

FISHERS' FAVORITES

THE BEST SEAFOOD RECIPES BY LOW-IMPACT FISHERS AROUND THE WORLD





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INTRODUCTION

We believe in a future with healthy oceans and fish stocks and without destructive fishing. This is possible, but unfortunately there is still a long way to go.

All over the globe, fish stocks are in an alarming state, mainly due to overfishing by oversized and destructive fishing fleets. In fact, 90% of global fish stocks are either fully exploited, overexploited or even depleted. That makes it almost impossible for you or me as consumers to eat fish in a sustainable way. The only real solution is to change the way we fish. In short, destructive fishing must be replaced by low-impact fishing practices—for example, hand-lines, traps or coastal nets with a minimum impact on our oceans and fish stocks.

Low-impact fishers and non-destructive industrial vessels should do the fishing, as they can help ensure that we have fish on our plates for generations to come. But all over the world they have been overlooked by decision makers for far too long, so many low-impact fishers are forced out of work by the industrialized vessels that deplete and destroy our oceans.

With this recipe book, you are invited to sit at the dining tables of low-impact fishers while listening to their stories about how they are affected by overfishing and industrial destructive vessels, and how they fight for fair fisheries.

You can support these fishers by visiting www.greenpeace.org/fishfairly



NIELS AND KAREN'S COD WITH RED WINE

Denmark has a long and proud tradition of fishing and an impressive coastline of over 7,000 kilometres. Wherever you go in this small kingdom, the sea is never more than 50 kilometres away. Sixty-five year-old Niels Bjerregaard Pedersen says there are still many small-scale fishers in Denmark, but they are starting to become a rare species. Since the age of 20, he has been working from his own vessel on which he uses gillnets. Set in the right areas in the right way by small-scale fishers, this fishing method is selective and has a minimum impact on marine life.

Niels is worried for the future of small vessels and has many stories to tell about how life in the Danish harbours is dying out because the challenges are often simply too big for small-scale fishers. Niels, however, will not change his course. He loves the freedom and independence of venturing out on the ocean from the harbour of Hirtshals in Western Jutland. After 48 hours at sea, he arrives back home where his wife Karen has heated the oven for one of the Danes' most beloved fish—cod.

COD WITH RED WINE

INGREDIENTS

zest of 1 lemon
1 fresh cod caught with low-impact gear
1 teaspoon brown sugar
1 tablespoon oil
2 chopped onions
4 decilitres broth
1½ decilitres red wine
1 cinnamon stick
1 clove of garlic
100 grams pickled cherries (or other pickled berries)
3 decilitres whipping cream
3 teaspoons cornflour

METHOD

1. Cut the cod into pieces, dust them with flour and fry in a pan.
2. Place the fried fish in an ovenproof dish.
3. Make the sauce by boiling onions, broth, red wine, cinnamon, lemon peel, brown sugar and cherries in a pot for 10 minutes.
4. Remove the cinnamon stick and the lemon.
5. Add salt and pepper to your liking.
6. Use cornflour to make the sauce a bit thicker, then pour it over the fish.
7. Bake the fish covered in sauce at 200 degrees Celsius for 20 minutes.
8. Serve with potatoes, green salad and bread.





REGINA AND SØREN'S OLD-SCHOOL PLAICE DISH

Low-impact fishing vessels are disappearing from the Danish ports, and fish quotas are being concentrated on the bigger trawlers. Søren Jacobsen, age 43, finds this frustrating, but he keeps fighting for the survival of low-impact fishing as the right way to fish our oceans.

Søren has been making a living as a low-impact fisherman since 1998 and has witnessed no action from decision makers or fishers organisations to help stop the downward spiral for coastal fishers and fishing communities.

At the moment, Søren, other local fishers and local communities are fighting against destructive extraction of sand and gravel in Øresund. This is Søren's primary fishing ground, where he catches sole, cod, plaice and flounder in gillnets with his 10 metre-long boat, *H4 Regina*.

