



CONGRESSIONAL SEAFOOD CO. presents...

MEET THE FISH

March 6, 2015

What is Sustainability in 2015?

by Tim Sughrue

Sustainability is a concept, a goal of fisheries managers. Sustainability is the maintenance of a level of a stock of fish which allows perpetual harvest. The species maintains adequate numbers of adults to reproduce, and the young are able to grow into harvestable size and abundance. Thereby, the species maintains its ecological role. Before we get into that discussion, I should define who the regulatory players are.



The harvest of wild stocks of fish from the ocean or from tidewater is managed by either the individual states, an interstate compact of several states or the federal government. The interstate compacts include the Atlantic States Marine Fisheries Commission, Gulf States Marine Fisheries Commission or the Pacific States Marine Fisheries Commission. These commissions cooperatively manage the migratory fish shared by the states in their waters up to three miles offshore. The ASMFC is the only

interstate compact with regulatory authority via the Atlantic Coastal Fisheries Conservation and Management Act. Once the states agree to a management plan, the Secretary of Commerce has the authority close any state that violates the FMP.

Beyond three miles, the federal entity that oversees harvest of any fish species in the Exclusive Economic Zone (EEZ, 3-200 miles) is the Regional Fisheries Management Councils under the National Marine Fisheries Service (NMFS). They work in conjunction with the Commissions and the states to develop management plans and provide guidelines to harvest a particular species. There is federal authority to force a state that is not in compliance with an agreed upon plan into compliance. The governing body on the state level in (continued p4)

MARCH 2015

Daylight Savings Time
March 8

National Crabmeat Day
March 9



41st Annual
Ocean City Spring Trade Expo
March 8 & March 9

National Baked Scallops Day
March 12

Seafood Expo North America
Boston, MA
March 15 – March 17

Saint Patrick's Day
March 17



Spring Equinox
March 20

National Clams
on the Half Shell Day
March 31



2015
FINvitational
Sponsorship Packages
are now available.
Mark your calendars for
Monday, August 10, 2015,
2pm-9pm, Kent Island.



THE FIGHT AGAINST INVASIVE SPECIES!



Invited by the Chesapeake Bay Commission, Tim Sughrue, Congressional Seafood Co. Vice President, testifies at the Maryland Senate bill hearing for SB 322 on February 25, 2015.

If passed, the bill will allow a judge to award a fine (up to 50%) for the spread of nuisance organism to a person who gives information that leads to the arrest and conviction of the person spreading the nuisance organism.

The bill which is chaired by Sen. Joan Carter Conway, is in the Senate Education Health and Environmental Affairs Committee.

Making a splash with Blue Catfish!

Corporate Chef David Fye joins Chef Charley Woolverton, Whole Food's Regional Chef, for his weekly cooking demonstration at the Whole Foods Kentlands. Chef Fye impresses the crowd –



standing room only – with his twist on the traditional Maryland crab cake – making use of the wild and invasive blue catfish. Chef Fye familiarizes attendees with the light white flakey fish that is taking over the waterways in the Chesapeake requiring our attention and use. Eat em' to beat em' is our mantra and the Blue Cat Cake recipe makes it easy. They're finger-licking good. Whole Foods is now selling the blue catfish at many of its locations in the region for just \$9.99 pound.



Travis DeJesus

*Night Warehouse Supervisor
Since 2003*

Favorite type of fish and why:

Maryland crabs,
because why not?!

Favorite sports team:

Detroit Lions

Dream vacation:

Historical tour of Puerto Rico



The wild blue catfish: it's fat, it's juicy, it's full of flavor and there's a never-ending supply.

Local chefs are now making wild blue catfish a top menu item thanks to Congressional Seafood's Vice President and expert on domestic fisheries, Tim Sughrue who is on a mission to spread the word about the wild blue catfish currently threatening the health of the Chesapeake Bay. An aggressive species the blue catfish are multiplying rapidly and eating everything in their path posing an environmental catastrophe to our local rivers and streams.

Catfish are native to the Mississippi, Missouri and Ohio River basins but they've made it to the mid-Atlantic. They were introduced here into the Chesapeake Bay in the 1960s for sport, and since then, they have grown exponentially and practically taken over the waterways, devouring native species like blue crabs, rockfish, herring and shad, leaving fewer of them for us. With a diet like this the invasive blue catfish produces a delicious white flakey filet.



Jumping on the band wagon and taking matters into their own hands, area chefs are putting this tasty bully on their menu, and diners are snapping it up.

David Guas, chef at the **Bayou Bakery** in Arlington and a judge on the **Travel Channel's American Grilled**, is currently serving his favorite whiskered fish crusted and oven-baked. Guas, a native of New Orleans, knows his catfish recipes.

