



F.I.S.H. PROGRAM

Fresh. Indigenous. Sustainable. Healthy.



The F.I.S.H. initiative is a campaign to educate the community and encourage them to choose local F.I.S.H. These are the best, higher quality, seafood options available because they are freshly caught from local sources. They are also indigenous which means they are native species. Sustainability allows for long-term take with the avoidance of depleting fish populations in order to maintain ecological order.

Lastly, choosing locally caught species provides safe and healthy fish for consumption. Buying local seafood enables the consumers to know the direct origin of their food and supports the economic viability of our coastal fishing communities and small businesses boosting the economic value of Long Island's seafood industry while providing consumers with fresher and higher quality seafood.



How the F.I.S.H. Initiative Helps Consumers

This initiative allows citizens a way to search local seafood markets and local businesses. These include fish markets, fisheries, farmers markets, etc. All these businesses use sustainable fishing within regulations. Consumers can find these stores online to call and order their choice of seafood. Some businesses even offer delivery options! Consumers can also search different individual seafood species. These range from crustaceans and shellfish to shark species.

When looking into an individual species, research information about the fish including availability, where it is caught, how it tastes, health benefits, and nutritional information. This allows Long Island citizens become more aware of what they are eating and where they received it from. Not only that, but consumers can also search recipes of local seafood dishes that can be made right at home!

For more information about the CCE F.I.S.H. Initiative:
<https://www.localfish.org/>



Fishing Regulations

Purchasing locally caught fish insures the fish is sustainably harvested and in compliance with U.S. and state regulations which are some the strictest in the world. Based on data collections, it seems like fishing regulations can change as frequently as the tides! Regulations vary from state to state.



It is very important to always check fishing regulations before going out fishing. For example, both in New York and Rhode Island, there is a 12 inch minimum regulation on winter flounder. However, in New York the season is from April 1st to May 30th while Rhode Island has no closed season. Fishing regulations are created to keep the populations of fish healthy and sustainable. These regulations are set to assure that for each fish we take out of the population, that fish has reproduced to replace itself, at least once. There are many people involved that help to collect the data to create these regulations. Fishermen giving factual information about catch is a huge benefit. There are also scientific observers, who count and calculate the number of fish caught, and many, many more!

Cornell Cooperative Extension performed a study on the sex ratio of Summer Flounder to help determine the specifics behind sex specific mortality in both commercial and recreational fishing. By doing this, they were able to analyze that size selective fishing can alter the sex ratio density of a population of Summer Flounder.

To support the F.I.S.H. initiative, here is a great family friendly recipe that you can try at home:

https://www.simplyrecipes.com/recipes/crispy_panko_fish_sticks/

Some local fish that would be perfect to use in this recipe are fluke, flounder, striped bass, cod, and black sea bass!

Some other species that taste great but that are not usually on the menu are Northern Pufferfish, Skate, and Sea Robin... give them a try, too!



Extending the F.I.S.H. Initiative with Cornell Cooperative Extension

CCE will be collaborating with fishermen, seafood retailers, distributors, CSA/CSF programs, restaurants, and any seafood industry members wanting to expand their marketing strategies and promotions and get involved with this important project.



The F.I.S.H. Initiative



Choose
Local
F.I.S.H.

Fresh. Indigenous. Sustainable. Healthy.
An Initiative of Cornell Cooperative Extension's Marine Program



Albacore, Tuna



Bluefish



Black Sea Bass



Butterfish



Cod



Dogfish



Eel, American



Summer Flounder



Winter Flounder



Yellowtail Flounder



Haddock



Silver Hake (Whiting)



Red Hake (Ling)



Herring



Atlantic Mackerel



Spanish Mackerel



Mahi-Mahi



Mako Shark



Monkfish



Pollock



Porgy (Scup)



Northern Puffer



Sea Robin



Skate



Longfin Squid



Striped Bass



Swordfish



Tautog (Blackfish)



Thresher Shark



Tilefish



Bigeye Tuna



Bluefin Tuna



Skipjack Tuna



Yellowfin Tuna



Wahoo



Weakfish (Sea Trout)

Pictures are not to scale





The F.I.S.H. Initiative

After reading about F.I.S.H. and how it helps with sustainable fishing, answer the questions below.

Question 1. What does F.I.S.H. stand for?

Question 2. Why is it important to fish sustainably?

Question 3. What are 2 reasons why you should buy local fish?

Question 4. Why were fishing regulations made?

Question 5. Who helps create fishing regulations?

Bonus Question: After reading the article, what are the different species of seafood that consumers are able to look up when they are interested in purchasing local, sustainably caught seafood?

