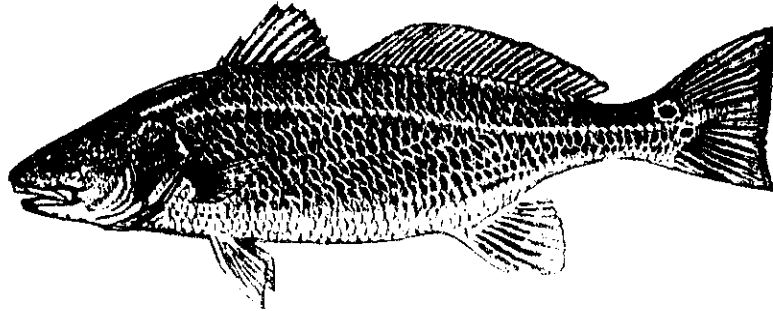


SEA GRANT PROGRAM



LAGNIAPPE

SEAFOOD & HEALTH

Some of the hottest news in the food supply business today is the strong link between seafood and good health. Recent work by medical researchers has shown that seafood appears to reduce the risk of heart disease, rheumatoid arthritis, multiple asthma, diabetes and even some cancers.

The most spectacular news was reported in the New England Journal of Medicine in May, 1985. In this study, over a 20 year period in Zutphen, Holland, on 852 middle aged men, those that ate an average of one ounce of fish per day had half as many deaths from heart disease as the non-fish-eating group. The report concluded that "as little as one or two fish dishes a week may be of preventative value in heart disease".

Earlier studies on Greenland Eskimos and Japanese fishing villagers, all of whom are heavy fish eaters and had lower heart disease rates, first put researchers on the track.

In another, more recent study, Dr. Hugh Sinclair, a British nutritionist designed a diet to exactly copy the usual Eskimo diet. He lived off of fish, cod liver oil and seal meat for 100 days. At the end of the period, the clotting factor in his blood was reduced to one-eighth of what it was before. Clot formation in blood vessels is believed to cause the build-up of deposits in arteries (also called hardening of the arteries or atherosclerosis).

The reason that fish in the diet benefits human health is due to the kinds of oils found in fish. These oils contain an unusual class of fatty acids called omega 3 fatty acids. While all seafoods contain omega 3 fatty acids, fish like tuna, mackerel, sardines, and salmon have far higher levels than shellfish and lean white-fleshed fish.

Also of great interest is that recent medical studies have shown that high fish consumption can lower the levels of triglyceride fats and cholesterol in the blood and can change the types of cholesterol in the blood.

For years people with heart disease have been advised to avoid shellfish because of its high cholesterol content. New evidence has shown that the cholesterol content of shellfish is made up of non-cholesterol sterols. These sterols are not only not harmful, but seem to be beneficial because they prevent the body from picking up other cholesterol in the diet. Research by Dr. Marian Childs, from the University of Washington, has shown that large amounts of oysters, clams or crabs in human diets actually reduced cholesterol levels over a three week period. The shellfish that contain the lowest levels of harmful cholesterol are mollusks such as oysters, clams and scallops.

BROWN SHRIMP SEASON OPENING PUBLIC MEETING

On May 1 the Department of Wildlife and Fisheries will hold a meeting where the public can comment on the opening date of the 1986 brown shrimp season. Department biologists will also give their biological forecast.

Date: May 1, 1986
Time: 10:00 a.m.
Place: Hilton Inn on Airline Highway across from New Orleans International Airport, Kenner, La.

Anyone interested in the season outlook or in commenting on the proposed opening dates is welcome to attend.

STATE HAND FUND NEWS

The Louisiana Fishermen's Gear Compensation Fund has a new telephone number and administrator. The new number is 342-0122. The new man is Jerry Theriot. Jerry has been working to clear out the backlog of claims to get ready for the 1986 fishing season.

FLORIDA REDFISH --- GAMEFISH?