When set in the right way in the right areas, the use of gillnets is a selective fishing method with a minimum impact on marine life and hardly any bycatch or discards. When there is a catch of juveniles or other species that is not taken ashore, Søren explains: "I simply remove the fish gently from the nets and they swim away."

The efforts of Søren and the others to protect Øresund has luckily been appreciated by the Danish Minister of Environment, Kirsten Brosbøl. She just announced a temporary ban of the destruction of key fishing grounds until further research has been concluded. This could lead to a full protection of Øresund against the extraction of sand and gravel.

Søren and Regina have prepared this tasty fish menu for you. Of course, the fish are caught by Søren himself.



STARTER: SOLE ROLLED WITH LOBSTER

SERVES 4

INGREDIENTS

2 sole or plaice caught with low-impact gear

1 lobster caught with low-impact gear

½ decilitre white wine

½ lemon

2 decilitres creme fraiche

1 bundle of dill

lemon pepper

salt

pepper

METHOD

1. Fillet the fish and roll each of the four fillets with the lobster pieces. Insert a trussing needle to keep the rolls together.
2. Mix white wine and lemon juice in a saucepan. Gently bring to a boil on the stove.
3. When sauce is boiling, add the fish rolls to the wine and juice mixture. Turn down the heat, cover and simmer for five minutes.
4. Take the fish rolls out of the pot and drain them through a sieve.
5. Put the rolls in a sealed container and place in the fridge for at least four hours or overnight.
6. Take the rolls out of the fridge and cut them crossways into four or five sections.
7. Serve cold with fresh dill and a dressing made of crème fraîche, lemon pepper, chopped dill, a little lemon juice, salt and pepper.



MAIN COURSE: PLAICE WITH ASPARAGUS AND MUSHROOMS

SERVES 4

INGREDIENTS

- 4 plaice caught with low-impact gear
- 6 tablespoons butter
- 1 tablespoon flour
- 1 can of asparagus
- 1 decilitre cream
- 1 bundle of parsley
- 1 lemon
- 1 kilogram potatoes
- bread crumbs

METHOD

1. Cut the fish into 8 fillets
2. Dust one side of each fillet in bread crumbs, lemon pepper and salt.
3. Melt five tablespoons of butter in a saucepan and fry the fillets.
4. Make a sauce by melting one tablespoon of butter in a saucepan. Slowly add flour as you stir.
5. Add one decilitre of liquid from the can of mushrooms and one decilitre of liquid from the can of asparagus to the saucepan. Stir.
6. When the sauce starts to boil, turn down the heat and add cream.
7. Add more liquid for a lighter sauce.
8. Add the mushrooms and asparagus to the sauce and heat.
9. Place a fillet on a plate with the crumb-coated side facing down. Cover the fillet in sauce, then place another fillet on top with the crumbed side facing up. Repeat for each plate.
10. Serve with fresh parsley, slices of lemon and boiled potatoes.



Salty Fact

More than 10% of the world's population depends on fisheries for their livelihood. Recent estimates show that 58.3 million people are engaged in fisheries and aquaculture.¹



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Salty Fact

Globally, small-scale fisheries employ about 90% of those involved in fisheries. Small-scale, low-impact fishermen are a vital part of the need to move away from destructive fishing and toward sustainable fishing.²



SQUID TAPAS, LAREDO BAY-STYLE

Spain, seafood and tapas are three words that go well together. This recipe is brought to you by Alfonso López—a chef who truly appreciates local seafood—and the squid in this recipe were caught by low-impact fisherman Pedro Flechero in the bay of Laredo, Cantabria, Spain. Pedro is fishing squid with “aguadaña,” a type of traditional Cantabrian method comparable with pole and line fishing. This is low-impact fishing gear, with which squid are caught one by one, making it a highly selective technique. Pedro says that, regrettably, low-impact fishers like himself do not have a lot of power in Spain at the moment. They are simply too small compared with the large fishing companies and their industrialised, destructive vessels. He hopes for a better future for low-impact fishers who are respectful of the oceans where they fish.



