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Fishing Charters and Guides

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Bahia Honda Tarpon Charters



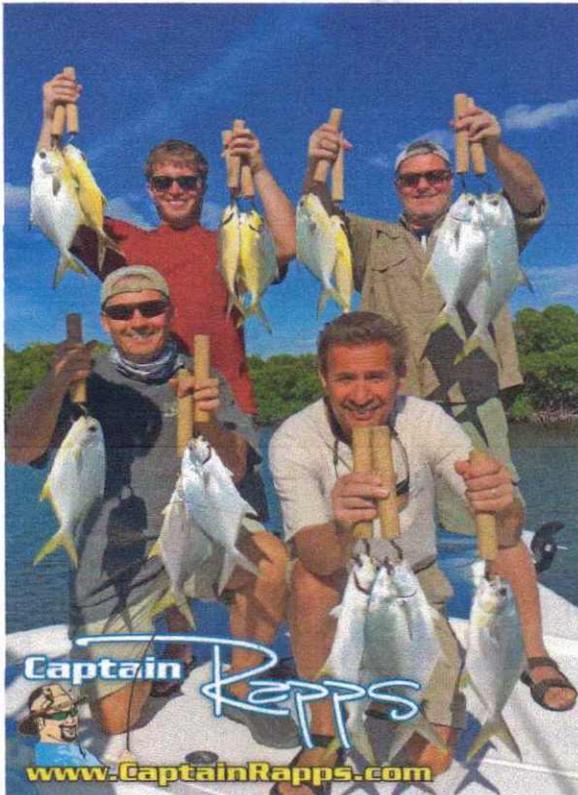
 Bahia Honda Bridge - Big Pine Key, FL

305-647-6637

BahiaHondaTarponCharters.com

Florida Pompano

When: Although you can get them all year round, they are most abundant locally in the winter months. They move in schools to areas north of us in the summer and show up here in the fall and winter.



Where: Although you can fish locally for Pompano either on a boat or standing on the beach, many anglers have the best success fishing from the beach.

You will find different areas of the beach that are either flat with a gradual slope out into the water, and areas that have troughs and deeper areas in between the flat areas. These troughs are ideal for the pompano to school up in and run around searching for food between waves.

Wave action stirs up their food sources on the beach. Choose a day when small waves are present. Usually 1' – 2' breaking waves are ideal. If the gulf is calm and flat, sand fleas are not being stirred up by the waves therefore the pompano will probably not be feeding as strong. 1'-2' breaking waves are agitating the sand and getting their food source up on the sand's surface. If the waves are too big, you generally will have dirty water with a lot of sediments which will make it difficult for the pompano to see their food sources, and your bait. As the tides rise, this allows for beach areas to flood that were previously out of the water during the low tide. Along with giving the pompano access to the areas that were high and dry and loaded with sand fleas, the incoming tide also brings fresh nutrients



Pompano, Florida



Minimum Size Limits:

- 11" fork length

Daily Recreational Bag Limit:

- 6 per harvester per day

Remarks

- Hook and line, cast net and beach or haul seine ONLY.

inshore from the gulf. As with many fish, pompano feed well during these rising tides.

When fishing the flats or channels in your boat, you will find that the pompano feed on either incoming or outgoing tides. In the low tides, they like areas that are deep and sandy in the passes. On the mid to high tides, they seem to like sandy or moderately grassy bottoms which provide sanctuary for their food sources. Many pompano are accidentally caught by anglers that are out fishing the flats for trout. If you get one on your trout rig, switch over to some pompano jigs and target them.

Years ago an "old salt" told me that he runs his boat at a slow speed in 4'-5' of water on the flats, pushing the largest wake possible, but not actually planing off. When you see pompano start skipping across your wake, stop the boat and work your jigs in that spot. It has worked for me many times!

Baits: In our area, pompano are naturally feeding on local invertebrates like sand fleas and shrimp. Because of this, our primary choices for natural

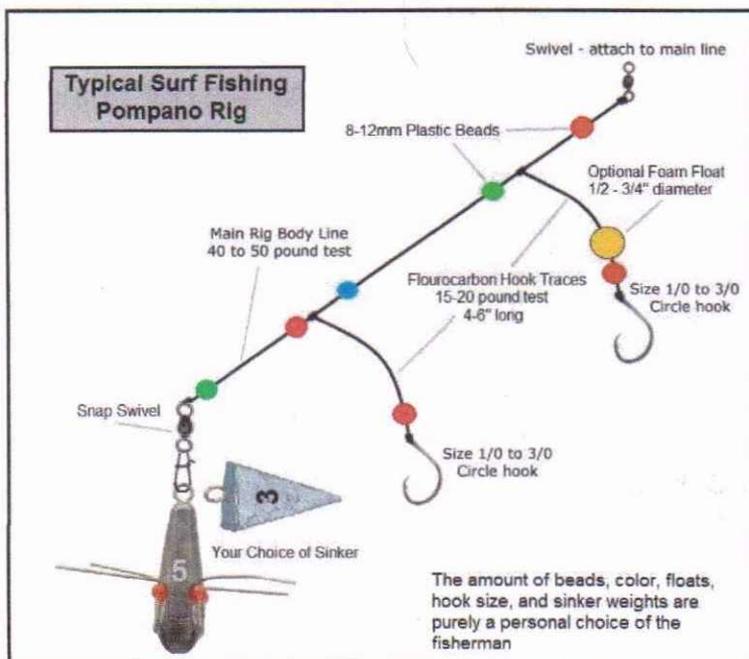


baits are of course sand fleas, either caught by yourself on the beach and used live, or bought frozen or brined from tackle shops. Many anglers like to use a small red bead or red teaser of some sort on their hook when presenting natural baits. Pompano can spot these bright colors from quite a distance.



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As far as artificial baits, a wobbling jig, either chartreuse or hot pink in color are my top choices. There are many brands available.



Doc's goofy jigs, Monte's jigs, Don's

jigs, Buccaneer banana jigs, and a few others seem to be readily available locally. They can have either a single J-hook, or a set or two of treble hooks.

Also short haired pompano specific bucktail jigs work great too. These bucktail type jigs can be used bare, or tipped with a tiny piece of shrimp. Keep your baits in the 1' to 1-1/2" size range since Pompano have small mouths.



Eating Pompano: Pompano's extra lean white meat is firm and moist with a small flake and a sweet, mild flavor. A four-ounce serving of raw pompano has 186 calories, 11 grams of fat, 21 grams of protein, and .64 grams of omega-3 fatty acids. Pompano can be baked, broiled, poached, smoked, fried, pan fried, or microwaved. It's often served grilled with melted butter and salt and pepper.

You can pan cook lightly seasoned pompano fillets at 400 degrees Fahrenheit for 10 minutes per inch of thickness of the fillet. Cook until the meat is opaque and flakes easily with a fork. Cook thoroughly, but do not overcook.

Another way that I personally like to prepare pompano is whole with the head and internal organs removed. You can take a knife and score a waffle pattern through their skin into the flesh. Coat with olive oil and rub salt and pepper into the scored flesh. Top with a lemon slice and wrap on foil. Cook on a grill or oven at 400 degrees for about 20 minutes.



Pompano VS Permit: The Florida Pompano and the Permit look very similar to many anglers. Getting to know the difference is important.

Pompano vs Permit

