

# LOCAL SEAFOOD IN THE RETAIL MARKETPLACE: HOW DOES **CONNECTICUT** STACK UP?



*Based on data from Eating with the Ecosystem's "Eat Like a Fish" citizen science project*

In recent years, New England states have stepped up their commitment to local food systems. In Connecticut, this support is exemplified in the passion of organizations like the Connecticut Food System Alliance.

One goal shared by all is to increase sales and accessibility of local seafood within the region. However, to date, little data has been available to monitor progress towards this goal. Eating with the Ecosystem's "Eat Like a Fish" citizen science project helps fill this void, by providing first-of-its-kind data on the availability and diversity of local wild seafood in New England's retail marketplace.

The Eat Like a Fish citizen science project set out to understand how well New England's retail marketplace reflects the diversity of wild seafood in nearby ocean ecosystems. The project's premise was simple: no one is better suited to investigate the seafood marketplace than seafood lovers themselves. Over six months, 86 citizen scientists in the five New England coastal states made weekly visits to neighborhood supermarkets, seafood markets, farmers markets, and fishing piers, where they hunted for 52 local wild seafood species. This fact sheet summarizes what participants learned about seafood from their searches in Connecticut.

## CONNECTICUT PARTICIPATION STATS:



## AVAILABILITY AND DIVERSITY OF LOCAL SEAFOOD IN CONNECTICUT:

Through their seafood searches, citizen scientists produced over 1,968 data points on the presence and absence of local seafood within the Connecticut retail marketplace. Two indices were calculated based on this data: an index of local seafood availability and an index of local seafood diversity. The figures at right show how Connecticut compares to other New England coastal states in its performance on these metrics.

Details on the calculation of these two indices can be found in the full report, "Eat Like a Fish: Diversifying New England's Retail Marketplace."



Connecticut ranked fourth among New England states in availability of local seafood. This ranking puts Connecticut below Maine, Rhode Island, and Massachusetts and above New Hampshire in terms of local seafood availability.



Connecticut ranked 1st among New England states in diversity of local seafood. This ranking puts Connecticut ahead of Maine, Rhode Island, Massachusetts, and New Hampshire in terms of local seafood diversity.

## AVAILABILITY OF 52 LOCAL SEAFOOD SPECIES IN CONNECTICUT:

The tables below present findings on the availability of 52 local wild seafood species in Connecticut and shows how this availability compares to coastal New England at large. The middle column (CT %) of each table indicates the probability of finding each species when shopping in a Connecticut retail market. The righthand column (NE +/-) indicates how the probability of finding each species in Connecticut differs from the probability of finding it in the New England marketplace overall (including markets in Connecticut, Rhode Island, Massachusetts, New Hampshire, and Maine). Species with positive values in the righthand column tend to be easier to find in Connecticut than in the region as a whole, whereas those with negative values tend to be harder to find.

SPECIES	CT%	NE +/-
Acadian Redfish	6%	-2%
American Plaice	0%	-6%
Black Sea Bass	24%	+13%
Blue Crab	7%	+4%
Bluefish	18%	-9%
Bonito	0%	0%
Butterfish	3%	0%
Cod	30%	-27%
Croaker	0%	-1%
Cunner	0%	0%
Grey Sole	23%	+13%
Haddock	20%	-32%
Halibut	28%	-9%
Herring	8%	0%
John Dory	2%	0%
Jonah Crab	7%	-11%
Lobster	55%	-25%

SPECIES	CT%	NE +/-
Mackerel	8%	-4%
Mahi Mahi	0%	-2%
Monkfish	41%	+15%
Mussels	18%	-12%
Ocean quahog	4%	-4%
Peekytoe Crab	0%	-10%
Periwinkle	3%	+1%
Pollock	7%	-8%
Quahog	23%	-1%
Razor Clam	9%	+6%
Red Hake	0%	-3%
Sculpin	0%	0%
Scup	20%	+11%
Sea Robin	3%	+2%
Sea Scallop	39%	-30%
Sea Urchin	3%	+2%
Skate	0%	-6%
Smooth Dogfish	3%	+2%

SPECIES	CT%	NE +/-
Soft Shell Clams	72%	+8%
Spiny Dogfish	0%	-1%
Spot	0%	-1%
Squid	47%	+3%
Striped Bass	28%	+14%
Summer Flounder	18%	+4%
Surf Clam	5%	-1%
Swordfish	47%	-1%
Tautog	5%	+3%
Tilefish	3%	+1%
Tuna	18%	-19%
Weakfish	3%	+3%
Whelks	9%	+3%
White Hake	2%	-7%
Whiting	8%	+4%
Winter Flounder	4%	-2%
Yellowtail Flounder	14%	-2%

## A LEARNING EXPERIENCE FOR PARTICIPANTS:



"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 CITIZEN SCIENTIST

"This was the first time I have ever eaten a scup and a whole fish. I was worried about the bones but they were very easy to see and pick out. I was surprised at how much I actually enjoyed it! It was fun to prepare and cook."

- LISA JAROSIK, CONNECTICUT CITIZEN SCIENTIST

"I have eaten sea bass out in restaurants before and really enjoyed it, but have never cooked it at home before or even thought about purchasing it to cook at home. I definitely will be having black sea bass more often now that I will be cooking it at home."

- DEBORAH MAGER, CONNECTICUT CITIZEN SCIENTIST

**"EAT LIKE A FISH: DIVERSIFYING NEW ENGLAND'S RETAIL MARKETPLACE" IS AVAILABLE AT [WWW.EATINGWITHTHEECOSYSTEM.ORG](http://WWW.EATINGWITHTHEECOSYSTEM.ORG)**