SQUID TAPAS

INGREDIENTS

6 small, whole squid caught with low-impact gear

2 medium onions

1 green pepper

extra virgin olive oil

salt

METHOD

1. Cut the onions and pepper into strips.
2. Fry the onions and pepper on very low heat for one hour.
3. Remove the onions and pepper from the pan. Add a little oil and fry the whole squid in the same pan for several minutes.
4. When lightly fried (the colour should be dark red/brown), add salt.
5. Serve the squid on a bed of onions and pepper. Garnish with a dash of extra virgin olive oil and salt.





WOLFGANG'S BACHELOR MEAL

Low-impact fisher Wolfgang Albrecht, age 72, fishes in his small fishing boat, the *Nordstern*, in the Baltic Sea near Heiligenhafen. He mainly catches cod with gillnets; when set in the right way in the right area by small-scale fishermen, this fishing method has a minimum impact on marine life. "If I find a young cod in the net, I just throw it back into the water unharmed," Wolfgang says.

He remembers 1986 as the last year where fish were really plentiful. Everything changed when commercial fishing started in the Baltic Sea with the introduction of factory ships. According to Wolfgang, these ships were the deathblow to fish stocks.

But he is tireless in his fight for low-impact fishing and is currently chairman of the Fishermen's Conservation Association of Schleswig-Holstein. The association advocates policies for sustainable fishing and opposes European Union subsidies for commercial fishing fleets. Wolfgang loves to eat cod fried in a pan and served with a huge side of potatoes and sautéed onions. He guarantees this meal will keep a hardworking man going for hours. But this recipe also comes with a warning: It can be addictive!



PAN-FRIED COD

SERVES 4

INGREDIENTS

800 gram cod fillet, bought directly from the fisher and caught with low-impact gear

500 grams onions

250 grams diced ham

2 eggs

potatoes, portioned according to appetite

vegetable oil

bread crumbs

salt



METHOD

1. Wash the cod fillets, remove any bones, salt lightly and set aside for about 15 minutes.
2. Peel the onions and thinly slice.
3. Wash the potatoes and put them in a pot. Cover with water and boil with the skin still on until cooked through.
4. Sauté the diced ham in a saucepan with oil.
5. Add the sliced onions and continue to sauté uncovered for five minutes at a low temperature. Season to taste with salt and pepper.
6. Heat oil in a non-stick fry pan at low temperature.
7. Beat the eggs in a bowl. Salt slightly.
8. Spread bread crumbs on greaseproof paper.
9. Batter the cod fillets in egg and bread crumbs, then fry them in the pan until they become golden. Wolfgang's top tip: In calmness lies strength! Don't turn frequently, but wait until one side is golden brown before you turn the other side.
10. Peel and boil the potatoes.
11. Plate the cod with potatoes and sprinkle the fried onions over the potatoes. Add more seasoning according to taste.
12. Wolfgang recommends pairing this dish with a good beer.

Salty Fact

Small-scale fishers are not favored by decision makers. In Europe, for example, small-scale vessels make up around 80% of the European fleet by vessel number (i.e., 97% are less than 25 metres in length; 85% are even less than 13 metres in length) but they receive only a small share of the fishing quota. The volume of landings of vessels under 12 metres represents 9% of the total EU landings. The value of landings of vessels under 12 metres represents 30.4% of total value of EU landings.³



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Salty Fact

The small-scale fleet is job rich, employing far more people than the industrial fleet. In England and Wales for instance, it contributes 65% of those employed full time at sea. Employment on vessels below 12 metres in the EU was estimated at 70,000 (full-time and part-time jobs) in 2008.⁴





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MATY'S THIEBOUDIENNE

Thieboudienne is a traditional dish of Senegal that Maty Kane has had a lot of practice cooking. She lives in Dakar with her husband, Mamadou Sarr, a low-impact fisherman using hook and line. This is a selective fishing method with minimal impact on marine life.