The Florida Marine Fisheries Commission has voted to draft a rule that, if approved, would make redbfish a game fish in Florida by prohibiting its sale. In addition, the commission agreed to establish a statewide 18 inch minimum size limit, retain the possession limit of one redbfish 32 inches or larger per person, set a five fish per person daily bag limit, prohibit the use of trot lines and treble hooks while using natural bait, and require that redbfish be landed with heads and tails intact to aid enforcement of the size limits. The commission also instructed staff to develop options to include a closed season in the rule draft (except during September through December), with a goal of increasing the number of spawners in order to maintain the fishery over the long term. The commission expects to review and possibly modify the rule draft for redbfish in May. Dates and location of that meeting have not been set as of this writing.

Source: Big Bend Bulletin. Vol. 6 No. 1. Florida Cooperative Extension Service.

LOUISIANA REDFISH

According to a recent Baton Rouge newspaper article, the Gulf Coast Conservation Association (GCCA) will be preparing a legislative package that is aimed at protecting Louisiana's supplies of redbfish and speckled trout. GCCA Executive Director, Mark Hilzim stated that the growing nationwide demand for Cajun cuisine has resulted in "tremendous pressure" on Louisiana's resources, especially redbfish.

According to Hilzim, the legislative package would "attempt to close up some of the things we see as problems". Hilzim would not discuss the details of the group's proposals, saying GCCA wants to contact legislators first. Louisiana's Legislative session opened April 15.

Source: State Times Newspaper. March 4, 1986.

OYSTER DEPURATION MEETING

LSU Sea Grant and the Cooperative Extension Service are sponsoring a one day meeting on May 6, 1986 on the possible use of depuration to clean up oysters for sale.

Depuration is simply the holding of oysters in water-filled tank systems with some method of killing bacteria and viruses. The polluted oysters pump the bacteria and viruses out of their systems as part of their normal process.

These systems have not yet been perfected, but they show some promise. The purpose of this program is to discuss what is known of these systems at present and their possible use in the industry.

Registration is \$30 per person and must be made in advance. Call my office for a registration form. The form MUST be in by May 1, 1986.

SEAFOOD DEALERS — IMPORTANT NOTICE

The Louisiana Seafood Promotion and Marketing Board and LSU Sea Grant are preparing the new Directory of Louisiana Sea Food Suppliers. They have sent out a questionnaire to all wholesale dealers. This questionnaire must be returned for your business to be listed.

The finished directory is the publication most often sent to people and companies who are interested in buying Louisiana seafood and looking for sources. If you have a wholesale seafood marketing or processing business and have not received a questionnaire or have misplaced your's, call 388-1559 or 388-6079 in Baton Rouge to get one. The deadline is April, 30, 1986.

L.S.U. AQUACULTURE (FISH FARMING) FIELD DAY

On May 24, 1986 the LSU Agricultural Center will sponsor an Aquaculture Field Day at the aquaculture research facility on Ben Hur Farm beginning at 9:00 a.m.

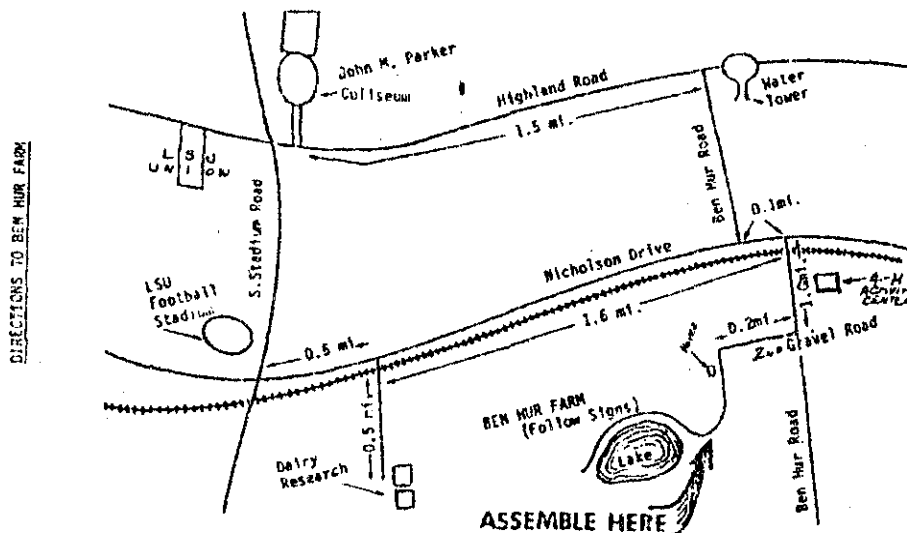
The morning will highlight on-site research and pond visits studying various topics such as soft crawfish production, holding and purging crawfish, redfish spawning, catfish farming, prawn farming, aeration studies, diseases and more.

