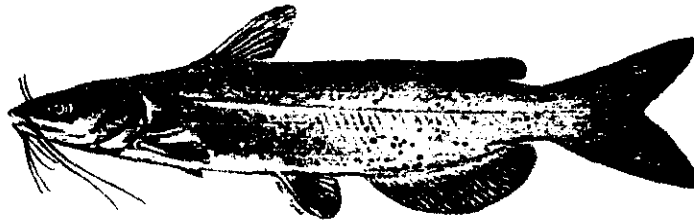


## SEA GRANT PROGRAM



### LAGNIAPPE

#### FISHES, FATS AND HEALTH

In the last year, much publicity has been given to research that shows that consumption of seafoods can lower the risk of heart disease in humans. This is due to the fact that seafoods are high in a fatty acid known as omega-3 fatty acids. This is different from the omega-6 fatty acids found in vegetable oils and meats.

Recent research at Louisiana State University has shown, however, that not all seafoods have the beneficial omega-3 fats. Researchers compared the fat make-up of farm-raised catfish to wild catfish and farm-raised prawns to wild shrimp. What they found was that farm-raised catfish and prawns were high in the omega-6 type fatty acids like meats, instead of the beneficial omega-3 types.

The researchers felt that this was due to their diet, as farm-raised catfish and prawns are fed diets high in soybean meal, which is rich in omega-6's. Wild fish and shrimp have diets based on plankton, which is rich in omega-3 fatty acids. If the current interest in health and seafood continues, fish farmers may find it important to change the diet of their fish to raise the levels of the omega-3 fats in their products.

Source: Lipid Composition Differs in Wild and Cultured Fish and Shellfish. P. Chanmugam, M. Boudreau, C. Jeffcoat and D. Hwang, in Louisiana Agriculture. Summer, 1986.

#### SEAFOOD TECHNOLOGY AND MARKETING CONFERENCE REMINDER

The Louisiana Cooperative Extension Service and LSU Sea Grant will be sponsoring a three-day conference on all aspects of seafood processing and marketing from July 30 to August 1 in Baton Rouge. Some of the subjects which will be covered include the following:

##### Seafood Processing

- \* Quality, a key to successful seafood businesses
- \* The ABCs of seafood processing—fresh, cooked, pasteurized, and canned products
- \* New seafood techniques, including minced fish and smoked fish
- \* Packaging seafoods, the final touch
- \* Seafood shipping using containers and air freight

##### Seafood Marketing

- \* Outlook for Louisiana seafood supply for your business
- \* Seafood consumption trends: demand for your product
- \* Sales prospects from seafood's new image
- \* Marketing and development help for companies
- \* Freshwater species—a development opportunity

This conference is targeted at seafood processors, retailers and wholesalers, bankers and other lenders, city and parish planners and people who are not now in the seafood processing and marketing business, but are planning to get into it. The registration fee is \$60 per person (\$70 at the door), and includes lunch and dinner

at the LSU Faculty Club on Thursday.

The Seafood Promotion and Marketing Board will host a reception on Wednesday evening at which participants will have the chance to meet board members and learn about the board's activities.

Advance registrations should be made by calling 1-388-6445 or 1-388-6448 in Baton Rouge.

#### INSURANCE LEGISLATION

Skyrocketing insurance costs and increasing policy cancellations are one of the most serious problems currently facing the fishing industry. Three bills have been introduced recently in Congress to deal with the problem. All three bills tie safety requirements to liability reform. Here are the main points of each bill.

