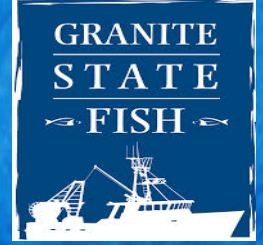




YANKEE
FISHERMAN'S
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new hampshire farm to school



NH Fish to School

These species are abundant in the Gulf of Maine and the purchase of them helps support local fisheries.



Dogfish: *Squalus acanthias*, are members of the family Squalidae. It is found mostly in shallow waters and further offshore in most parts of the world, especially in temperate waters. Spiny dogfish are fished for food in Europe, the United States, Canada, New Zealand and Chile. Dogfish has a sweet, mild flavor and a higher oil content than mako or other sharks. It has a flaky yet firm texture.

Atlantic Perch or Redfish: Although the Pacific Ocean claims over 50 species in the *Sebastes* genus, the Atlantic has two ocean perch, slow-growing, deep water fish with bright-red or orange-red coloring. Ocean perch are mild tasting yet a bit sweet, with a moderately firm texture. The meat is lean, moist and flaky.



Northern Silver Hake or Whiting: This species inhabits the eastern Atlantic Ocean and the North Sea on the East Coast of Britain. A white, round sea fish, whiting is a small member of the Cod family and very similar in flavor but is more economical and sustainable to buy than cod. Its flesh is light, firm, lean, sweet and delicate.

Haddock: Haddock is a member of the Cod family. Haddock is smaller than Atlantic Cod, generally weighing 2 to 5 pounds. Haddock are found on both sides of the North Atlantic. Haddock is a mild-tasting fish that is lean, white and flaky when cooked. It makes an excellent choice for those who want to start eating fish but are not accustomed to a strong fish flavor.



Pollock: Atlantic Pollock is a member of the Cod family and can be distinguished by its green hue. The meat is white and firm with a sweet, delicate flavor. Pollock is abundant in the Gulf of Maine and can be harvested year-round. The species is managed along with other bottom-dwelling species under the Northeast Multispecies Fishery Management Plan.

the
sustainability
institute

Sustainability is a core value of UNH, shaping our culture, informing our behavior, and is a guiding principle in everything we do. As a nationally recognized leader in sustainability, UNH draws on the Sustainability Institute to act as convener, cultivator and champion of sustainability on campus, in the state and region, and around the world.

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