



# NORTHERN FISHES

## BROOK TROUT

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These fish are called trout, but they are actually char and belong to the salmon family!

They're best caught in **late spring** or **early summer**.

Try **fly fishing** with **dry flies** or **spinning**.

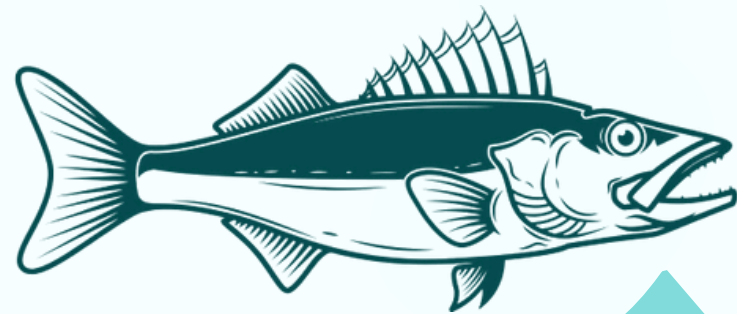


## WALLEYE

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These lowlight predators have specially adapted eyes for dark and muddy waters.

They may be caught in **spring, summer, and fall**. Try **jigging** with **live bait** or **trolling** over deep weeds and rocky shorelines.



## NORTHERN PIKE

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Northern pike are efficient freshwater predators with several rows of up to 700 pin sharp teeth!

They may be caught in **spring, summer, or fall**. The warmer the season, the deeper you will find them. Try a combination of **trolling** to find weedbeds and **casting** to get a bite.



## LAKE STURGEON

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Sturgeons are living fossils! They are ancient fish that have survived for millions of years.

They're best caught in **spring** or **early summer**. Try **bottom fishing** using a **heavy rod** and **reel** with **live bait**. Be patient, as sturgeons often nibble at bait before taking a hard bite.



# NORTHERN FISHES



## BROOK TROUT

### Nutrition Highlights

Brook trout are an excellent source of **Omega-3 fatty acids**. These ‘healthy fats’ support heart health and reduce inflammation in the body.

### Cooking Tips!

Brook trout is a delicate and flaky fish.



**Grilling** brings out its mild, slightly nutty flavor. You can use a grill basket to avoid sticking.



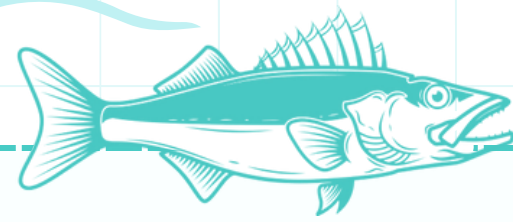
**Avoid frying** brook trout, as it can mask the fish’s flavor and add unnecessary fat.

Try this recipe!

### CEDAR PLANK TROUT

Ingredients and instructions available here! ➔

SCAN ME



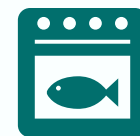
## WALLEYE

### Nutrition Highlights

Walleye are a small fish that pack a big punch! Just one serving of this fish will provide you with a generous amount of **protein**.

### Cooking Tips!

Like Brook Trout, Walleye has delicate, flaky meat with a mild, sweet flavor.



**Baking** is a quick, easy method to prepare Walleye that preserves its Omega-3 content and moistness.

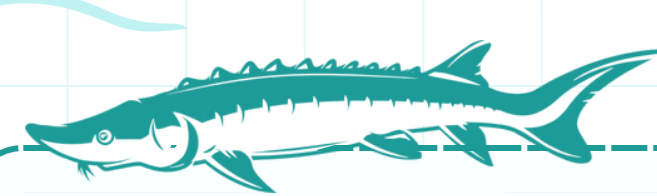
*Try adding a crust of crushed herbs or nuts before cooking for extra flavour!*

Try this recipe!

### CLAY-BAKED WALLEYE

Ingredients and instructions available here! ➔

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## LAKE STURGEON

### Nutrition Highlights

If you’re looking to support brain function and blood pressure, try sturgeon! This fish is high in **Vitamin D**, which has been shown to support cognition and heart health.

### Cooking Tips!

This fish has dense, firm meat with a mild, slightly sweet taste. Some people even say it tastes like chicken!



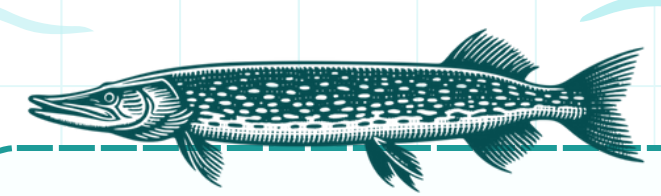
**Slow-cooking** lake sturgeon preserves its rich protein content and increases tenderness.

Try this recipe!

### STURGEON STEW

Ingredients and instructions available here! ➔

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## NORTHERN PIKE

### Nutrition Highlights

Northern pike is a lean fish, making it a **good choice for low-fat diets**. Be aware that these fish have extra bones, known as Y-Bones, that must be removed before cooking!

### Cooking Tips!

Northern Pike is a white, flaky fish. Because it’s so low in fat, it’s important to avoid overcooking and drying it out.



Methods like **steaming** or **poaching** help retain moisture and flavor without adding unnecessary fats.

Try this recipe!

### BIRCH & PINE STEAMED NORTHERN PIKE

Ingredients and instructions available here! ➔

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