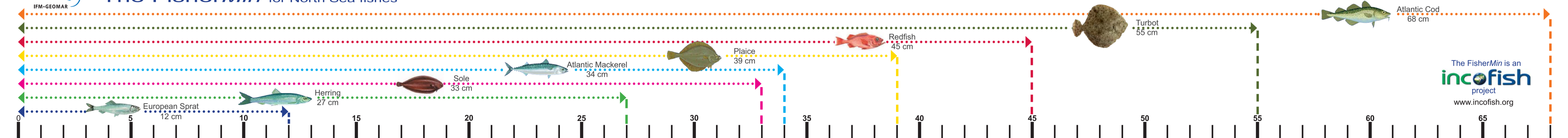




# The FisherMin for North Sea fishes



The FisherMin is an  
**incofish**  
 project  
[www.incofish.org](http://www.incofish.org)

# The FisherMin for North Sea fishes

Many of the fish available at the market are too small. They were caught before they reached adulthood and so never had a chance to reproduce. This threatens the future of fish stocks, many of which have been rapidly declining for more than 50 years. So if you would also like to have fresh fish on the table tomorrow, pay attention to the size of the fish you buy today.



**European Sprat**  
*Sprattus sprattus*



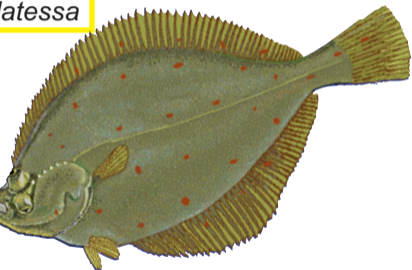
**Herring**  
*Clupea harengus*



**Sole**  
*Solea solea*



**Atlantic Mackerel**  
*Scomber scombrus*



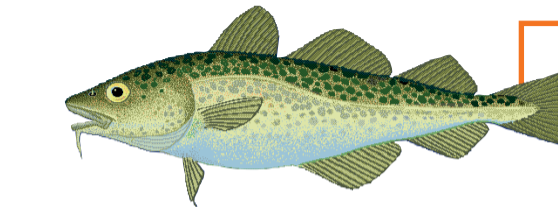
**Plaice**  
*Pleuronectes platessa*



**Redfish**  
*Sebastes marinus*



**Turbot**  
*Psetta maxima*



**Atlantic Cod**  
*Gadus morhua*

## A Future for Fish and Fishermen

The "FisherMin" shows whether the fish on the market are still "babies". Please only buy fish which are at least as long as is indicated by this ruler. In this simple way you can help maintain the fish stocks and protect the fisheries in the North Sea.

The sizes at which 90-100% of the fish reach maturity are indicated on the FisherMin. Please note that these sizes **don't apply to farmed (aquaculture) fish**.

For more information about these and other fishes visit [www.fishbase.org](http://www.fishbase.org)

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