Catfish is a favorite of **Fiona Lewis**, owner of the **District Fishwife**, a husband-and-wife team of fishmongers who started selling cooked versions of their catch over the counter last year. Lewis says fresh-caught blue catfish tastes cleaner than the older variety often found in supermarkets. In fact, that's part of the secret to her success. That, and the Rolling Rock beer in the batter.

Chef **Jeff Black** of the District's acclaimed **Pearl Dive Oyster Bar**, makes a mean catfish po' boy. Black expands the BLT acronym to CEBLT — catfish, egg, bacon, lettuce and tomato.

The sandwich has been lauded by the Washington Post as a "Delta prize."

Anthony Lombardo, executive chef at **The Hamilton**, a downtown D.C. favorite, dishes up a blackened wild blue catfish sandwich garnished with lettuce, tomato, red onion and a distinctive pickle-back mayo.

Sughrue says of the blue catfish, "We need to eat-em to beat-em before they beat us and eat everything in the Chesapeake that we hold near and dear – especially our rockfish and blue crab. It's a real problem that needs our immediate attention." Ask your sales rep for more information on the wild blue catfish today.



Jaime Swanson

Office Manager
Since 2001

Favorite type of fish and why:

Norwegian Salmon/Black Bass, no overwhelming fishy flavor, can add spices easily to flavor it

Favorite sports team:

Washington Nationals

Dream vacation:

West Coast road trip



(from p1) Maryland is the Md Dept of Natural Resources. In Virginia, it is called the Virginia Marine Resources Commission (VMRC).

In our discussion of sustainability, I will need to define a few terms:

Resource -- each fish species is viewed as a single renewable resource

Biomass -- the total population of a species

User groups -- competing interests utilizing a fish species for different reasons

Maximum sustainable yield (MSY) -- maximum harvest that still allows a species to replenish itself

Total allowable catch (TAC) -- the annual recommended catch for a species mortality -- removal fish from a population by fishing or natural causes

Harvest gear -- method by which the fish species are caught

By-catch -- the harvest of fish or shellfish other than the species for which the fishing gear was set

Quota -- the maximum amount of fish that can be legally harvested in a given time period

Overfishing -- removing more fish from a population than a population can sustain over time.

Overfished -- not having enough spawning stock to reliably sustain a population.

These last 2 definition deserve further elaboration, as they are the most common concepts used in any discussion of sustainability. Overfishing is a rate, not a condition; whereas overfished is a condition, not a rate. Think of it like your bank account: overfishing is your withdrawals - remove too much too fast and your balance will disappear. Overfished is analogous to the balance in your account - if there are enough funds present and you remove annually less than the accumulated interest, you can withdraw from that account forever.



The basic model in modern day fisheries management is to have a target population for a particular species. Then, allow only enough harvest by all user groups (TAC), such that the population can replenish itself each year. Biologists assess the biomass (population) of a particular species, and determine how many pounds of fish/crabs can come out of the water. The poundage is divided between the various user groups (recreational & commercial). The commercial quota poundage is then divided again amongst the various harvest gear types (gill net, pound net, haul seine etc.). For migratory species, the quota may be split between states. This is a simplistic model, but in general it holds true for most species. If a population of a particular species (continued p7)

VENDOR OF THE MONTH

Proudly delivering products from



Sea Fresh USA is a fully-integrated supplier and processor of premium seafood products, including the high quality squid (calamari) that we deliver to your restaurant. With docks and processing facilities in Rhode Island, as well as in Portland, Maine, Sea Fresh receives at their dock each and every day of the year, fish from local day boat fishermen who call Point Judith, RI home.

Rhode Island lands more squid

each year than any other state on the eastern seaboard. In fact, over 50% of all squid caught each year goes through Pt. Judith. In addition to squid, the docks at Sea Fresh also see black sea bass, fluke, butterfish, monkfish and winter skate. Squid however, makes up the vast majority of landings. So much in fact that Rhode Island recently declared squid as the official State Appetizer!

Squid are most often caught by traditional stern trawlers. These boats tow large nets from the rear of the boats. Fish and squid then get funneled into the cod end as the net is towed where they are captured. It's important to know that these nets are highly specialized and can eliminate bycatch entirely. The Federal government puts strict regulations on the size of mesh the fishermen can use when fishing for squid.

Once the fishermen hit the docks, the squid is offloaded one bucket at a time. The squid



are immediately washed and put across a cull board, where they are sorted by size and quality. Quality assurance begins at the dock.

Sea Fresh USA carefully culls through each piece of squid and matches the right quality fish to its specific market. This of course, happens with all species they see. The squid is then shipped up the road to their BRC certified facility (the only squid processor to have this in the USA), where it is cleaned and packed for our customers. Each piece of squid is hand cleaned and packed by hand.



