Tips on buying TUNA:

* **When is it in season?** Albacore tuna is in season from mid-to-late summer for a few months. This varies each year, depending on when the tuna are offshore (they travel with a warm water current from Japan).
* **Type of Tuna:**
  + Froze: tuna freezes exceptionally well, so you can also get frozen tuna when it’s not “in season”.
  + Fresh: off the dock or from a fish market
  + Canned/pouched: there are many different brands of micro-canned tuna and pouches
  + Smoked:
* **Tips for buying fresh tuna:** (? Break this out or put under corresponding category above?)
  + If you buy a whole fish, expect to get 50% of it as meat
  + Typically, a whole fish will weigh between 15-25 pounds
  + Something about quality of the meat or questions to ask the fishermen about when they caught it and if they bled it (check with Kaety on this)
  + Bring cash, an ice chest, and a cooler if you plan to buy it off the docks
  + How much tuna do you need to can? (how many cans of tuna can a 17 lb fish make)?
* **Price-** (TBD how to deal with this)
* **Fun Facts: (did you know, or some other title—these are not word smithed, and are just thrown in—but a few management tidbits)**
  + Because tuna migrates such long distances, it is managed by international treaties
  + Tuna caught in Oregon are troll caught (with lines)
  + Tuna are caught at a young age, and have much lower mercury than larger, older tuna
  + Even though they are caught young, such a small percentage of the overall stock is caught, that it is considered very sustainable.
  + Tuna is actually a warm blooded animal, which allows it to do many things that other fish cannot.
* **Tips on preparing tuna**: (? Break this out or put under corresponding category above?)
  + Frozen—something about how/when to defrost
  + Fresh--
  + Canned—
  + Smoked--