Mamadou is worried about the negative impacts of overfishing by industrial, foreign vessels in Senegalese waters. He says that he and other low-impact fishermen who are fishing to feed their families will not be able to keep making a living, if nothing is done to address the challenge of overfishing. He hopes the Senegalese government will increase surveillance at sea to stop illegal fishing. He also hopes the government will prevent industrial vessels from catching all the fish while leaving little behind for the local fishers.

From the 80s and until 2006, the European Union had an agreement with Senegal to let big EU vessels fish in Senegalese waters. This agreement has now been re-negotiated, allowing EU fleets to return. In Senegal, fish accounts for 44% of the population's protein intake and provides essential nutrients, vitamins and omega-3, fatty acids—thus protecting the health of the ocean is critical to ensuring local food security.

THIEBOUDIENNE

INGREDIENTS

any kind of white-fleshed fish, cut into quarters, caught with low-impact gear

3-4 decilitres rice

1 decilitre oil

2-3 carrots, chopped

3 okra

3 onions, finely chopped

2 tomatoes, finely chopped

½ cabbage

1 cassava

1 eggplant, chopped

garlic

dried sorrel

hot peppers

fresh, dry pepper

METHOD

1. Clean the fish.
2. Mix all herbs and spices.
3. Make a small cut on the fish and stuff with half of the herb and spice mix.
4. Boil or fry the fish and set aside.
5. Cook the rice and set aside.
6. Heat four tablespoons of oil in a large casserole dish. Add a dash of salt, the onions and tomatoes. Cook for five minutes.
7. Add six cups of water to the casserole dish. Add the chopped veggies, the fried fish and the remaining herb and spice mix. Simmer for 15 minutes.
8. Remove the fish and vegetables from the pot, leaving the sauce behind.
9. Add the boiled rice to the sauce and simmer for 15 to 30 minutes.
10. Serve the fish, vegetables and rice on a large dish in the centre of the table and enjoy!



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BENGT'S HORNBEAK FISH SOUP

In 1999, low-impact fisher Bengt Larsson purchased his 35-foot fishing boat, *Vingaland*. Back then, there were more than ten boats in the small Swedish harbour of Ronneby; today there are only three fishing boats left. Bengt says the reason for this decline is a combination of overfishing and laws that favour industrial fishing companies over independent, low-impact fishers. For decades, Bengt has watched fish stocks decline drastically. They were plentiful in the 70s, diminished somewhat in the 80s due to an increase in industrial fishery, then plummeted in the early 90s. Bengt still recalls the days when the average cod measured 80 centimetres and weighed three kilos. Today the average cod measures just 38 centimetres.

“The fishing fleet is way too big. We need tougher EU regulations, much lower Baltic cod quotas that are in line with the available resource, and low-impact fishing must be prioritized by decision makers instead of destructive large-scale fishing,” says Bengt.

Bengt catches his fish with low-impact, selective gear, such as hooks and lines and gillnets, in accordance with sustainable fishing standards as stipulated by the Swedish certification body, Krav.

