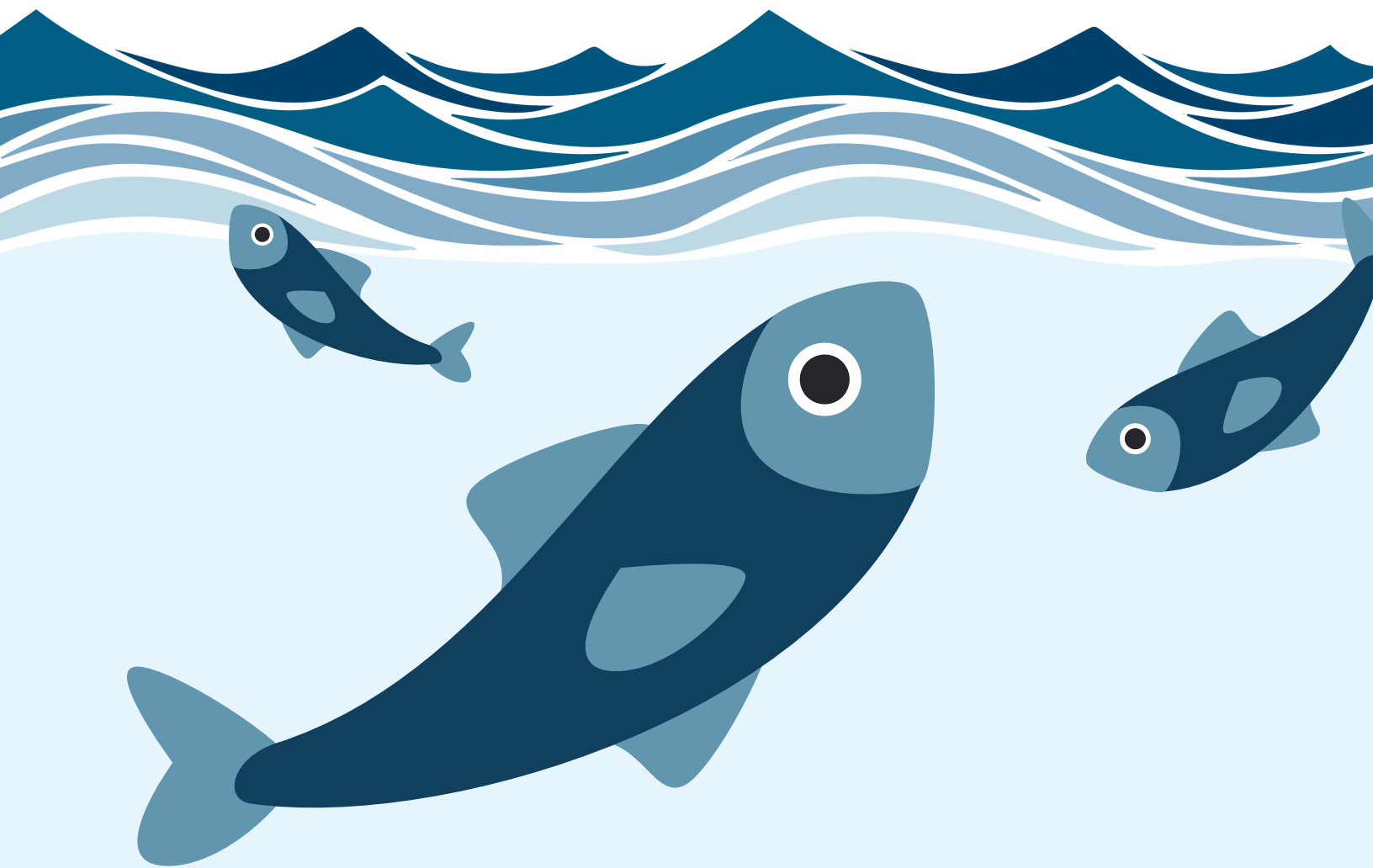


UNDERWATER & OVERLOOKED



UNDERWATER & OVERLOOKED

BALANCING OUR SEAFOOD DIETS WITH WHAT THE ECOSYSTEM PROVIDES

Beneath the sparkling surface of the ocean lies a complex underwater world that the majority of us humans never see. Inhabited by a great array of local fish and shellfish, our marine ecosystems produce a diversity of delicious local seafood that can all be enjoyed. Yet, despite the abundance of seafood produced here, as consumers we only select a few of these species to make it to our dinner plates. The rest remain underwater and overlooked.

However, given the chance to shine, these species are equally, if not more delectable than their more celebrated counterparts. And in addition to enjoying a tasty meal, you will be supporting your local fishermen and ecosystems by eating these delicious local fish and shellfish.

ACTIONS YOU CAN TAKE TO SUPPORT YOUR LOCAL FISHERIES AND ECOSYSTEMS:

- **ASK WHERE YOUR SEAFOOD COMES FROM**
- **TRY A LOCAL SPECIES YOU'VE NEVER TRIED BEFORE**
- **EAT A DIVERSITY OF LOCAL SEAFOOD SPECIES**
- **CREATE DEMAND FOR THESE OVERLOOKED SPECIES BY ASKING YOUR SEAFOOD MARKETS AND RESTAURANTS TO CARRY SPECIES SUCH AS SCUP, ACADIAN REDFISH, SKATE, JONAH CRAB, DOGFISH, BUTTERFISH, WHITING AND MANY MORE!**
- **VISIT WWW.EATINGWITHTHEECOSYSTEM.ORG TO LEARN MORE**

A FEW SPECIES YOU WON'T WANT TO OVERLOOK:



ACADIAN REDFISH



BLACK SEA BASS



JONAH & SAND CRABS



SKATE



SEA ROBIN



BUTTERFISH



DOGFISH



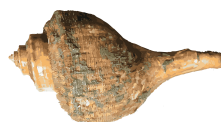
SQUID



WHITING



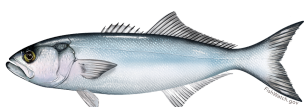
POLLOCK



WHELK/CONCH



SCUP



BLUEFISH



GREEN CRAB



MONKFISH



MACKEREL