

Sardines

A Great Sustainable Seafood Choice.



David Parker

Fisheries Officer, Marine Conservation Society



www.fishonline.org

Marine Conservation Society

- Leading UK charity dedicated to the preservation of Seas, Shores & Wildlife

“Seas fit for life – diverse, clean and productive seas for wildlife and future generations “

Aims

- *Sustainable fisheries*
- *Clean seas and beaches*
- *Wildlife protection; including a Comprehensive network of MPAs*





Sardines



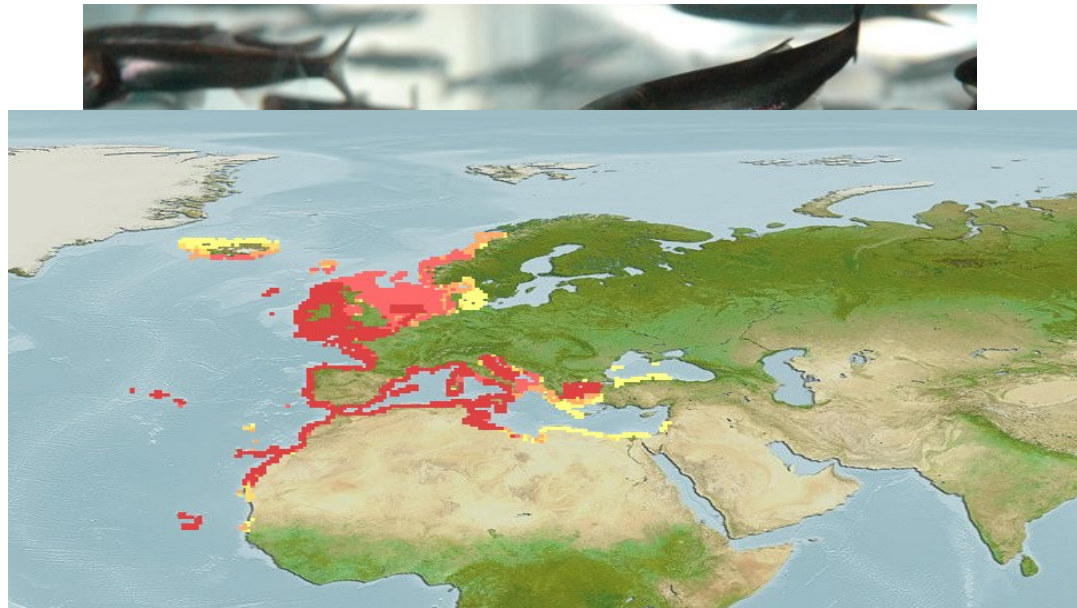
- *Named after the Island of Sardinia's former rich abundance of the fish*



- *21 species may legally be canned as sardines but European pilchard is the only true sardine (FAO)*
- *European Pilchard (*Sardinus pilchardus*)*

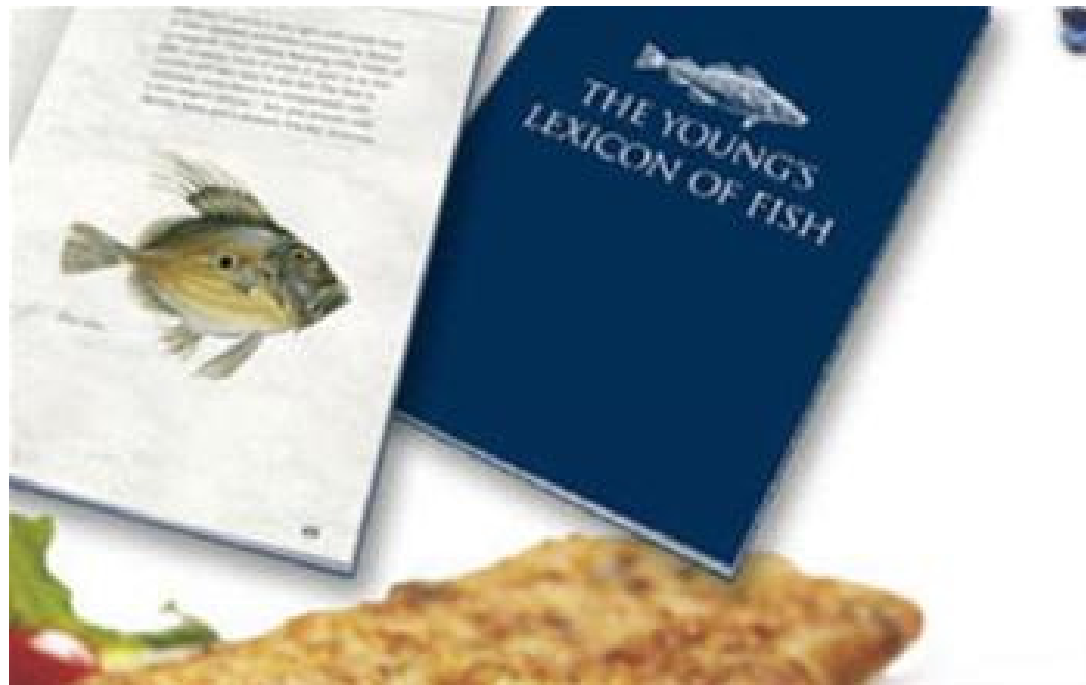
Biology

- *Distributed in NE Atlantic from Iceland to NW Africa*
- *Wide ranging, shoaling species*
- *Low in the food chain - planktivores*



