

SUSTAINABLE FISH

ENDANGERED AND NON ENDANGERED FISH

INTRODUCTION

It is estimated that 80-90% of the global fish stocks are now depleted. Unless we do something today, once common seafood species such as Cod, Salmon and Tuna could be extinct inside the next 25 years.

Q: What is 'sustainable' seafood? What seafood/fish can I eat?

A: In simple terms, a particular seafood is sustainable if it comes from a fishery with practices that can be maintained indefinitely without reducing the target species' ability to maintain its population and without adversely impacting on other species within the ecosystem by removing their food source, accidentally killing them, or damaging their physical environment.

Identifying which fish come from sustainable sources is extremely difficult. Because of the difficulties in accurately assessing fish populations and because it is very difficult to trace the supply of fish from the ocean to the shop there is no one, truly effective 'green label' that consumers can look for on fish products.

Always ask the person you buy fish from where and how their fish is caught - if they can't tell you or if you are not completely satisfied with their answer, don't buy the fish!

Q: What seafood should I avoid?

A: The MSC and Greenpeace have identified a list of species which are under particular pressure. We are asking supermarkets to stop selling these species, a process that concerned consumers can help influence further by avoiding these species when they buy fish.

The species are:

- Atlantic cod (except line-caught Icelandic)
- Plaice
- Tuna, including Albacore, Bigeye and Bluefin (but excluding Skipjack)
- Tropical prawns (wild and farmed)
- Haddock (except line-caught Icelandic)
- European Hake
- Atlantic Halibut
- Monkfish
- Atlantic salmon (wild and farmed)
- Swordfish
- Marlin
- Sharks (including dog fish and huss)
- Skates and rays

Q: Fish are really healthy to eat. Are you saying we should stop eating fish?

A: All of the nutrients, vitamins and oils contained in fish can be found in other food stuffs. For example, high levels of omega oils can also be found in walnuts and walnut, linseed and flax oil, all of which are available from supermarkets and health food stores.

- Greenpeace believes we should eat less fish. Fish are supplied in a fundamentally different way to other animal food products. Meat and dairy products are farmed - as we consume them, more animals are reared to ensure continued supply. In stark contrast, the vast majority of fish we eat are not farmed but essentially mined - taken from the ocean without consideration for maintaining the source sustainably.
- Academics around the world now agree that we are taking too many fish from our oceans and that this is having a detrimental impact on our marine life. Not only are some stocks of fish collapsing (not able to support their own populations anymore) but other species are suffering as their food sources are depleted.
- The Food Standards Agency recommends that "people should consume at least two portions of fish a week, of which one should be oily". However, to increase fish consumption by this amount for 49 million adults in the UK would require an extra 33 million portions of oily fish per week. This implies an increase in present levels of total fish consumption of over 40%, and of oily fish by 200%. This would place even further pressure on already stretched fish stocks.

Q: Is it OK to buy farmed fish?

A: Fish farming has been promoted by the fishing industry and governments as the solution to ever-decreasing stocks in our oceans. However, in most cases fish farming only makes the problem worse! This is because:

- i) Wild-caught fish are used for fish meal and oil to feed farmed stocks which increases the pressure on the marine environment rather than reducing it. The fish meal and oils used in fish farming come from fish such as sand eels. Their removal in massive quantities by industrial fishing vessels has a devastating effect on the marine ecosystem.
- ii) Some breeding stocks are taken from wild populations.
- iii) Diseases spread from farmed fish to wild populations making wild populations further depleting their numbers.
- iv) Water and environments surrounding fish farms are polluted by fish waste, uneaten food and the chemicals, antibiotics and vaccines used to control disease.

Q: Is it ok to use/cook the fish caught by the crew in open waters?

A: This is a practise that at Garrets we do not recommend. Although we understand that fishing is often seen as a way for the crew to relax and bond, there are many types of fish that require a greater skill in the preparation and it is during this process that a simple mistake can lead to widespread food poisoning and therefore ask ALL cooks to use the fish supplied by their Chandler, which has often been prepared already for use.

