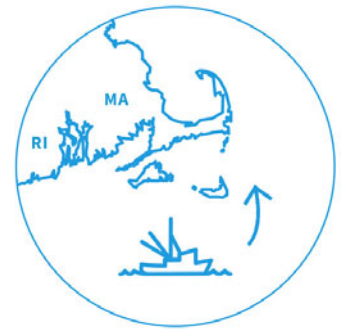




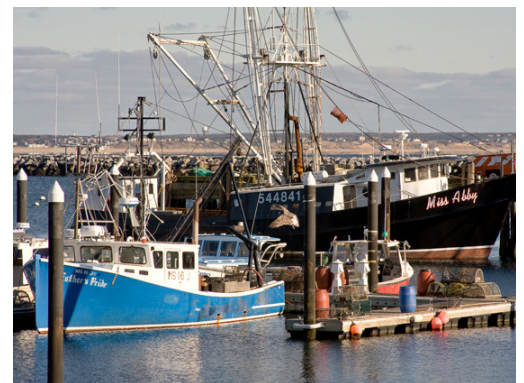
SCOMBER SCOMBRUS

Boston Mackerel



Cape Cod MASSACHUSETTS

Cape Cod was named for the bounty of fish once swimming in its waters, and the identity of the place is tied up with its long history of maritime labor.



Species Info

Our Boston mackerel, also known as Atlantic mackerel, are caught by fisherman Christian Berardi in the U.S. North Atlantic exclusively by hook and line using 30 hook rigs. He mans F/V “Kathryn T” along with his brother. The fishery has little to no bycatch due to the selective nature of his gear, and any at-risk species such as marine mammals or sea turtles that are caught are easily released unharmed. In the mackerel fishery there are minimal seafloor impacts, and the fishery is managed well to support healthy and sustainable stocks.



Culinary Info

Boston mackerel flesh is firm, has a high oil content, and a strong savory taste. The New England mackerel are an excellent alternative for other fish with high oil content such as salmon, tuna, or bluefish, and is a good source of omega 3 fatty acids, selenium, niacin, vitamins B6 and B12.

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