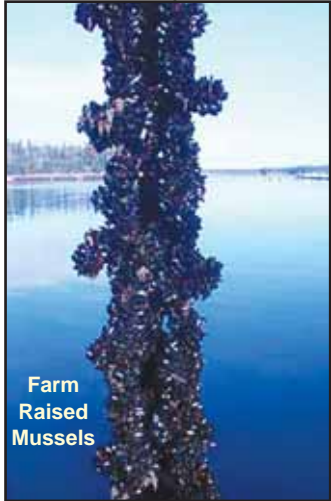


Water farming in Maine



Farm Raised Mussels

Maine's water farmers are leading the way in the development of new sustainable methods to farm the sea. Baby fish and shellfish are raised in specially designed hatcheries

on land. After carefully nurturing, these juveniles are transferred in the spring to the cold, clear waters off Maine's rocky coasts. Throughout Maine's changing seasons Maine's water farmers tend their animals to ensure they get the best care and growing conditions. Maine's water farms are often visited by curious visitors, school groups and university researchers. The health and welfare of our animals, our workers and our profitability are all directly dependent on healthy ecosystems and a clean environment. These linkages mean that Maine's water farmers are often the strongest advocates for environmental defense. As populations increase and land-based farm space becomes more limited, America's citizens turn to the sea and Maine aquaculture to provide a safe and healthy food source for future generations.

Aquaculture Information Sources

Maine Aquaculture Association
www.MaineAquaculture.com

AquaNiac Aquaculture Network Information Center
www.aquaniac.org

Maine Aquaculture Innovation Center
www.maineaquaculture.org

Salmon of the Americas
www.salmonoftheamericas.com

World Aquaculture Society
www.was.org

Sustainable Healthy Seafood
Part of Maine's Maritime Heritage

Maine Aquaculture Association

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e-mail: Info@MaineAquaculture.com

www.MaineAquaculture.com

The Maine Aquaculture Association and its member growers are widely recognized as pioneers in the development of innovative and sustainable farming methods designed to enhance their stewardship of Maine's marine environments. Through a 14-point set of environmental guiding principles, cooperative bay management and a comprehensive code of practice, Maine's aquatic farmers are leading the way in a new, environmentally sustainable way to produce seafood.



New England Mussel Chowder

- | | |
|---------------------------------|----------------------------|
| 2 lbs. mussels | 1 large onion |
| 1 1/2 cup reserved mussel broth | 2 cups warmed, light cream |
| 2 oz. salt pork, diced | 1 T. flour |
| 2 medium potatoes | Salt & pepper to taste |

Steam mussels in large pot with one cup water until opened—about 4 minutes. Remove meats and chop in half. Reserve 1-1/2 cups strained mussel broth. Sauté salt pork in pot until partially rendered into liquid, about 10-12 minutes.

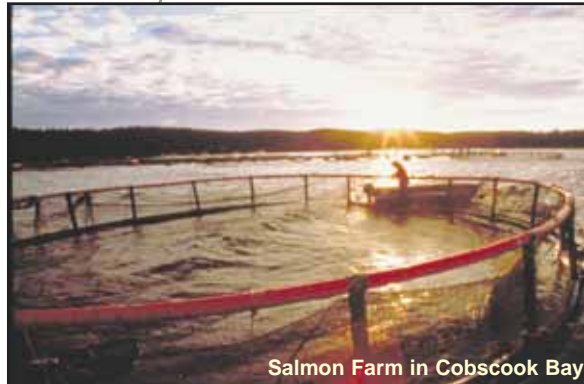
Add onions and sauté until transparent. Add flour and blend. Add reserved broth, stir and bring to boil. Add potatoes. Boil until done, about 10 min. Add mussel meats and cream. Stir and season to taste. Remove any salt pork before serving.

Maine Aquaculture

*Healthy Seafood Locally
 Grown by Maine's
 Water Farmers*



Sustainable Healthy Seafood



Maine Farm Raised Salmon Recipe

Herb Crusted Salmon by Chef Gary Coyle, Tavern on the Green, New York—6 Salmon Fillets (each 6 oz/170 g)

- 1 tbsp coriander seeds
- 1 tbsp fennel seeds
- 1 tbsp black peppercorns
- olive oil

Crack 1 tbsp. coriander seeds, 1 tbsp. fennel seeds and 1 tbsp. black peppercorns in a spice grinder. Coat Salmon 6 oz Fillets with the spice mixture and pan fry with olive oil for 6 minutes, making sure all sides are golden and crispy. Serve with any of your favorite sauce and vegetables.



Maine Aquaculture:

Aquaculture, the farming of animals or plants in the water is often referred to as the "Blue Revolution."

In 2003 we imported over 70% of the seafood we eat. Within the United States; Maine is a leader in both shellfish and fin-fish aquaculture. Oysters, clams, mussels, scallops, salmon, cod, halibut, and haddock are all grown right here in Maine. As pioneers on the blue frontier, Maine aquaculturalists rely on the high quality of Maine's cold, clean waters to produce healthy, high quality seafood. Maine aquaculturalists are often the most vocal advocates for improved water quality and protection of the environment.

One of the biggest benefits of Maine aquaculture is locally grown healthy seafood. Maine farms supply fresh trout, salmon, mussels and oysters to many local restaurants and hotels.

Benefits of eating salmon

Maine Salmon is low in saturated fat and calories, high in Omega-3 and complete proteins. It fits in with any menu choice, whether it's for a normal or a fat restricted diet.

Low in Saturated Fat and High in Omega-3
 Farmed salmon is naturally low in saturated fat, so it fits in with any menu choice, whether it's for a normal or a fat restricted diet. As the chart shows, farmed salmon has about a third of the saturated fat of lean ground beef and 50 % less saturated fat than chicken and compares favorably with other fish.

Low in Calories

You get all this good taste packed with good nutrition for just a few calories per serving. One serving of farmed Atlantic salmon contains only 183 calories. This compares very favorably with other protein sources such as beef, 215 calories or chicken, 211 calories.

High in High Quality Protein

Salmon provides as much high quality, complete protein per mouthful as chicken, ground beef, pork or tuna. This, combined with low fat make it a heart healthy, body building food you can enjoy whether you are on a body-building regimen or a diet designed to slim down.



Source: USDA Nutrient Database for Standard Reference, Release 16 (2003)