FROM THE CHEF

Chesapeake Bay Stuffed Rockfish

- 2 slices day-old white bread, cubed
- 3 tablespoons fresh parsley, finely chopped
- 1/2 teaspoon Old Bay
- 1 teaspoon each dijon and grainy mustard
- 1/8 teaspoon each freshly ground white & black pepper
- 2 teaspoons juice of a fresh lemon and it's grated zest
- 2 dashes hot sauce
- 2 tablespoons butter, softened
- 1/2 cup mayonnaise
- 1 pound fresh lump crabmeat
- 4 (6 ounce) fillets rockfish

Directions

Preheat oven to 475 degrees. Lightly grease an 8x8 baking dish.

Mix the bread cubes, parsley, seafood seasoning, mustard, pepper, lemon juice, pepper sauce, butter, and mayonnaise together in a mixing bowl. Gently stir in the crabmeat until well blended, being careful not to break the crab chunks.

Place the fish fillets on a clean surface, and spoon 1/4 of the crab mixture onto one side. Starting on the side with the crab mixture, roll up the fillet around the crab filling. Place the rolled fish into the prepared dish open side down.

Bake in preheated oven until light brown and bubbly, and fish flakes with a fork, about 15 minutes.

Makes 4 servings.



FISH OF THE MONTH

ROCKFISH



March has been an extraordinary month from a weather perspective. It has been the coldest winter in 80 years. All the Bay tributaries froze Valentine's weekend. The main stem of the Bay froze 10 miles across for 50 miles. Virtually all Chesapeake fishermen have been frozen at the dock for three weeks. This week the 50 ft F/V Nancy Carol (Capt Butch Baker) tried to make it from Rock Hall Maryland to Annapolis. His boat became stuck in the ice off of Love Point (northern tip of Kent Island). The ice punctured a hole in his fiberglass hull and the boat sank to the bottom in 50 feet of water in less than 90 seconds. The captain and two crew members hopped out onto an ice flow and were rescued by Captain Don Pierce.

It looks like the thaw will start in earnest this weekend. By late next week most of the Bay's fishermen will be able to get out and try and cash in on the sky high market. Unfortunately it will be short and sweet. By the end of March (barring an extension) most of Virginia waters will be closed to rock fishing and the focus will shift to Delaware and then to Virginia seaside in May.



(from p.4) is below their target population, then the managers requires cuts in harvest (reduce mortality, cut poundage quota, close season, raise minimum size) and allow the population to rebuild.

In my opinion, a truly sustainable species is one that is at or moving towards its target biomass (population). It is not currently being over fished and it is well managed (has a governing body that oversees the fishery). There are many species that fit this definition. These include but are not limited to the following:

1. Wild striped bass (rockfish)-- *Morone saxatilis*
2. North Atlantic swordfish-- *Xiphias gladius*
3. Summer flounder or fluke -- *Paralichthys dentatus*
4. Domestic squid -- *Loligo pealeii*
5. Alaskan pollock -- *Theragra chalcogramma*
6. Genuine American Red Snapper – *Lutjanus campechanus*
7. Maine lobster -- *Homarus americanus*
8. Alaskan halibut -- *Hippoglossus stenolepis*
9. Atlantic Yellowfin tuna -- *Thunnus albacares*
10. Atlantic sea scallop -- *Placopecten magellanicus*
11. Pacific sardines -- *Sardinops sagax caerulea*

Over the last decade, many chefs across the country have become involved in promoting the consumption of only “sustainable” species. We in the seafood industry welcome this support. We believe that responsible chefs can help shape public opinion and create demand for some species where there wasn’t any before selling underutilized species can help transfer demand from over utilized species. The invasive Chesapeake wild blue catfish is an excellent example of chefs creating a market for a fish where there wasn’t a market before. Chesapeake Bay aquacultured oysters rapidly gained in popularity from the support of the local chef community. Both examples create hundreds of jobs in remote communities around the Bay and are good for the environment. These same chefs can also have a tremendous negative effect on the demand for certain species not deemed sustainable. Many of us remember the swordfish boycott of the late 90’s. What many people don’t know today is that the North Atlantic swordfish is a real success story of fisheries management. In 1998, the NMFS closed over a million square miles of ocean to commercial swordfishing (an area known as the Charleston Bump). This allowed the juvenile swordfish population to explode (big increase in recruitment). It took only 8 years for the adult swordfish population to recover fully and it now stands at 110% of the target biomass. We need to promote the success stories as vigorously as the horror stories everyone reads about.

Information on sustainable species can come from a variety of outlets. The most popular source for chefs is the Monterey Bay Aquarium List. This list is a good starting point but shouldn’t be viewed as the final word. Another excellent source of information on many fish species is the NOAA Fish Watch web site www.nmfs.noaa.gov/fishwatch. This site outlines the sustainability status, life cycle, and harvest of many domestic fish species. At Congressional Seafood, we can help you in your search for information about a particular species. Please contact your sales rep today.



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