



Try it at home!

PARMESAN CRUSTED PERCH

Farm-Raised Perch	1 lb
Unsalted, Melted Butter	4 Tbs
Crushed Crackers	2/3 Cup
Grated Parmesan Cheese	1/4 Cup
Dried Basil	1/2 tsp
Oregano	1/2 tsp
Garlic Powder	1/2 tsp

- Preheat oven to 350° F.
- Combine crushed crackers, cheese, and spices in a bowl.
- Brush fillets with melted butter.
- Coat fillets with cracker mix and place in a 9 x 13 pan.
- Bake for 20–25 minutes or until the fish flakes with a fork.

HOW WE'RE GROWING AQUACULTURE IN THE MIDWEST

The Midwest produces less than 1% of the farm-raised seafood Americans eat, but through workshops, educational materials, and one-on-one interactions, Illinois-Indiana Sea Grant is helping aquaculture producers increase production, define markets, educate consumers, and create value-added opportunities for their products.



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SUSTAINABLE AQUACULTURE

What does it mean to you?



WHAT IS AQUACULTURE?

Aquaculture is the farming of aquatic animals and plants. Most aquaculture is focused on the production of food for human consumption, but ornamental fish and plants, as well as baitfish and sportfish, are also produced.

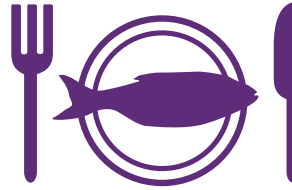
WHAT MAKES IT SUSTAINABLE?

Aquaculture is sustainable when production levels are maintained for an extended amount of time, production is economically sustainable, and the farm is socially and environmentally responsible. Here are some examples of what farm owners do to be sustainable:

- Manage and monitor water discharge to ensure nutrient pollutants aren't released into the environment.
- Reuse water to reduce demand on resources.
- Use energy efficient technology to filter and recirculate water.

WHAT'S BEING RAISED IN THE MIDWEST?

- Food fish (e.g., salmon, trout, catfish, tilapia, bass, barramundi, yellow perch)
- Shellfish (e.g., shrimp, freshwater prawns, crawfish)
- Ornamental fish (e.g., koi, goldfish)
- Baitfish (e.g., minnows)



WHY EAT FISH?

Provides:

- A lean source of protein
- Omega-3 fatty acids (EPA & DHA)
- Vitamins (B12 & D)
- Minerals (iron, selenium, zinc, iodine)

Plus:

- Promotes heart health
- Improves infant development

Dietary Guidelines

The U.S. Food and Drug Administration publishes dietary guidelines, which include recommendations for eating fish:

- Adults—8 ounces per week
- Children—less than 8 ounces per week, avoid fish high in methyl mercury
- Women who are pregnant or breastfeeding—8 to 12 ounces per week, include some seafood choices that are high in EPA & DHA, avoid fish high in methyl mercury

WHERE CAN I FIND LOCAL FISH?

- Farmers markets
- Farm-to-table restaurants
- Aquaculture farms
- Ethnic markets

WHY IS AQUACULTURE IN THE MIDWEST IMPORTANT?

The demand for seafood is growing fast. Wild-caught fish from oceans and other waterways are on the decline and can't meet the growing global demand. Because of this, aquaculture has become the fastest growing food production industry in the world and now supplies more than 50% of the seafood people eat.

In the United States, over 60% of seafood is imported. Here in the Midwest, we produce food fish including salmon, trout, catfish, barramundi, yellow perch, bass, bluegill, and walleye as well as shrimp and freshwater prawns.

When you buy local, you support:

- The local economy
- U.S. farmers & farm workers
- Sustainable food systems

