

Fish Spawning and Maturity

Northern Europe

Catching/buying fish **outside the spawning season** and **above the sizes listed below** will help to ensure that these fishes get a chance to reproduce before being caught. ***If all fish can spawn, then overfishing ends.***

Atlantic Cod



Gadus morhua

Spawning ground	Spawning season	Maturity Weight*	Maturity Length*
Baltic Sea: Belt Sea and Kiel Bay	Jan.-May	1.73 kg	55 cm
Baltic Sea: Gdansk Deep, Gotland Basin, & Bornholm basin	May-Oct.	1.0 kg	46 cm
Iceland	Jan.-April	4.2 kg	74 cm
Norway	Jan.-April	4.9 kg	77 cm
Greenland	March-July	1.8 kg	56 cm

Herring



Clupea harengus

Spawning ground	Spawning season	Maturity Weight	Maturity Length
Western and Southwestern Baltic	May-Sept.	56 g	19 cm
Northern Baltic (Finland)	Jan.-April	28 g	15 cm
Norway (Atlantic)	Jan.-April	100 g	23 cm
North Sea: Between Scotland and Shetlands	Aug.-Sept.	88 g	22 cm
North Sea: East English Banks	Sept.-Oct.	76 g	21 cm
English Channel	Nov.-Dec.	76 g	21 cm

European Plaice



Pleuronectes platessa

Spawning ground	Spawning season	Maturity Weight	Maturity Length
Baltic Sea: Bornholm basin, Bohuslän, Kattegatt & Belt Sea	Nov.-June	430 g	34 cm
North Sea: Off Belgian and Dutch coasts	Jan.-July	400 g	33 cm

Turbot



Psetta maxima

Spawning ground	Spawning season	Maturity Weight	Maturity Length
Coast of North Jutland	April-Aug.	3.1 kg	55 cm

*Maturity weights and lengths are those at which 90-100% of individuals in the population are mature.



Sole

Solea solea

Spawning ground	Spawning season	Maturity Weight*	Maturity Length*
North Sea: Netherlands	April-June	355 g	33 cm
North Sea: Skagerrak & Kattegat	April-June	154 g	25 cm
Irish Coast	May-June	323 g	32 cm
Bay of Biscay	Dec.-May	423 g	35 cm
Mediterranean	Jan-April	173 g	26 cm



Atlantic Mackerel

Scomber sombrus

Spawning ground	Spawning season	Maturity Weight	Maturity Length
West Stock: Southern England, France, W. North Sea	May-June	313 g	34 cm
East Stock: Kattegat & Skagerrak	June-July	103 g	24 cm
Mediterranean	March-April	150 g	27 cm



Redfish

Sebastes marinus

Spawning ground	Spawning season	Maturity Weight	Maturity Length
Barents Sea	Winter	1.79 kg	45 cm
Between Iceland and Greenland	Winter	1.79 kg	45 cm



Sprat

Sprattus sprattus

Spawning ground	Spawning season	Maturity Weight	Maturity Length
Northern Baltic	July-Aug.	12 g	12 cm
Kattegat & Skagerrak	Jan.-July	12 g	12 cm
Southern North Sea	Jan.-July	8 g	10.5 cm

*Maturity weights and lengths are those at which 90-100% of individuals in the population are mature.