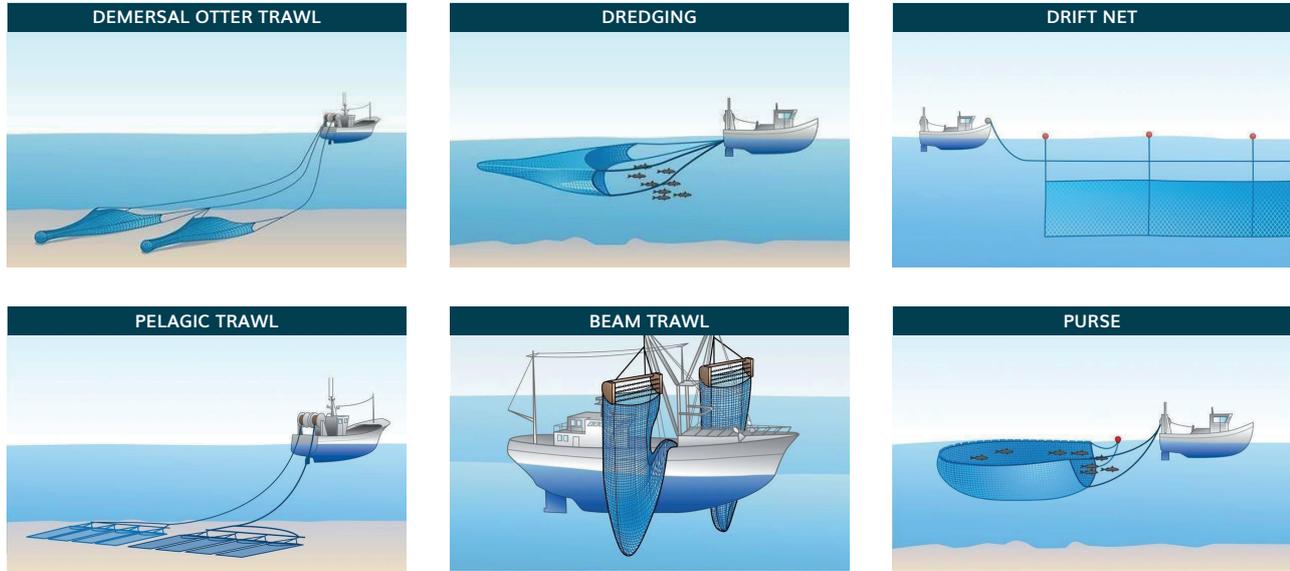
Q: Should I buy MSC labelled seafood products?

A: The Marine Stewardship Council runs a labelling scheme that 'certifies' fisheries that are sustainable or are making efforts to become sustainable.

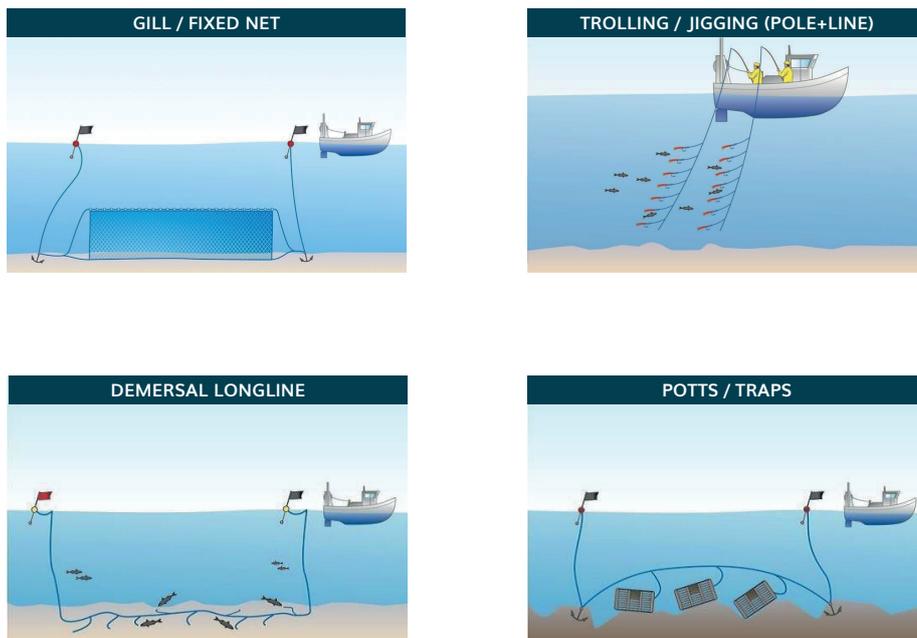
FISHING METHODS

(Taken from Marine Conservation Society)

One of the largest deciding factors of whether a fish is sustainable is how it's been caught. It is important to avoid methods which are not selective, damage underwater environment, target vulnerable species, and create a large by-catch. Below are some methods to avoid;



Sustainable fishing practices target individual species, do not harm other sea life (or underwater environment), do not create large by-catch of wasted fish, and only target mature fish. Methods to choose;



ALSO: Dive – Caught, Ethically Fish Farmed, Hand line, Harpoon



FISH TO ENJOY

- Fish is under-consumed locally
- Large stocks present
- Ethically fished – locally – in a sustainable manner
- Fish stocks are well managed or protected