Extension Service personnel and research scientists will also be on hand to discuss aquaculture, processing, marketing, economics, crawfish farming and their latest recommendations in these areas.

A crawfish stew lunch will be served (\$3.00 per plate) on campus at the John M. Parker Coliseum from 11:30 a.m. - 1:00 p.m.

The afternoon program will also be held at the coliseum with several excellent speakers scheduled to address the group.

All crawfish farmers, processors, or interested parties are urged to attend.



TWO NEW SHRIMP PUBLICATIONS

Louisiana Shrimp Laws by LSU Sea Grant. Order from my office in Marrero (free).

Louisiana Shrimp Marketing, with Reference to Small Shrimp by Ken Roberts and Perry Pawlyk. Order from Center for Wetland Resources, Publications Office, LSU, Baton Rouge, LA 70803. (Free.)

LOUISIANA SEAFOOD COOKBOOK

As everyone who gets this newsletter knows, I print a seafood recipe in each one. LSU Sea Grant has put together a beautiful cookbook containing most of the recipes that have appeared in this newsletter and many of the other agent's newsletters as well.

The cookbook costs \$5.00 and can be ordered from:

Communications Office
Louisiana Sea Grant College Program
Center for Wetland Resources
LSU
Baton Rouge, LA 70803-7507

THE GUMBO POT

Redfish Eugenie

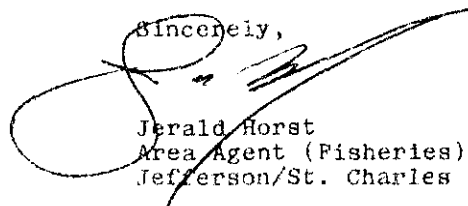
At a recent seafood show, I attended a press conference sponsored by the Louisiana Seafood Promotion and Marketing Board. Among the dishes served was this absolutely delightful one prepared by Chef Alex Patout of New Iberia. I really think this is one of the best things I've ever eaten.

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|--|--------------------|
| 6 redfish filets, eight ounces each | 1 t salt |
| 1 pt. heavy whipping cream | 1 t red pepper |
| 2 lb. peeled crawfish tails | 1/2 t black pepper |
| 1 cup (mixed chopped onion tops & parsley) | 1/2 t white pepper |
| 1 T dry sweet basil | dash nutmeg |
| 1 T dry oregano | flour |
| | 1/2 cup margarine |

Sauce: Pour cream into large skillet on medium-high fire stirring often. Let cream simmer and as water evaporates, cream will thicken. While simmering, add seasonings, herbs, chopped onion tops, and parsley and let cook together. You want cream to become thick. Test to see if cream is thick enough by letting drip from spoon. Drops should be thick and the last drop should remain on spoon. Once consistency has been reached, add crawfish. Crawfish will add water and thin out sauce at first. Continue to stir bringing cream back to a simmer. Continue cooking until thickness is once again obtained.

Pat filet dry. Season fish by sprinkling salt, red, black and white pepper over both sides of filet. Lightly coat with flour. In large skillet melt margarine. Once hot, pan fry filet under medium-high fire turning just once on each side. Cook until golden brown. Place on serving plate. Pour generous amount of sauce over fish, balancing out crawfish tails. Serves 6.

Sincerely,



Jerald Horst
Area Agent (Fisheries)
Jefferson/St. Charles Parishes

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