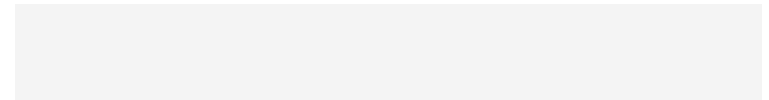




Hake

A flaky white fish with mild flavor, hake contains magnesium, an essential mineral that plays a role in regulating blood pressure and heart function.

Today's hake is from:



Did you know?

Landed from Maine to South Carolina, these deep sea members of the cod family are available year round.

    #Nourished
noharm.org/NourishedbyNewEngland

