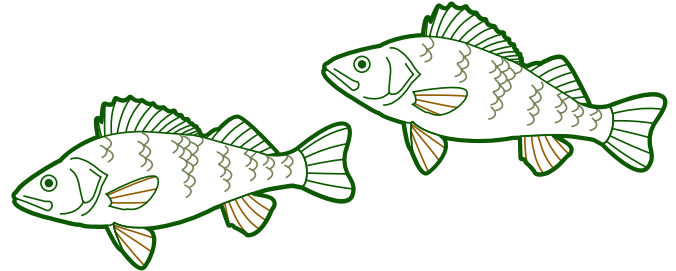


# Yellow Perch

*Perca flavescens*

Yellow perch, commonly known as perch, is a freshwater finfish in the Percidae family. They are native to most of the Midwest, the northeast, eastern coastal states of the United States, and Canada<sup>1</sup> where they support a popular sport fishery and, in some areas, a productive commercial fishery. They can be found in streams, lakes, ponds, reservoirs, and slow-flowing rivers. A yellow perch can be recognized by its elongated oval body shape, two separate dorsal fins, and a long but blunt snout. Their upper bodies are yellow to yellowish green with 6–8 vertical bars. Their bellies are usually off white.



## Where do the perch I eat come from?

Yellow perch have a long history of being caught commercially and recreationally in the Great Lakes and Chesapeake Bay.<sup>2,3,4</sup> In response to fluctuations of wild yellow perch populations, declines in annual commercial fisheries landings, and consumer demand, many U.S. farmers have begun raising yellow perch for the food fish market since 20002. Farmed yellow perch are raised in ponds, indoor recirculating systems, and aquaponics systems for the food fish market and pond stocking. You can find yellow perch on restaurants' menus and at retailer markets,<sup>5</sup> and you can purchase fish directly from farmers.

## Why eat perch?

- Mild Flavor
- Firm Texture
- White Flaky Flesh
- Lean Protein
- Vitamins & Minerals (nutrient dense)

## Are farmed perch safe to eat?

Yes, farmed yellow perch can be safe to eat. Food safety starts at the farm. Yellow perch are farmed in ponds and indoor systems where fish culturists can monitor and manage the water quality, fish health, and control inputs such as feed. By providing quality feed and a healthy environment, farmers can ensure that the yellow perch they produce are safe to eat.

## To learn about wild-caught fish advisories, visit:

Eat Midwest Fish: Advisories  
[eatmidwestfish.org/advisories](http://eatmidwestfish.org/advisories)

EPA Fish and Shellfish Advisories and Safe Eating Guide  
[bit.ly/epa-safe-eating-guide](http://bit.ly/epa-safe-eating-guide)

EPA State, Territory and Tribe Fish Advisory Contacts  
[fishadvisoryonline.epa.gov/Contacts.aspx](http://fishadvisoryonline.epa.gov/Contacts.aspx)

# Baked Parmesan Perch

Prep Time: 10 minutes / Start to finish: 30–40 minutes

Recipe by Carol Gaus

## Serves: 4

1 lb yellow perch fillets  
2 Tbsp dry bread crumbs  
1 Tbsp grated parmesan cheese  
1 tsp paprika  
1 tsp dried basil  
1 Tbsp butter, melted

## Cooking Tips

Yellow perch have firm, white, flaky flesh and a mild, sweet flavor when cooked. It is a popular fish to fry, but it can also be baked, broiled, sautéed, poached, grilled, or put into chowder. Yellow perch pairs nicely with fresh herbs, like chervil and parsley, and lemon.

- 1.** Preheat oven to 500°F.
- 2.** In a shallow bowl, combine the bread crumbs, Parmesan cheese, paprika, and basil.
- 3.** Brush fish fillets with butter, then dip into the crumb mixture.
- 4.** Place in a greased baking pan.
- 5.** Bake, uncovered, at 500°F for 10 minutes or until fish flakes easily with a fork.

