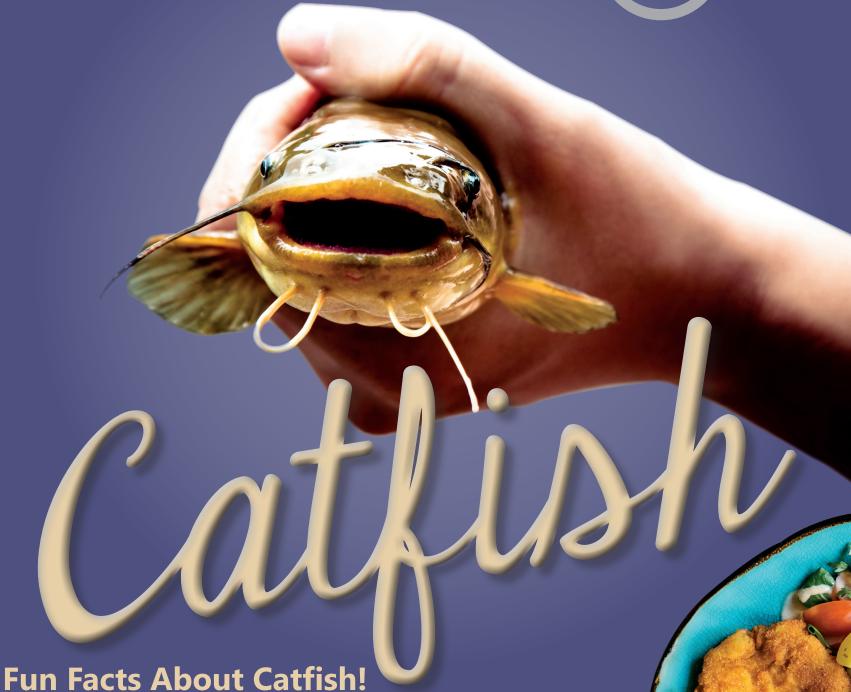
Louisiana) HARVEST of the MONTH



There are more than 3,000 species of catfish.

- Most catfish live in fresh water, but there are some saltwater species.
- Catfish are known for the long, whiskerlike feelers that decorate their snouts.

Catfish Are Nutritious and Good for You!

- Good source of omega-3 fatty acids.
- **Excellent source of vitamin B12.**
- Excellent source of protein.











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