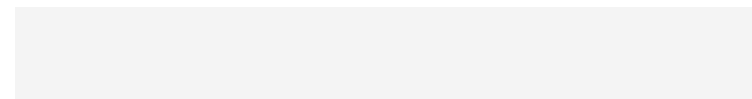


Haddock



A flaky white fish, more delicate than cod, haddock is high in selenium, a trace mineral that helps the body turn food into energy.

Today's haddock is from:



Did you know?

Landed from Maine to New Jersey, haddock is available year round.

    #Nourished
noharm.org/NourishedbyNewEngland

