

# Cape Ann Fresh Catch

## Are CAFC fish sustainable?

*A member's question about fish eating guidelines and the sustainability of the stocks being fished by CAFC is answered*

We get a lot of questions from CAFC members, most of which are addressed in some form or another at the CAFC website. One of the more common questions is whether or not the fish you get from CAFC is sustainably harvested. Further some members question why we get dragger caught Cod when it is listed on the Monterey Bay Aquarium's seafood eating guide as being overfished. Read on for the answer from Niaz Dorry, Coordinating Director of North Atlantic Marine Alliance (NAMA):

First, I should say that NAMA are not a very big fan of the red, yellow, green cards

regardless of which entity produces them (you mention the Monterey Bay Aquarium, but others use a similar system). This is because in our opinion they oversimplify the issue. They focus on single species and don't convey ecosystem-based principles to seafood consumers. You can read our Green Seafood Guidelines here: <http://namanet.org/factsheets/green-seafood>

If you compare what we are saying about principled seafood choices to food grown on land, our perspective might become clearer.



Most of us who eat animals don't make the decision to simply not eat chicken because so many are raised on factory farms. Instead, we choose to eat chickens that embody the principles we believe in: they should be raised humanely, be given plenty of space to roam raised by small scale farmers and live a relatively normal life. They should *not* be pumped full of pesticides, antibiotics or hormones, nor live in a polluted environment or

cause us harm from eating them. We believe these principles should not only be applied to chickens, but to all of our food including fish.

NAMA feels we need

similar nuanced principles applied to the seafood choices we make. We don't want to simply shift the burden from one animal to the other – say from cod to something that's on the green list – we want all these species to reach healthy populations which means the ocean as an ecosystem needs to be healthy. However in doing so we also have to support those fishermen who, like small farmers, are part of a community committed to the ecosystem that supports not only a healthy ocean but a healthy shoreside community. (see *Cod p.2*)

### CAFC PROFILE: ANGELA SANFILIPPO

CAFC has some amazing people working behind the scenes to make our first season a success. There is one however who stands out for her commitment and passion for fishermen, fishing families, fishing communities and a healthy ocean: Angela Sanfilippo. Angela is perhaps one of the most influential people not only in local and national fisheries issues but internationally as well. As president of the Gloucester Fishermens Wives Association for the past thirty years she has been involved in every important local fisheries issue and provided crucial support to struggling fishermen and their families. She recently received an honorary doctorate from Salem State for her lifelong efforts.

Mrs. Sanfilippo's advocacy on behalf of fishing and fishing families first came to public attention in August 1977 when she answered a call from the Gloucester fishing community to translate important materials from English to Italian for Gloucester fishermen. Since that day Angela Sanfilippo has remained a strong and committed person dedicated to preserving a viable fishing industry. Her voice has been especially strong on behalf of the smaller, family fishing unit.

Angela Sanfilippo's strong belief in the protection of the ocean environment and the fishermen and their families, has taken her to faraway places to help other fishermen and their families protect their fishing communities. In October 1997, as the U.S. East Coast Representative to the First World Conference of Fish Harvesters and Fish Workers. The conference was successful in stopping the use of large factory trawlers in many areas of the world. In October 2000 she traveled to France to attend the Second World Conference of Fish Harvesters and Fish Workers. (see *Sanfilippo p.2*)

### HOW TO BECOME A CHOWDAH HEAD

A New England Classic: Fish Chowder, great for the cooler days or make a big batch and freeze for cold winter nights.

- \* 4 ounces meaty salt pork, rind removed and cut into 1/3-inch dice
- \* 2 tablespoons unsalted butter
- \* 2 medium onions cut into 3/4-inch dice
- \* 1 tablespoon fresh savory or thyme, chopped
- \* 2 dried bay leaves

- \* 2 pounds all-purpose potatoes, peeled and cut into 1 inch pieces
- \* 5 cups fish stock
- \* Kosher or sea salt and freshly ground black pepper
- \* 3 pounds haddock, cod or pollock, cut into 1 inch pieces
- \* 1 1/2 cups heavy cream (or up to 2 cups if desired)

1. Over medium heat cook the salt pork until golden brown. Remove the cooked pork (see *Chowdah p.2*)



*(Sanfilippo cont'd)* In addition, Angela Sanfilippo has traveled to many fishing communities in the United State seeking to improve the safety of commercial fishing, to address fishing regulations, to demonstrate how to prepare and enjoy underutilized fish, and to encourage fishing communities around the world to continue to work together to defend and preserve their fishing heritages. She has been invited to Washington D.C. numerous times to testify at a wide variety of governmental hearings and to meet with political representatives from across the United States. In 1998 she was invited by President Clinton to attend the Year of the Ocean Conference. Joining with others at this conference, Mrs. Sanfilippo pushed for and helped obtain an additional 10 year moratorium on oil drilling on Georges Bank.