HORNBEAK FISH SOUP

SERVES 4

INGREDIENTS

800 gram hornbeak fish fillet, caught with low-impact gear

2 carrots

2 parsnips

1/3 leek

1 large yellow onion

2 litres water

2 tablespoons oil

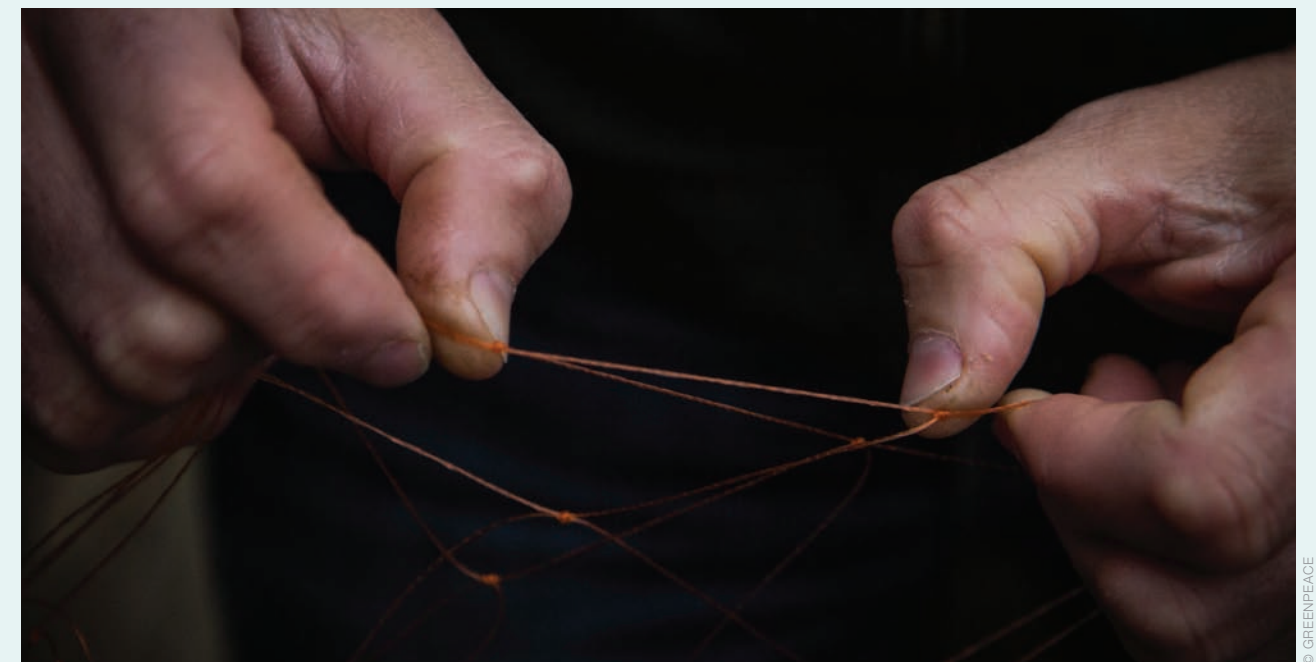
2 decilitres cream

1½ tablespoons salt

1 teaspoon white pepper

METHOD

1. Rinse and cut the fillets into two-centimetre pieces.
2. Chop the onion.
3. Cut the carrots and parsnips.
4. Heat oil in a saucepan. Fry the onion, fish and vegetables until the mixture becomes a bit soft.
5. Add water and bring to boil. Boil for five minutes.
6. Add salt and white pepper.
7. Add the fish and leek. Boil for ten minutes.
8. Add the cream. Serve.





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Salty Fact

Fish accounts for almost 17% of the global population's intake of protein and provides essential nutrients, vitamins and omega-3 fatty acids—in some coastal and island countries it can top 70%.⁶

Salty Fact

In 2008, the European Commission reported that many parts of the EU fleet were able to fish two to three times the level that would be sustainable for the oceans. While newer information is missing, there is little evidence that the situation has changed.⁵



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DIMITRIS' CUTTLEFISH COOKED IN INK

This traditional recipe, from the island of Andros, Greece, is brought to you by local low-impact fisherman Dimitris Zannes, age 37. He is head of the Fishers Federation of Northern Cyclades, an organization working to bring about a positive change from destructive to low-impact fishing.

Dimitris goes out to sea a few hours a day in his 10 metre-long boat. He uses static fishing nets with mesh sizes big enough to let all juvenile fish swim through them unharmed with a minimum impact on marine life.

