

The Eat Like a Fish citizen science project took its inspiration from several emerging fields of inquiry and advocacy. Below, we present some of the sources that lent conceptual foundations to this project.

ECOSYSTEM-BASED FISHERIES MANAGEMENT

Fogarty, M. 2014. The art of ecosystem-based fishery management. *Canadian Journal of Fisheries and Aquatic Sciences* 71: 479-490.

Fogarty, M and S Murawski. 1998. Large-scale disturbance and the structure of marine ecosystems: fisheries impacts on Georges Bank. *Ecological Applications* 8(1): S6-S22.

Folke, C et al. Regime shifts, resilience, and biodiversity in ecosystem management. *Annual Review of Ecology, Evolution, and Systematics* 35: 557-581.

Garcia, S et al. 2012. Reconsidering the consequences of selective fisheries. *Science* 335(6072): 1045-1047.

Link, J. 2010. *Ecosystem-Based Fisheries Management: Confronting Tradeoffs*. Cambridge: Cambridge University Press.

Steneck, R et al. 2004. Accelerating trophic-level dysfunction in kelp forest ecosystems of the Western North Atlantic. *Ecosystems* 7: 323-332.

Zhou, S, et al. 2010. Ecosystem-based fisheries management requires a change to the selective fishing philosophy. *Proceedings of the National Academy of Sciences* 107(21): 9485-9489.

LOCAL SEAFOOD SYSTEMS

Alden, R. 2011. Building a sustainable seafood system for Maine. *Marine Policy Review* 20 (1): 87-95.

Donahue, B. et al. 2014. *A New England Food Vision*. Durham, NH: Food Solutions New England, University of New Hampshire.

Greenberg, P. 2012. *American Catch: The Fight for Our Local Seafood*. New York: Penguin Books.

McClenachan, L. et al. 2014. Do community supported fisheries (CSFs) improve sustainability? *Fisheries Research* 157: 62-69.

Olson, J. et al. 2014. Putting the seafood in sustainable food systems. *Marine Policy* 43: 103-111.

Stoll, J. et al. 2015. Expanding the 'geography' of resilience in fisheries by bringing focus to seafood distribution systems. *Ocean and Coastal Management* 116: 185-192.

NEW ENGLAND SEAFOOD COOKBOOKS

Schumann, S. et al. 2018. *Simmering the Sea: Diversifying Cookery to Sustain Our Fisheries*. Kingston, RI: University of Rhode Island.

Seaver, B. 2017. *American Seafood: Heritage, Culture & Cookery From Sea to Shining Sea*. New York: Sterling Epicure.

eat like a fish

CITIZEN SCIENTIST TESTIMONIALS



"I think the seafood sector will learn a lot from this study."

-PAUL ANDERSON, MAINE

"Wow! That was a fast 26 weeks. Thank you for the opportunity to participate in this study. I learned a lot about fish... available or not, and even more about all the different fish markets available to me!"

-JUDY TARR,
MASSACHUSETTS

"I have learned a lot with this project and definitely know more about fish seasons, availability, and the fact that almost anything from the ocean can taste absolutely delicious!"

-RACHEL FECTEAU, MAINE



"Thank you! I have increased my interest and intake of healthy fish...sparked the interest of those around me... and driven my local supermarkets a little crazy."

-DEBBIE MATHIEU, RHODE ISLAND



JULEK CHAWARSKI

"Thank you for a real learning experience. John and I loved the adventure. We learned a lot. I hope the info you gather will bring more attention to the need for people to Eat Like a Fish!"

-JAYNE MARTIN,
CONNECTICUT



DEBORAH MAGER

"I hope everyone that participated had as much fun as I did, pushed the boundaries of both their culinary comfort level and what they thought was available and edible locally, and learned a lot in the process!"

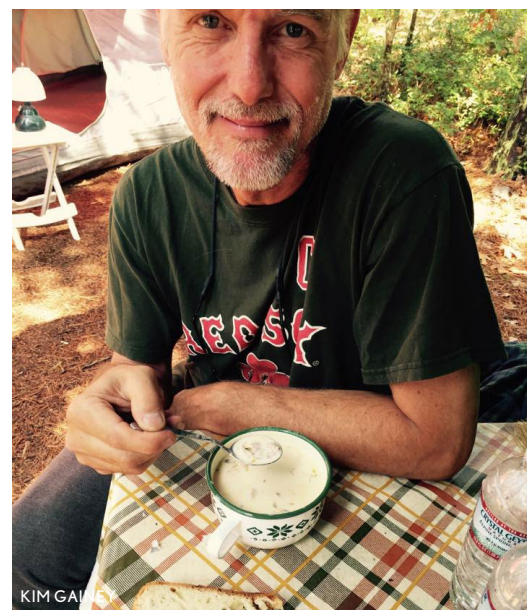
-CHRIS DODGE,
CONNECTICUT



ANDREA MCCARTHY

"I just wanted to thank you for the opportunity to be a part of this study. I found it so very interesting and I learned so much about our local seafood markets and where our fish comes from. If you decide to do it again next year, I would love to participate!"

-LISA JAROSIK, CONNECTICUT



KIM GAIL