FISH TO AVOID

- Critically overfished
- Very low stocks remaining
- Endangered in this part of the world
- Farmed using harmful methods
- Caught using harmful methods
- Damage underwater habitats
- Large by-catch created

EUROPE

ENJOY

- Pollock
- Pouting / Bib
- Farmed Atlantic Salmon
- Farmed Mussels
- Farmed Prawns
- Flounder
- Dab
- Red Gurnard
- Coley / Saithe
- Tuna (Skip Jack / Bonito)*
- Mackerel
- Sardine

AVOID

- Atlantic Cod
- Atlantic Salmon wild
- Haddock
- Plaice
- Halibut
- Sea bass
- Weever fish



US GULF COAST

ENJOY

- Pollock
- Farmed Mussels
- Farmed Prawns
- Flounder
- Blue Runner
- Tuna (Skip Jack / Albacore)*
- Drum Fish
- Florida Pompano
- Yellow Croaker
- Farmed US Catfish
- Farmed Arctic Char

AVOID

- Butter Fish
- Tuna (Yellow Fin)
- Marlin
- Blueline Tilefish
- Dog Fish
- Bluefish
- Atlantic Cod
- Atlantic Salmon
- Grouper US Atlantic
- Sheep Head Fish



US WEST COAST

ENJOY

- Alaskan Pollock
- US Squid
- Farmed Mussels
- Farmed Prawns
- Flounder / Pacific Sanddabs
- Blue Runner
- Tuna (Skip Jack / Albacore)*
- Pacific Cod
- Californian Yellow Tail
- Farmed US Catfish
- Farmed US Tilapia
- Pacific Halibut US

AVOID

- Butter Fish
- Tuna (Yellow Fin)
- Marlin
- Atlantic Cod (imported)
- Dogfish
- Black Hake
- Sea bass
- Swordfish



US EAST COAST

ENJOY

- Alaskan Pollock
- Arctic Char Farmed US
- Flounder
- Catfish Farmed US
- US Whittings
- Red Mullet
- Black Bream
- Long Fin Squid
- Scad Fish Galungoong



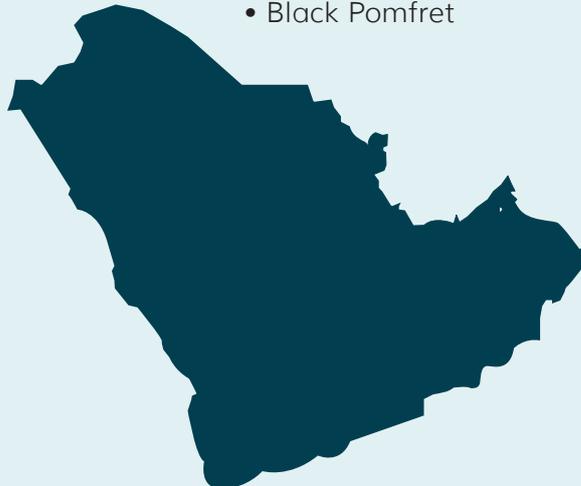
AVOID

- Butter Fish
- Belt / Ribbon Fish
- Tuna (Yellow Fin)
- Marlin
- Blueline Tilefish
- Dog Fish
- Bluefish
- Atlantic Cod
- Atlantic Salmon
- Grouper (All)

UNITED ARAB EMIRATES

ENJOY

- Pollock
- Farmed Mussels
- Farmed Prawns
- Flounder
- Squid
- Tuna (Skip Jack / Albacore)*
- Ehrenbergs Snapper (Naiser)
- Sordid Sweetlips (Yanam)
- Pink Ear Emporer (Shaari Eshkeli)
- Black Streaked Bream (Faskar)
- Orange Spotter Trevally
(Jesh Um Al Hala)



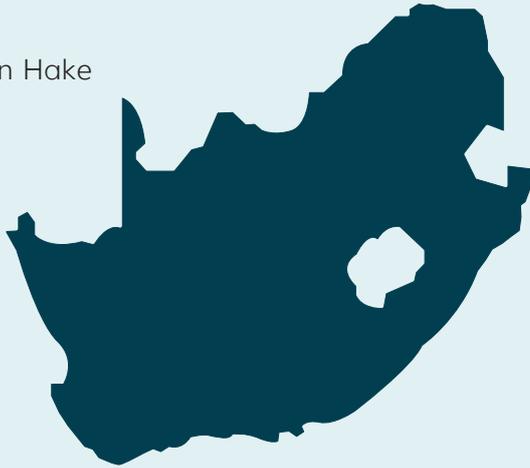
AVOID

- Butter Fish
- Tuna (Yellow Fin)
- Marlin
- Grouper / Hamour (All)
- Dog Fish
- Atlantic Cod
- Blue Fish
- Black Pomfret