Passionately, he explains how the marine ecosystem is like a delicate chain. If one link is broken, everything falls apart. That is why he keeps fighting to protect the area where he is fishing—not only to save his job, but mostly to protect the future of his children.

Dimitris believes that all fishers have an obligation to safeguard our oceans and fish stocks, and decision makers must ensure that fisheries' policies favor sustainable fishing.

You are invited to taste his traditional cuttlefish recipe. The fish is caught by Dimitris himself.

CUTTLEFISH COOKED IN INK

INGREDIENTS

1½ kilograms of cuttlefish caught with low-impact gear

1 litre white wine

1 large onion

olive oil

rice



METHOD

1. Place the cuttlefish in the freezer for a few hours to make it easier to remove the inkbags.
2. Remove from the freezer, wash and strain the cuttlefish.
3. Remove the inkbags and place them in a small cup.
4. Remove the cuttlefish bone. Wash the cuttlefish again and cut it into pieces.
5. Chop the onion and sauté in olive oil in a fry pan.
6. Add the cuttlefish pieces. Sauté, stirring constantly to prevent sticking until all the moisture evaporates and the cuttlefish starts to change color. This process should take about 15 minutes.
7. Add the wine slowly. When the steam subsides, add the water and the inkbags. Stir to dilute them.
8. Season, cover and cook very slowly, stirring occasionally, for about 30 minutes.
9. When the cuttlefish softens, break the inkbags, releasing the ink into the pot. Serve with rice.





BERETITA'S TASTY TUNA

Beretita Toukin lives on Tarawa Island, one of 33 small atolls in the Republic of Kiribati. While the younger generation prefer deep frying fish on a gas cooker, Beretita still loves barbecuing on an open fire. Each day, Beretita awaits the young men in her village to return from their daily tuna-fishing trip so she can cook for her family. The local way of fishing in Kiribati has changed very little over the years. Crews of three or four men go out daily in small wooden boats and troll for their catch using simple handlines. Hook and line fishing is highly selective and provides high-quality fish. Hooks and lines are used for a relatively short time so that unwanted species can be returned live to the sea.

Fish are essential to Kiribati for income, food security, and employment. Seafood makes up almost one-third of the average Kiribati diet; most of that is pelagic fish such as tuna. But the locals are not the only fishers in Kiribati waters, as they have witnessed a dramatic increase in the number of large foreign vessels. According to local fishers on the island of Tarawa, their own tuna catch is noticeably declining and they are finding it hard to make ends meet.

TUNA SASHIMI IN SWEET TODDY SAUCE

INGREDIENTS

1 fresh skipjack tuna caught with low-impact gear

sweet toddy (the sap collected from the new shoots of the coconut tree, used in many traditional Kiribati dishes)

onion, sliced

garlic

lemon

salt (optional)

METHOD

1. Using the white flesh of the fish only, fillet and slice the tuna into one-centimetre chunks.
2. Place the tuna chunks in a large bowl and squeeze out any excess liquid from the fish with your hands.
3. Marinate the tuna in sweet toddy.
4. Add sliced onion, garlic, lemon and salt to taste.
5. Serve with steamed rice and several slices of fresh coconut.





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TUNA SASHIMI IN CURRY SAUCE

INGREDIENTS

*1 fresh skipjack tuna
caught with low-impact
gear*

*juice of 2 coconuts
blended with soft flesh
of 1 coconut (or 1 tin of
coconut milk)*

*2 tablespoons of curry
powder*

salt

METHOD

1. Using the white flesh of the fish only, fillet and slice the tuna into one-centimetre chunks.
2. Place the tuna chunks in a large bowl and squeeze out any excess liquid from the fish.
3. Add coconut milk and curry powder to the fish and mix until evenly covered.
4. Add salt to taste.
5. Serve with steamed rice and fresh coconut.

