RESPONSIBLE SEAFOOD
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ABSTRACT
Responsible seafood is a type of sustainable eating style that helps not only our lives and life styles but helps maintain an ecosystem that can withstand a booming fish industry. The happens when fisheries open and uphold a hatchery or center that helps vitalize certain fish species that are being lost to over fishing and help introduce the population back into the wild. Many types of fish still thrive in hatcheries and in the wild that are great alternatives to fish we love but have become endangered.

WHY NOT SHARKS?
While known worldwide as a delicacy to humans, sharks have been over fished and is severely underpopulated. Many species of sharks have been placed in the do not eat list on seafood watch. [5] only one type of shark is cleared for best to eat, spiny dogfish shark by bottom drawl of the United States west coast. [5] Shark is also known to have high mercury content and is not good for human consumption in large amounts. [2] A better alternative to shark is the Farmed Sturgeon.

WHY STURGEON?
Sturgeon has become a species that is mostly farmed for human consumption. All types of sturgeon have gained “Best Choice” to eat when it is from a United States aquaculture. [6] However, the only sturgeon that is good to eat is ones grown in aquafarms. The collected fish eggs are used as caviar and for the repopulation of the species. [7] This species is the best alternative to sharks because it can be repopulated in aquacultures throughout the seasons.

WHAT IS RIGHT ABOUT LIONFISH?
This fish is an invasive species in North America. The fishing industry has this species on the “best Choice” to eat because of its ability to spawn and how invasive it is. [4] The best way to catch these is to spear them. The other way is to get them by bycatch when trapping lobsters but it can prove harmful to the lobsters and can lose intended product. [4] This fish is taking over areas that were for the grouper and snapper in the Gulf of Mexico. [10]

WHY AQUAFARM IN THE FIRST PLACE?
Aquafarming is a relatively new idea that is to help raise species of fish and repopulate the numbers after we have overfished them. Many aquafarms stick to a couple of species tend to and use their time and resources to understand and repopulate. They do this by hatcheries that take wild caught fish and catch any fertilized eggs and begin to incubate them to juvenile stage. [9] There are any different ways to do aquafarming some are all on land and work to reuse their water while some are in the wild and are just nets to keep the stock safe from the natural elements. [9]

REFERENCES