In addition to her responsibilities as President of the Gloucester Fishermen's Wives Association, in April 1994, Angela Sanfilippo became the Projector Manager of the Gloucester Fishermen and Families Assistance Center, a position that she held until February 2006. Under her leadership thousands of fishermen and their family members, who had been forced out of the fishing industry by the restrictive regulations, have received employment training and started new lives.

Mrs. Sanfilippo is a founding member of and serves on the board of the Fishing Partnership Health Plan. This Massachusetts plan is the first and only health plan in the country that provides fishermen and their families with high quality and affordable health care. She is a founder and board member of the Northeast Seafood Coalition, Commercial Fishermen of America, the Gloucester Fishing Community Preservation Fund, the Massachusetts Ocean Partnership and the Massachusetts Fishermen's Partnership (MFP). Since February 2008, she has served as the part time Executive Director of the MFP.

*(Chowdah cont'd)* from the pot and reserve, leaving the fat in the pot. 2. Add the butter, onions, herbs, and bay leaves to the pot and sauté, stirring occasionally with a wooden spoon, for about 8 minutes, until the onions have softened but not browned. 3. Add the potatoes and stock. Turn up the heat and bring to a boil, cover, and cook the potatoes vigorously for about 10 minutes, until they are soft on the outside but still firm in the center. If the stock hasn't thickened lightly, mash a few of the potato pieces against the side of the pot and cook for a minute or two longer to release their starch. Reduce the heat to low, add the fish and cook over low heat for 5 minutes, then remove the pot from the heat and allow the chowder to sit for 10 minutes (the fish will finish cooking during this time). 4. Gently stir in the cream and taste for salt and pepper. If you are not serving the chowder within the hour, let it cool a bit, then refrigerate; cover the chowder after it has chilled completely. Otherwise, let it sit for up to an hour at room temperature, allowing the flavors to meld. Or

*(Cod cont'd)* In regards to Cod, according to fisheries managers and scientists, Gulf of Maine cod is considered healthy enough to allow for certain amounts of fishing. In fact, according to the most recent stock assessment, it is George's Bank cod that you hear about not reaching biomass targets, not the Gulf of Maine (where the boats that supply the CAFC fish). This same report indicates that the Gulf of Maine Cod is projected to be fully rebuilt within the next few years. Until that happens fishermen follow strict guidelines of how much cod can be caught, where it can be caught, and during what time of the year it can be caught. It might be useful to note that the amount of fish permitted to be caught has been steadily increasing as we get closer and closer to a healthy number of cod in our local waters.

By advocating for CSFs, we hope that amount – however big or small – is caught by fishermen who care about how they fish just like the farmer who chooses to treat his chickens humanely. The fishermen we work with have a keen knowledge of the fishery and a desire for the fishery to be healthy for generations to come, rather than letting our oceans be controlled by conglomerates. Current fisheries regulators do not recognize the ecological benefits of principled-base fishing much like the family farmers' way of work was dismissed until recent years. Part of our motivation for creating CSFs was to encourage fisheries managers and regulators to recognize who fishes matters. This is an important point as current fisheries management regulations are leading the way for agribusiness style of fishing to take over. Even more scary, some are encouraging hedge funds and financial institutions to take over fishing rights rather than community based fishermen. We need to stop this trend and we believe CSFs are one way to do that.

In regards to trawling, the boats supplying the CSF use a variety of gear, including trawling. However we feel that the issue of scale is paramount to gear. When fish consumers demand the equivalent of free range chicken

and organic milk, fishermen will realize a financial incentive to use gear that is more eco-friendly. CAFC members are at the vanguard of this change and hopefully fisheries managers will also recognize this in the fishing regulations.

Current fisheries management practices do not recognize the ecological and economic benefits of the small scale fishermen or different fishing gear (or the good chicken farmer!). In fact, the opposite is true where the agri-business level of efficiency is given higher value than the equivalent to the family farm operations. At this juncture, there are even moves afoot to further industrialize, privatize and consolidate the fishing industry. It is our strategy to stem this tide through CSFs and direct marketing efforts. We want to show that the public doesn't believe hedge funds and financial institutions will be better stewards of our oceans than community based fishermen. In this economic climate, you'd think that would be a no-brainer, but it's not.

So in the end, we believe by removing these economic, marketing and management barriers we can ensure that any gear used to catch fish - whether hooks, gillnets or trawls - have the smallest footprint on the ocean. And, ultimately create the atmosphere were fishermen can choose whatever gear or reduce the impact of any gear they believe will meet their goal of leaving the oceans for future generations possible.



For more information about joining this community supported fishery please visit [www.namanet.org/csf/capex-ann-fresh-catch](http://www.namanet.org/csf/capex-ann-fresh-catch) or call 978-283-2504. And please support our sponsors (above!)