

RED – NO

Natal wrasse	Baardman (beiman tasselfish)
Potato bass	Banded galjoen
Ragged tooth shark	River bream (perch)
River snapper	Blacktail (dassie; koster)
Brdle bass	River snapper
Rock salmon	Elf (shad) – no-sale in steenbras)
Red stumpnose	Dagerad (silver steenbras)
Englishman	Queen mackerel (Natal snook)
Geelbek	Butterfish
(Cape salmon)	Bluefish (bluensee)
King mackerel	Panga
Scottsman	Oysters
Sharks – all except those on Red list	Octopus
Skates and rays	Sturgeon
Sole	Kingklip
Langoustines – local	King soldierbream
Marlins	Kingklip
Swordfish	Kingklip

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ORANGE – MAYBE

Abalone – local wild caught	Poenskopp (black musselcracker)
Buena tuna	Prawns – local
Carpenter (silverfish)	Trawled
Dagerad (silver steenbras)	Red steenbras (copper steenbras)
Englishman	Rockcods – all except potato and brindle
Geelbek	(Cape salmon)
King mackerel	Scottsman
Scottsman	Sharks – all except those on Red list
Skates and rays	Sole
Langoustines – local	Marlins
Swordfish	Kingklip

GREEN – YES

Anchorovy	Blue hottentot
Butterfish	Chub mackerel
Chub mackerel	Sardine (Pichard)
Sardine (Pichard)	Snoek
Snoek	South coast rock lobster
South coast rock lobster	Squid (calamar; jokka)
Hake (stockfish)	Harder (mullet) – not
Harder (mullet) – not	Stenjie
Tuna – all except	bluwin tuna
West coast rock lobster	White stumpnose
Yellowtail	John Dory
Monkfish	Jacopever

How does the list work?

Species, or in some cases groups of similar species, have been placed into different colour categories. Each colour has a different meaning:

GREEN
These are species that are from relatively healthy and well-managed populations that can sustain current fishing pressure. Some green species are not targeted by any particular fishery, but are managed as a sustainable bycatch. These species are recommended as the most sustainable choices available.

- ORANGE**
These species may be legally sold by registered commercial fishers and retailers. However, an increased demand for these could compromise a sustainable supply, due to one or more of the following reasons:
- 1. The species may presently be rare because they are overfished.
 - 2. The fishery that catches them may damage the environment through the method used and/or high bycatch.
 - 3. The biology of the species makes it vulnerable to overfishing, or it may not have been adequately studied, but it is suspected that it will be unable to sustain heavy fishing pressure based on information for related species.

Consumers are encouraged to consider the implications of these choices.

RED
These species are by law illegal to buy or sell in South Africa. Some of these “no-sale” species are very important recreational species that cannot handle commercial fishing pressures and may therefore only be caught for your own enjoyment and use, subject to the possession of a valid recreational fishing permit and other restrictions that may apply (such as daily bag limits, closed seasons and minimum sizes).



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Consumer's Seafood pocket guide
October 2005

The Southern African Sustainable Seafood Initiative

Consumer's Seafood List

A species list has been compiled to help you make choices that are better for the environment, when buying seafood or dining out. This list will inform you about the conservation status of popular fish species and allow you to consider your seafood choices from an ecological perspective.

For more information on SASSI and the species' listings visit
www.www.org.za/sassi

KEY TO SYMBOLS

- 1. Limited information available
- 2. Eco-unfriendly fishery
- 3. Rare/overfished