



FISH SUSTAINABILITY

WHERE DOES OUR FISH COME FROM?

Back in February 2006, our sister shop Harbour Lights made a commitment to their customers to responsibly source all fish that it served. If there was any doubt, the fish species was removed from the menu, hence popular Skate, Rock and Cod Roe are no longer sold. Frasers set up shop in Penzance in May 2016 and has adopted the same strict criteria on how fish is sourced. Cornwall Wildlife Trust's Cornwall Good Seafood Guide & the Marine Conservation Society (MCS) grade the sustainability of specific fisheries from 1 to 5. Any fishery rated "5" is judged to be unsustainable and should not be sold by responsible restaurants.

FISH	SOURCE	  RATING	NOTES
Cod, Atlantic	FAO27 North East Arctic (Barents & Norwegian Seas)	MCS Rating 2/3	 MSC certified 70% of capture is demersal trawl. Discarding is banned in Norwegian and Russian waters. Minimum size limit is 44cm. Within this fishery larger mesh sizes and sorting grids are used than those in Europe, allowing smaller unwanted fish to escape. A maximum by-catch rule was introduced and there are also closures in areas with a high amount of juvenile fish.
Haddock	FAO27 North East Arctic (Barents & Norwegian Seas)	MCS Rating 2/3	 MSC Certified Fish reproduce at a level as high as mortality and has been deemed sustainable. Like cod the haddock fisheries have a large net size and sorting grid and do not fish in areas with high juveniles.
Scampi Tails (from Langoustines)	Waters around Scotland & Ireland	MCS Rating 2/3	

Mackerel	Cornish Day boats	Cornwall Good Seafood Guide 2 (Handline) 3 (Gill Net)	Hand lined Fishery. Mainly small boats ranging fishing 6-8 miles offshore. A low impact, selective method of fishing using hook and line. Low by-catch and zero impact on sea bed.
Plaice	North Sea FAO 27	MCS Rating 2/3	Supplier Van Der Lee only purchases off boats that are part of the Responsible Fishing Scheme. Fish caught in the North Sea are normally trawled, with sustainable levels of mortality.
Hake, European.	Cornish Day Boats.	Cornwall Good Seafood Guide rating 1 (Gill netting) 2 (Demersal netting)	Caught by demersal trawl, or gill nets in Cornish coves. Low catch and small boats. Most catches are from using gill nets. Boats over 12m in length are required to use pingers on their nets to scare of dolphins and other cetaceans. Demersal trawls can damage the sea bed but are used in areas that are quick to recover. Demersal trawls are large nets that are pulled through the water with the bottom edge of the net touching the seabed. At each edge the net is pulled open by metal 'trawl doors'. Sometimes referred to as Otter trawling. Larger mesh sizes are used by the majority of vessels in Cornwall. 110(Mm rather than the legal 100)
Pollock	Cornish Day Boats.	Cornwall Good Seafood Guide rating 3	Hand lined, gill netted or demersal trawled. Minimum landing size of 30cm. Netting can be risky as pollack are reef dwelling fish, and lost gear is a problem. Hand lining can fetch a better price and is more sustainable so is increasing in Cornwall. According to landing data stock has remained the same for the last 20 years.

Whiting	Landed in Cornish Ports, caught in local waters	Cornwall Good Seafood Guide rating 2	Demersal trawled, handlining or gill netted. Avoid eating juvenile fish of less than 30cm. Stocks seem healthy and high in Cornish waters. Spawn between March and April. Minimum landing size 27cm.
Squid (European, with back up of Argentine Short Fin)	Landed in Cornish Ports, caught in local waters Back up from South Atlantic	Cornwall Good Seafood Guide rating 3 MCS Rating 4	Pacific Squid will always be rejected as it's stocks are regarded as being endangered with a MCS rating of 5
Megrim Sole (Cornish Sole)	Cornish boats, and Cornish landed.	Cornwall Good Seafood Guide rating 3 (Demersal Trawl) 4 (Beam Trawl)	Demersal and beam trawled. EU landing size 20cm. Larger landing size of 25cm in ^mile limit in Cornwall. Stock on the increase in Cornish waters.

Points to mention:

Cornish trawlers are smaller boats than their European counterparts and have restrictions on the size of the beam on beam trawlers.

The trawling industry in Cornwall has reduced in size over the last 20 years, and many boats are trialling new equipment to limit the damage caused by trawls, and CCTV monitoring to prove low levels of discards.



Our Cod and Haddock are certified sustainable by the Marine Stewardship Council (MSC)
Our MSC certification is: **MSC-C-53712-12**