Consumer's Seafood pocket guide

October 2005

The Southern African Sustainable Seafood Initiative

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Consumer's Seafood List

A species list has been compiled to help you make choices that are better for the environment, when buying seafood or dining out. This list will inform you about the conservation status of popular fish species and allow you to consider your seafood choices from an ecological perspective.

For more information on SASSI and the species' listings visit www.wwf.org.za/sassi

KEY TO SYMBOLS

- Rare/overfished
- Eco-unfriendly fishery
- Limited information available

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GREEN – YES

Anchovy
Angelfish (Atlantic pomfret)
Bluefish (bluenose)
Blueskin (trawl soldier)
Blue hottentot
Butterfish
Chub mackerel (makriel)
Dorado (dolphinfish; mahimahi)
Gurnard
Hake (stockfish)
Harder (mullet) – not from estuaries
Horse mackerel (maasbanker)
Hottentot
Jacopever
John Dory
Monkfish
Mussels
Octopus
Oysters
Panga
Queen mackerel (Natal snoek)
Sand soldier (red tjor-tjor)
Santer (soldier)
Sardine (Pilchard)
Snoek
South coast rock lobster
Squid (calamari; tjokka)
Steentjie
Tuna – all except bluefin tuna
West coast rock lobster (west coast crayfish)
White stumpnose
Yellowtail

FOLD

ORANGE – MAYBE

Abalone – local wild caught
Bluefin tuna
Carpenter (silverfish; silver)
Dageraad
Elf (shad) – no-sale in KZN
Englishman
Geelbek (Cape salmon)
King mackerel (couta; cuda)
King soldierbream
Kingklip
Kob (kabeljou; dusky, silver, and squaretail kobs)
Langoustines – local trawled
Marlins
Poenskop (black musselcracker)
Prawns – local trawled
Red steenbras (copper steenbras)
Red stumpnose (Miss Lucy)
Rockcods – all except potato and brindle bass
Roman (red roman)
Scotsman
Sharks – all except those on Red list
Skates and rays
Slinger
Snappers – all except river snapper
Sole
Swordfish

FOLD

RED – NO

Baardman (belman; tasselfish)
Banded galjoen
Blacktail (dassie; kolstert)
Brindle bass
Bronze bream
Cape stumpnose
East coast rock lobster
Galjoen
Garrick (leervis)
John Brown (Janbruin)
Kingfishes
Knife jaws, Cape and Natal (cuckoo bass; kraaibek)
Large-spot pompano (moony; wave garrick)
Natal stumpnose (yellowfin bream)
Natal wrasse
Potato bass
Ragged tooth shark
River bream (perch)
River snapper (rock salmon)
Sawfishes
Seventy-four
Southern pompano
Spotted grunter (tiger)
Spotted gulley shark
Springer (ten pounder)
Stonebream
Striped cat shark (Pyjama shark)
West coast steenbras
White musselcracker (brusher; cracker)
White steenbras (pignose grunter)
Zebra (wildeperd)

How does the list work?

Species, or in some cases groups of similar species, have been placed into different colour categories. Each colour has a different meaning:

GREEN

These are species that are from relatively healthy and well-managed populations that can sustain current fishing pressure. Some green species are not targeted by any particular fishery, but are managed as a sustainable bycatch. These species are recommended as the most sustainable choices available.

ORANGE

These species may be legally sold by registered commercial fishers and retailers. However, an increased demand for these could compromise a sustainable supply, due to one or more of the following reasons:

- The species may presently be rare because they are overfished.
- The fishery that catches them may damage the environment through the method used and/or high bycatch.
- The biology of the species makes it vulnerable to overfishing, or it may not have been adequately studied, but it is suspected that it will be unable to sustain heavy fishing pressure based on information for related species.

Consumers are encouraged to consider the implications of these choices.

RED

These species are by law illegal to buy or sell in South Africa. Some of these "no-sale" species are very important recreational species that cannot handle commercial fishing pressures and may therefore only be caught for your own enjoyment and use, subject to the possession of a valid recreational fishing permit and other restrictions that may apply (such as daily bag limits, closed seasons and minimum sizes).

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