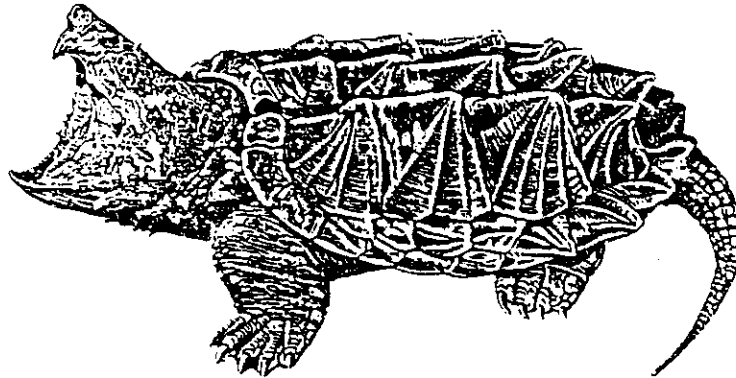




June 1, 1994
Volume 18, No. 6

Jefferson Parish Office
1825 Bonnie Ann Drive
Marrero, LA 70072
(504) 349-5644

SEA GRANT PROGRAM



LAGNIAPPE

FRESH WATER TURTLE REGULATIONS

The Louisiana Department of Wildlife and Fisheries is planning on putting a 15 inch minimum shell length (for commercial harvest) on the freshwater alligator snapping turtle. This turtle, which is usually called the loggerhead turtle, is being considered for the Endangered Species List by the federal government. According to Johnnie Tarver, Chief of the Louisiana Department of Wildlife and Fisheries Fur and Refuge Division, ten other southern states have already legally stopped the harvest of this turtle.

Tarver feels that the 15 inch minimum commercial size will protect the turtle since they start breeding at 13 inches. No minimum size will be required for recreational harvesters and turtle farmers will also be exempt from the regulations.

E.P.A. PROPOSES BAN ON LEAD SINKERS

On March 9, the Environmental Protection Agency (EPA) released a proposed rule which, if approved, will ban the manufacture, sale and distribution of nearly all sinkers currently used by recreational anglers. The rule would also prohibit the home production of lead sinkers, a common practice among anglers. The EPA initiated the action under authority granted through the Toxic Substances and Control Act.

Some studies have shown that in certain areas, that waterfowl and other birds may eat lead sinkers and die from lead poisoning.

It is unknown how widespread the problem is across the United States. In 1993, the Environmental Defense Fund filed a civil lawsuit to require the EPA to address any problems caused by the introduction of lead fishing sinkers into the environment. This action followed a 1992 petition from the same group to EPA indicating that water birds were dying from eating lead fishing sinkers.

The proposed ban would affect all lead, brass, and zinc sinkers one inch or less in any dimension, including split shot, egg sinkers and pyramid sinkers. At this time, the proposed ban does not affect lead-headed jigs, although EPA is considering widening the ban to include those also.

Although alternatives to lead exist, they have lower densities and may be much more expensive. Recreational anglers and the sport fishing industry are not happy with the proposed rule. They say that while lead sinkers may be a problem in areas of high fishing concentration that coincide with high populations of waterfowl, a nationwide ban is not warranted until further information is collected.

THE FISH OIL STORY

Fish oils contain "omega-3" fatty acids: polyunsaturated fatty acids that differ somewhat in structure from the polyunsaturated fatty acids in most plant foods (the "omega-6" fatty acids). Research indicates that people who eat fish regularly have lower rates of heart disease. One possible reason is that the omega-3 fatty acids in fish appear to slow down the process of blood clotting. Blood clots can block blood flow through an artery, especially one that has been narrowed by fatty deposits, causing heart attacks or strokes.

Much research remains to be done to define the roles of different types of polyunsaturated fatty acids and the best intake of each. In the meantime, it is a good idea to include fish in some of your meals. Fish oil supplements are not recommended because their long term safety and effectiveness are unknown.

Fatty fish from deep cold water are good sources of omega-3 fatty acids. Choose sardines, herring, mackerel, bluefish, tuna, salmon, whitefish, bass, and halibut. Canola oil and soybean oil also provide omega-3 fatty acids.

Source: U. S. Department of Agriculture, Dietary Guidelines and Your Diet, Home and Garden Bulletins No. 253-4, July 1993.

MARKET NAMES FOR SEAFOOD

The U. S. Food and Drug Administration recently released "The Seafood List--FDA's Guide to Acceptable Market Names for Seafood Sold in Interstate Commerce 1993." This publication lists legal acceptable names for both fish and shellfish. Single copies are free and can be requested through:

FDA/Industry Activity Branch
200 C Street, FOB-8
Washington, DC 20204
Telephone - (202) 205-5251

TED VIOLATIONS DOWN

The number of TED violations made by the National Marine Fisheries Service Law Enforcement Division has declined for five straight years.

<u>Year</u>	<u>Cases</u>
1989	384
1990	351
1991	228
1992	129
1993	128

Also the number of cases made per number of boardings has gone down, another indicator of better compliance with TED laws.

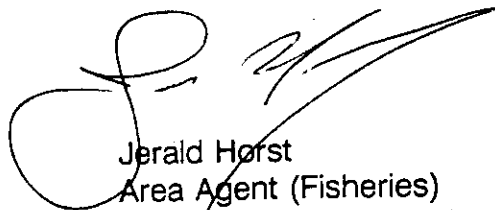
THE GUMBO POT

Orange Baked Fish

1½ lbs fish fillets	1 cup finely crushed bacon
¼ cup melted margarine	flavored crackers
3 tbsp concentrated orange juice	1 tsp paprika
4 tbsp grated orange rind	½ tsp salt
	¼ tsp pepper

Cut fish into serving size portions. Combine margarine, juice and rind. In another container mix crackers, paprika, salt and pepper. Dip fish in margarine mixture, then roll in cracker mixture. Arrange fish in baking dish. Pour any remaining margarine mixture over fish. Bake at 400 degrees for 10 to 12 minutes or until fish is white and flaky. Serves 4.

Sincerely,



Jerald Horst
Area Agent (Fisheries)
Jefferson, St. Charles St.
John

LOUISIANA COOPERATIVE EXTENSION SERVICE
1 AGRICULTURAL CENTER
DEPARTMENT OF AGRICULTURE
LOUISIANA STATE UNIVERSITY AND A&M COLLEGE
PP HALL, BATON ROUGE, LA 70803-1900

OFFICIAL BUSINESS

Penalty for Private Use \$300

COOPERATIVE EXTENSION SERVICE PROVIDES EQUAL OPPORTUNITIES IN PROGRAMS AND EMPLOYMENT. LOUISIANA STATE UNIVERSITY AND
COLLEGE, LOUISIANA PARISH GOVERNING BODIES, SOUTHERN UNIVERSITY, AND UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING
Partner in the Cooperative Extension System