



Blue Fish Sustainable Wild Fish Harvesting tips

1. KNOW YOUR REGIONAL LICENSING AND HARVESTING RULES:

Each region has specific licensing and seasonal harvesting regulations. These can differ in timing, size limits and allowable catch for each species. Its science-based knowledge meant to ensure the future of sustainable recreational fishing

2. USE APPROPRIATE TACKLE FOR EACH FISH SPECIES:

appropriately sized rod and line strength ensures fish are hooked and captured without escaping or experiencing undue fatigue. Properly match hook size and strength maximizes your hook-to-landing ratio. Using leaders when targeting toothy fish species prevents fish from breaking off.

3. HARVEST FISH LOWER ON THE FOOD CHAIN:

Alpha predator fish are like lions, they claim territory and live solitary lives. By targeting fish considered by apex predators as prey you are harvesting fish that grow quicker and in greater numbers

4. HARVEST FROM PUT-TO-TAKE FISHERIES, AND SUPPORT STOCK REBUILDING EFFORTS:

Some ecosystems are routinely planted to ensure adequate supplies of adult fish for harvest. Other ecosystems may have experienced a significant decline, and efforts are underway to rebuild their stocks to self-sustaining levels. Put-and-take fisheries are intended for harvesting individual limits. Fish stocks are below sustainable levels should be treated as catch-and-release only.

5. HARVEST FISH SPECIES IN PLENTIFUL SUPPLY:

Each unique ecosystem experiences yearly fluctuations in fish species abundance. Local anglers generally know which bodies of water are supporting an abundance of fish, and which fish species are at low numbers. Set harvesting goals by consulting local anglers familiar with the water you intend to fish.

6. LIMIT HARVEST TO ONE MEAL OF FRESH FISH:

Just because you can doesn't mean you should fill your daily fish harvesting limit each time you go fishing. Many regulations include maximum numbers of fish you possess including what's in your freezer. Frozen fish lose up to 30% of their flavour and can suffer freezer burn after six months. Fresh is always best!

7. EXERCISE RESTRAINT WHEN HARVESTING FISH NEAR URBAN CENTRES:

Fishing locations situated near-by larger urban centres experience higher fishing pressure than do more remote less-accessible locations. Not all fish harvesting regulations consider proximity to urban populations. Limit your harvest or practice catch-and-release when fishing popular waters.

8. ALWAYS RELEASE LARGE MATURE FEMALE FISH:

The largest female fish in an ecosystem are responsible for up to 90% of each year's successful spawn. Avoid removing these fish to ensure fish stocks remain healthy.

9. USE HUMANE "STUN-TO-KILL" TECHNIQUES WHEN HARVESTING FISH:

Efficient and humane harvesting requires that fish be stunned prior to euthanizing. Apply a single hard knock to the top of the head to stun but not necessarily kill. Once stunned, immediately open a blood vessel located just under the gill flap to drain the blood and stop the heart.

10. ALWAYS CHECK GOVERNMENT SAFE FOOD GUIDELINES PRIOR TO HARVESTING AND CONSUMING FISH:

Pollutants and naturally occurring toxins accumulate in the bodies of fish. Current and historic uses of land and water, and significant changes to ecosystems, can result in fish species or certain sizes of fish in an area being assessed as dangerous for human consumption. Always check government fish consumption guidelines and use common sense prior to harvesting or consuming fish.