DEEP-FRIED TUNA WITH BREADFRUIT CHIPS

INGREDIENTS

*1 fresh skipjack tuna
caught with low-impact
gear*

*vegetable oil for deep
frying*

1 breadfruit

salt

pepper

METHOD

1. Fillet the tuna, leaving the skin on, and cut into thick steaks about 1 centimetre x 5 centimetres x 5 centimetres.
2. Season the fish generously with salt and pepper.
3. Use a fry pan to deep fry the tuna steaks in about two centimeters of oil until golden and crispy.
4. Slice the breadfruit into thin segments and deep fry until golden and crispy. Place on paper towel to soak up excess oil.
5. Serve tuna alongside breadfruit chips.





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Salty Fact

Illegal, unreported and unregulated (IUU) fishing remains one of the greatest threats to marine ecosystems, undermining national and regional efforts to manage fisheries sustainably and conserve marine biodiversity. IUU fishing has escalated in the past 20 years, and rough estimates indicate that IUU fishing takes 11-26 million tonnes of fish each year, for an estimated value of US\$10-23 billion.⁸

Salty Fact

Between 2007 and 2013, EU citizens paid €1 billion of fisheries subsidies per year. Past studies have shown that around 30% of this is directly used to support the fleet sector, including many investments that boost modernisation and increase the overall ability of the fleet to catch fish.⁷



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FAIR FISHING METHODS

There isn't a "one size fits all" solution for fisheries. Different fish species require different fishing methods in order to be caught, and these methods differently impact the ecosystems that these species inhabit.

Hook and line is more selective than other types of fishing in terms of species and size, and yields high-quality fish. Lines are set for a relatively short time so that any unwanted species can usually be returned live to the sea.

Set gillnets, when set correctly in the right area and with the right mesh size, can be highly selective; small fish can swim right through the net, while larger fish will not get their heads stuck. Bottom gillnets have a much lower impact on the seabed than other bottom gears such as trawls. However, if poorly set, gillnets can result in bycatch, including marine mammals.

Pots and traps are used to attract specific species by targeting certain areas and using particular types of bait. Any juveniles or unwanted species that are caught can usually be removed from traps without injury and returned to the sea alive. However, marine mammals and seals may get entangled, so preventative measures are required.



UNFAIR FISHING METHODS

Bottom trawling and dredging are destructive and wasteful, especially beam trawling, by which seabed ecosystems are ploughed up and a wide range of organisms are crushed in the path of the trawl or scooped up in nets. While the magnitudes of these impacts are not the same for all bottom trawl fisheries and depend on certain factors (e.g., the type of trawl gear used, habitat composition, life history of component species, the natural disturbance regime), even the least sensitive benthic environments are often regularly trawled and have little chance to recover, and there are significant levels of bycatch. Fish that are too small or the wrong species are thrown overboard, dead or dying. Demersal otter trawls commonly throw away more than 30% of their catches (by weight), while beam trawls throw away up to 70% of their catches (by weight).

Purse seiners on FADs often set their nets on floating debris or on manmade 'fish aggregating devices' (FADs). These attract a range of fish, including tuna, sharks, turtles and marine mammals, which come to feed and shelter at the FAD. When nets are set on these FADs, there is bycatch of juvenile tuna and other marine life. Some purse seiners maximise their catches of yellowfin tuna by chasing and setting their nets on pods of dolphins. Prior to 1990, millions of dolphins were killed by this practice, but it has now been adapted to allow dolphins to escape alive, and has a very low bycatch of other marine life. However, the chasing and netting of dolphins can result in unseen dolphin deaths due to physiological stress, injuries from nets and deaths of young calves separated from their mothers.

Long-lines set on the high seas catch many endangered sharks, turtles, marine mammals and seabirds. Bycatch can be reduced in a variety of ways, including circle hooks to prevent catching turtles, and setting deeper lines to reduce catches of turtles, sharks and marine mammals.



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