

Reading Resources: Human Impacts

The National Oceanic and Atmospheric Administration (NOAA) defines sustainable seafood as “Seafood is sustainable when the population of that species of fish is managed in a way that provides for today’s needs without damaging the ability of the species to reproduce and be available for future generations.” NOAA fisheries is tasked with regulating ocean fishing in the U.S. through implementing the Sustainable Fisheries Act.

All federally governed fisheries are required to have fishery management plans that are designed to result in sustainable fisheries. Consumers who purchase seafood managed under a U.S. fishery management plan can be assured that the seafood meets 10 National Standards www.nmfs.noaa.gov/sfa that ensure fish stocks are maintained, overfishing is eliminated, and socioeconomic benefits to the U.S. are achieved. Ungoverned fisheries around the world are threatened by collapse due to unsustainable fishing methods and destruction of habitats.

When shopping for or ordering fish, ask your local seafood dealer or restaurant owner about the source and catch methods of your seafood choices. Consumer concern is a major promoter of sustainable fisheries.

Books for Adults

Advances in Aquaculture Hatchery Technology (Woodhead Publishing Series in Food Science, Technology and Nutrition) / Geoff Allen, 2013.

Aquaculture: Farming Aquatic Animals & Plants / John Lucas, 2012.

Aquaculture Nutrition: Gut Health, Probiotics and Prebiotics / Daniel L. Merrifield, 2014.

Aquaculture Production Systems / James Tidwell. 2012.

Aquaculture Science / Dr. Rick Parker, 2011.

Encyclopedia of Aquaculture / John Wiley & Co., 2000.

Fish Forever/Johnson, Paul. Wiley & Sons, 2007.

Fish Tales: stories & recipes from sustainable fisheries around the World/Bart van Olphen & Tom Kime. Kyle Books, 2010.

For Cod and Country/Seaver, Barton.

Four Fish: The Future of the Last Wild Food/Paul Greenberg. Penguin Books, 2010.

Good Fish: Sustainable Seafood recipes from the Pacific Coast/Selengut, Becky.

Overfishing: What everyone needs to know/Ray Hilborn. Oxford Univ. Press, 2012.

The Perfect Protein / Andy Sharpless & Suzannah Evans. Oceana, 2013.

Junk Raft: an ocean voyage & rising tide of activism to fight plastic pollution / Ericksen, Mark. 2017.

Plastic Ocean : How a Sea Captain's chance discovery launched a determined quest to Save the Oceans / Capt. Charles Moore with Cassandra Philips.

Plastic Pollution and how you can reduce your contribution / Innes, Tony. 2017

Plastic Purge: How to use less plastic, Eat better, Keep toxins out of your body and Help Save the Sea Turtles. / SanClements, Michael. 2014 .

Plastic Soup: An Atlas of Ocean Pollution / Abbing, Michiel R. 2019

Tidal Wetlands Primer: An Introduction to their Ecology, Natural History, Status and Conservation / Ralph W. Tiner. Univ. of Massachusetts Press, 2013.

Books for Kids

Plastic, Ahoy! Investigating the Great Pacific Garbage Patch / Newman, Patricia. 2014

Trash Vortex: How Plastic Pollution is choking the world's oceans / Smith-Llera, D. 2018

Featured Websites

Algalita Marine Research Institute

www.algalita.org

Catalina Sea Ranch

<http://www.catalinasearanch.com>

Good Fish

www.goodfishbook.com

Companion site to the book Good Fish. Contains how-to educational videos on pre-cooking seafood, prep, plus a link to a blog, with 75 recipes in the Good Fish book, with notes and tips.

5 Gyres: Understanding Plastic Pollution through Exploration, Education & Action

<https://www.5gyres.org>

Just One Ocean

www.justoneocean.org/plastic-pollution

Long Beach Aquarium of the Pacific - Seafood for the Future

www.aquariumofpacific.org/seafoodfuture

Seafood for the Future (SFF) is AOP's non-profit seafood advisory program.

Monterey Bay Aquarium - Seafood Watch Program

www.seafoodwatch.org

The Monterey Bay Aquarium makes recommendations on which seafood to buy and avoid. The program also assists consumers in selecting fish that is caught or farmed using environmentally responsible methods in order to achieve and maintain healthy and abundant oceans.

North American Marine Environment Protection Assn. (NAMEPA)

www.namepa.net

Ocean Conservancy – Fighting for Trash Free Seas

www.oceanconservancy.org/trash-free-seas/