The Taste

- *The Young's Lexicon of fish says:*



Versatility

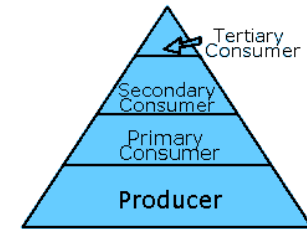


Health Benefits

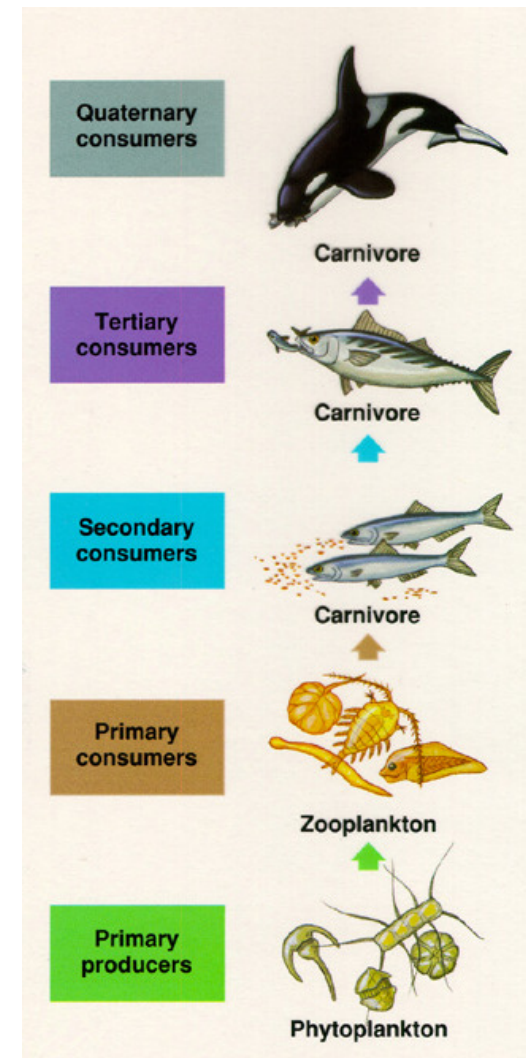
- **Sardines are rich in Omega-3 fatty acids:**
 - *Reduces incidence of heart disease*
 - *Reduces likelihood of Alzheimer's disease*
 - *Helps Brain development & Memory*
 - *Can reduce cancer risk*
 - *Fights depression*



Why are they Sustainable?



- **Unlike favourites such as Cod & Tuna; Sardines are:**
 - Fast growing = Rapid turnover
 - Inherently more resilient to fishing pressure
 - Low in the food chain (planktivores)
 - 'Energetically' more efficient and thus much more abundant
 - Capture method (shoaling fish with potentially little bycatch)
 - Due to position in food chain less likely to concentrate pollutants





MSC

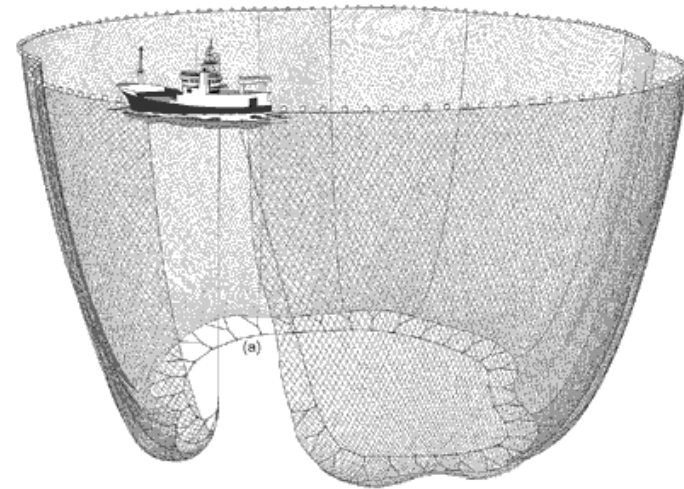


- Sardine fisheries have now achieved Marine Stewardship Council certification due to their sustainable credentials:
 - ***South of Brittany***
 - ***Cornwall***
 - ***Portugal***



Capture methods

- Mainly ring nets, drift nets and Purse seine:
 - Highly Species specific (shoaling species)
 - Low incidence of bycatch



Sardines vs. Pilchards

Q) So what is the difference between a sardine and a pilchard?



Sardines vs. Pilchards

Biologically they are the same fish

However - It turns out that size does matter!

About 1cm to be precise,



< 15cm = Sardine



> 15cm = Pilchard



MCS say “Choose Pilchard!”

- The Sardine only matures at around 15cm, the more sustainable option is the pilchard
- However pilchards have less appeal than sardines..



Its in the Name

- Traditionally the Cornish fish were termed pilchards, but some interesting marketing with PO's and supermarkets has increased sales hugely.



- Just remember to choose Pilchards in terms of size



Summary



-
- Sardines are a tasty and versatile fish for cuisine
 - They are a great sustainable option in terms of biology, capture method and supply
 - There are many health benefits to be gained from regular consumption of the fish
 - Sizewise, choose pilchard!

Thank you for Listening

Any Questions?

- David Parker
MCS Fisheries Officer
David.Parker@mcsuk.org



01989 561584

