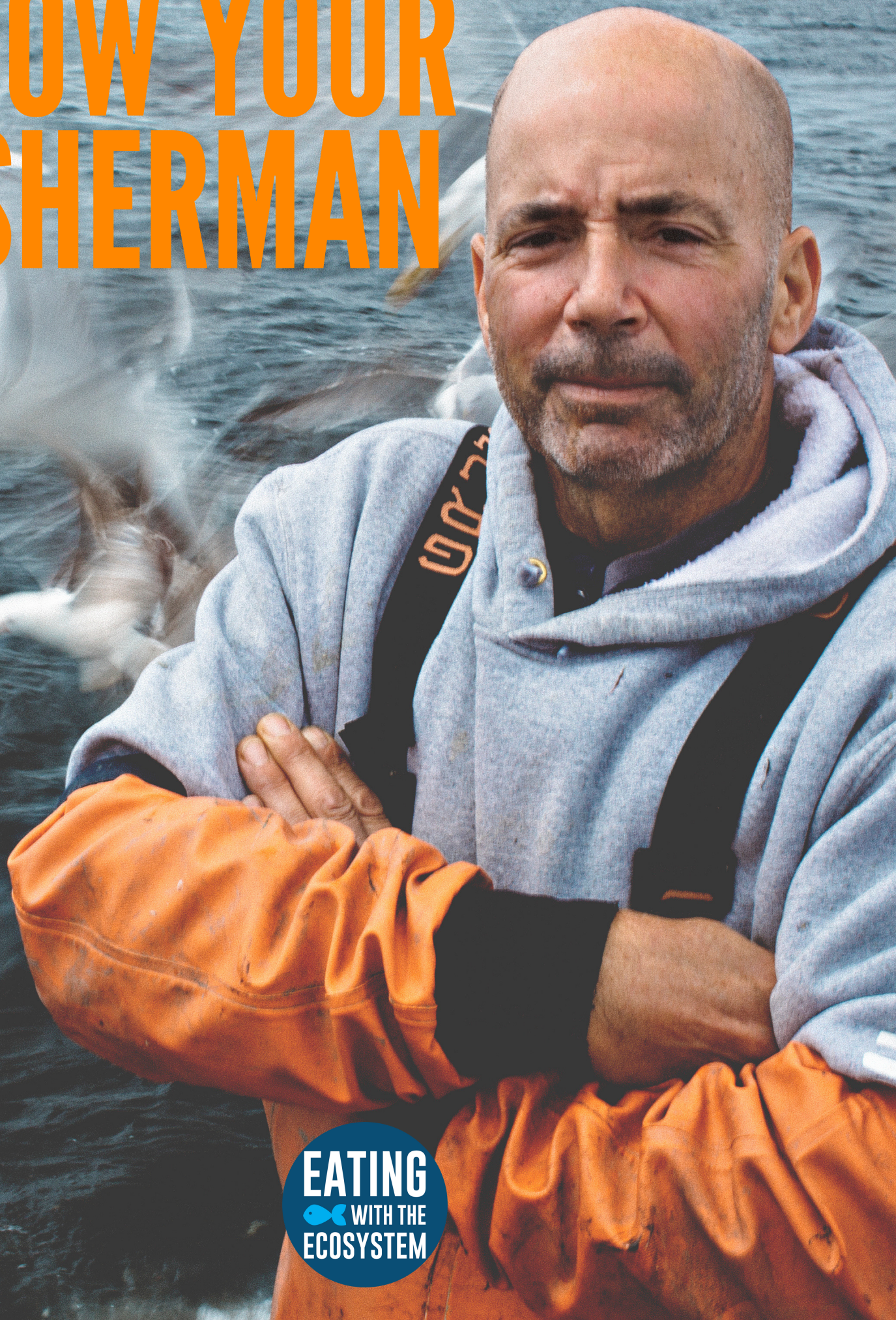


# KNOW YOUR FISHERMAN



**EATING**  
WITH THE  
ECOSYSTEM



# KNOW YOUR FISHERMAN

## SUPPORTING OUR LOCAL FISHING COMMUNITIES



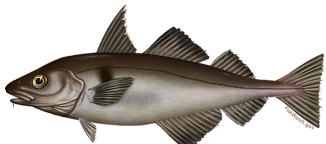
Behind each fish that you eat, there is a man or woman who worked hard to get that fish to your plate. Knowing your fisherman is about supporting your local fishing families and coastal communities. It's about listening and learning from the fishermen about the changes they see in our local marine ecosystems and how to protect them. And it's also about enjoying the freshest and most delicious fish from a trusted source.

In a world where the majority of people have no idea where their seafood comes from (most from overseas), knowing your fisherman is an act of community solidarity. Learn where your seafood comes from, who caught it, the story behind it, and support your community by eating locally caught seafood!

### ACTIONS YOU CAN TAKE TO SUPPORT YOUR LOCAL FISHERIES:

- VISIT A FISHING PORT TO LEARN WHAT GOES ON THERE
- WHEN EATING SEAFOOD, THINK ABOUT THE WORK THAT GOES INTO HARVESTING IT
- WATCH A VIDEO ONLINE, SUCH AS MARKHAM STARR'S SERIES OF FISHERMAN PROFILES OR THE "KNOW YOUR FISHERMAN" VIDEO AT [LOCALCATCH.ORG/KNOW-YOUR-FISHERMAN/](http://LOCALCATCH.ORG/KNOW-YOUR-FISHERMAN/)
- SUPPORT WORKING WATERFRONTS
- EAT LOCALLY CAUGHT SEAFOOD
- VISIT [WWW.EATINGWITHTHEECOSYSTEM.ORG](http://WWW.EATINGWITHTHEECOSYSTEM.ORG) TO LEARN MORE

### EXAMPLES OF LOCALLY CAUGHT SPECIES:



HADDOCK



POLLOCK



JONAH & SAND CRABS



SKATE



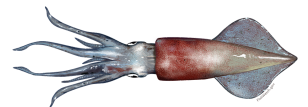
SCUP



SCALLOPS



DOGFISH



SQUID



WHITING



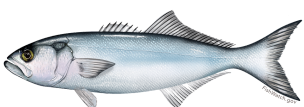
SUMMER FLOUNDER



QUAHOGS



LOBSTER



BLUEFISH



ACADIAN REDFISH



MONKFISH



BLACK SEA BASS