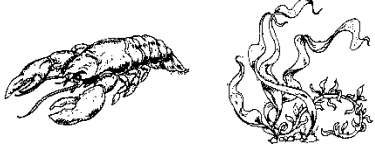


## The Ecosystem

New England is home to some of the most nutrient rich fishing grounds in the world including Georges Bank, the Gulf of Maine and Cape Cod Bay. Fed by the Gulfstream and Labrador currents these grounds generate 10x the open ocean rate of phytoplankton and support an abundance of sea life. Georges Bank is arguably the most productive piece of ocean bottom in the entire world.



## Fishery Management Toolbox

Northeast species are managed using a variety of tools including:

- Long Term Closures** - year round closure of the most ecologically sensitive habitat
- Rolling Closures** – seasonal protection of spawning fish
- Gear Modifications** – protect juveniles and minimize by-catch
- IFQs** – Vessel Catch Limits
- TACs** – Annual Species Quotas
- License Moratoriums**
- Vessel Limits** – restricted size and power

## The Rebound!

There is good news in New England waters. Since 1993 the fishing industry and Federal regulators have acted to protect New England's complex of 27 commercially harvested species. Today's fishermen work within tight regulations designed to eliminate overfishing and promote the stock's biomass growth. Did you know that over the last 17 years the fishery biomass in New England has grown by more than 500%?

# New England Sustainable Seafood List

July 2010



“Best Choices” were determined by abundance of species, current fishing levels and method of harvest. Fish and shellfish must be abundant and growing. Fishery must be subject to management oversight for both species health and ecosystem protection.

## Key

Fishery Data from National Marine Fisheries Service “Fish Watch” publication.

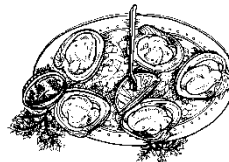
Spend your dollars on domestic fish and:

## Buy USA

- Get Fresher Fish** – Less travel time from hook to plate home
- Get Safer Fish** – Fully Traceable
- Get Sustainably Managed Fish**
- Reduce your Carbon Footprint** – There is no need to buy fish that must travel across the globe
- Support the US economy** – Dollars spent on local harvests stay local

## Best Choices New England Shellfish and Crustaceans

- Clams (wild and farmed)
- Mussels (wild and farmed)
- Northeast Oysters (wild and farmed)
- Sea Scallops (farmed)
- Bay Scallops (wild, Nantucket)
- (farmed, Buzzards Bay)
- Lobster
- Jonah Crab
- Pandalus Borealis Shrimp



## Best Choices New England Fish

- Acadian Redfish
- Black Sea Bass
- Bluefish
- Cod
- Haddock
- White Hake (farmed)
- Herring
- Longfin (loligo pealei) Squid
- Mackerel
- Monkfish
- Pollock
- Sole/Flounder (yellowtail, American)
- plaice, fluke)
- Winter Skate
- Swordfish
- Striped Bass
- Yellowfin Tuna
- Mahi Mahi (seasonal)