SOUTH AFRICA

ENJOY

- Red Gurnard
- Farmed Blue / Green Mussels
- Queen Mackerel
- Sardine
- Squid (All types)
- South African Snoek
- Tuna (Skip Jack / Albacore) *
- Santer Fish
- Panga *
- South African Hake



AVOID

- Elf Fish (Blue Fish)
- Argentine Hake
- King Fish
- Pompano (Pomfret)
- Shark (All)
- Marlin
- Swordfish
- Rockcod (All)
- Atlantic Cod
- Atlantic Salmon

SOUTH AMERICA

ENJOY

- Pollock
- Farmed Mussels
- Farmed Prawns
- Flounder
- Blue Runner
- Tuna (Skip Jack / Albacore)*
- Crabs
- Corvina Fish
- Pejerrey Fish
- Sierra Fish
- Squid

AVOID

- Escolar (Butter) Fish
- Belt Fish
- Tuna (Yellow Fin)
- Marlin
- Palometa (B. Pomfret)
- Red Porgy
- Shark (All)



FAR EAST SINGAPORE

ENJOY

- Alaskan Pollock
- US Pacific Salmon
- Farmed Mussels
- Farmed Prawns (BAP Cert.)
- Tuna Bonito / Skipjack (longline)*
- Crimson Snapper
- Kembong Fish
- Saba Fish
- Spanish Mackerel

AVOID

- Tuna (Yellow Fin)
- Marlin
- Dog Fish
- Cod (Imported)
- Grouper (All)
- Black Pomfret
- Yellow Tail Scad
- Halibut
- Weever Fish



10 FISH TO AVOID



ATLANTIC COD



PANGASIUS



GROUPE (HARMOUR)



ATLANTIC SALMON



ATLANTIC HALIBUT



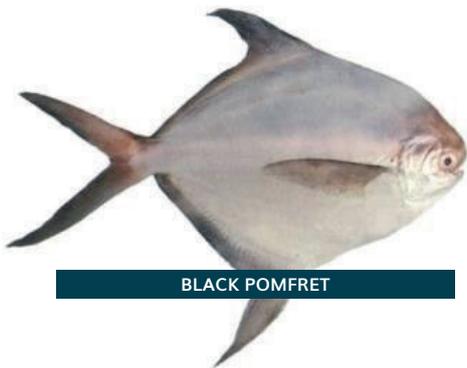
MARLIN



BELT FISH



WEEVER FISH

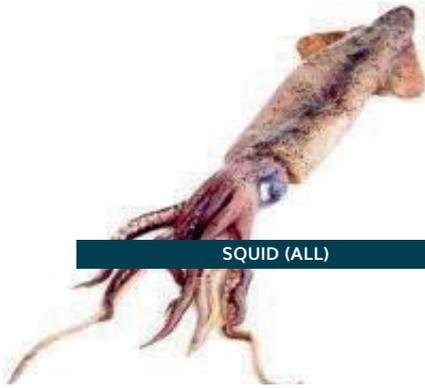


BLACK POMFRET

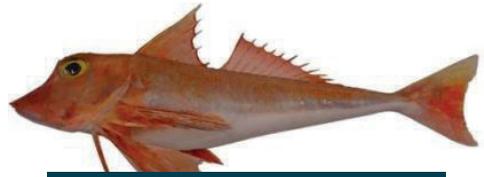


BUTTERFISH (ESCOLAR)

10 FISH TO ENJOY



SQUID (ALL)



RED GURNARD



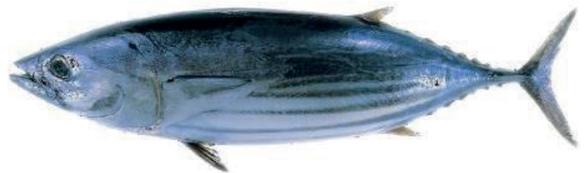
COLEY (SAITHE)



FARMED MUSSELS



MACKEREL



SKIPJACK TUNA



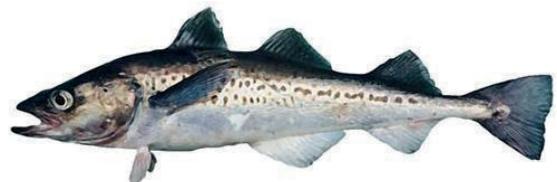
FLOUNDER



FARMED US TILAPIA



SARDINE (PILCHARD)



POLLACK (ALASKAN)