H.R. 4407 (Introduced by Rep. Walter B. Jones, D-N.C.):

- \* Limits liability of fishing vessel owners who comply with improved safety requirements.
- \* No maritime law or Jones Act case if disability is less than one year.
- \* Mandates safety requirements for fishing vessels built after 1987.
- \* Authorizes courts to review and reduce attorneys' fees.
- \* Requires vessel and crew safety to be considered in fishery management plans.
- \* Reduces statute of limitations from three years to two.
- \* Caps non-pecuniary awards at \$35,000.
- \* Provides cure and maintenance at \$15,000 a year or 80 percent of average wages, whichever is greater, until the injured crew member recovers.
- \* Authorizes the secretary of transportation to develop regulations on navigation, lifesaving, fire protection and firefighting equipment, installation of insulation materials, fuel ventilation and vessel stability. These regulations would be mandatory for vessels built after 1987 and voluntary for existing vessels.
- \* Requires managing operators of a fishing vessel to hold a special operations training certificate.
- \* Requires fishing vessel owners and operators to inform crew members on safety and emergency procedures.
- \* Requires insurance companies to supply periodic fishing vessel casualty information to the secretary of transportation.

H.R. 4415 (Introduced by Rep. Gerry Studd, D-Mass.):

- \* Owner may limit liability if he covers cure and maintenance at \$40 a day.
- \* Owner may not limit liability if he was grossly negligent or displayed willful misconduct.
- \* Applies to any civil action brought under general maritime law or the Jones Act.
- \* Authorizes the secretary of transportation to require safety equipment, including emergency positioning indicator radio beacons, lifeboats or life rafts, visual distress signals, communications equipment and exposure suits in northern waters.

H.R. 4465 (Introduced by Rep. Mike Lowry, D-Wash.):

- \* Mandates safety standards for fishing vessels, including retrofitting after three years from time of bill's passage.
- \* Requires secretary of transportation to prescribe regulations for emergency position indicator radio beacons, life rafts or lifeboats and survival suits.
- \* Requires a stability certificate for new construction.

A fourth congressional bill, H.R. 277 (Introduced by Rep. Mario Biaggi, D-N.Y.), doesn't cover safety per se, although it does address rising insurance costs and liability coverage. It's main points are:

- \* Claims subject to limitation include death, personal injury,

- loss or damage of equipment, cargo claims and passenger or luggage claims.
- \* Makes limitation harder to break as a trade-off for an increase on the liability limit.
  - \* Limits liability for claim of death or personal injury for vessels under 500 gross tons to \$1 million.
  - \* Limits other claims for vessels less than 500 gross tons to \$500,000.
  - \* Requires establishment of a fund equal to liability limit at time a filing is made for limitation of liability. Person is allowed to plead limitation of liability in the case without separate filing.

#### CHANGE IN FISHERMENS TAX EXEMPTION

Due to the financial situation of the state of Louisiana, the 1985 state legislature changed the tax exemption for commercial fishermen from 4 cents to 3 cents. This means that commercial fishermen with a tax exempt number will be expected to pay one cent sales instead of nothing. This change went into effect July 1, 1986 and will be in effect until July 1, 1987 unless the legislature renews it.

#### WILDLIFE & FISHERIES LAW BOOK

The revised edition of the "Compilation of Louisiana Laws Pertaining to Wildlife and Fisheries" is now available. The book costs fifteen dollars and is the official law book on laws covering commercial and sport fishing, trapping and hunting. To order send a check and request to:

Major Tommy Candies  
Department of Wildlife & Fisheries  
Enforcement Division  
P.O. Box 15570  
Baton Rouge, LA 70895

#### NEW CRAWFISH PUBLICATION

We have just received a supply of a new publication, "An Analysis of the Louisiana Crawfish Processing Industry and Potential Market Outlets" by Lynn Dellenbarger, Ken Roberts, Steve Kelly and Perry Pawlyk. This excellent publication breaks the Louisiana crawfish processing industry down into detail including costs of processing, plant sizes, number of workers, source of product and so forth.

Of special interest to out-of-state crawfish marketers is the section on nationwide crawfish interest and potential markets.

A free copy of this publication may be gotten by calling or writing my office in Marrero.

#### COMMERCIAL FISHING SCHOOL

Applicants for a commercial fisheries training program are being accepted by the State of Louisiana. The training will be offered by the Louisiana Marine & Petroleum Institute in Houma, La. and will last twenty weeks.

The program is designed to cover the knowledge and skills needed to be successful in the fishing industry today. The class will also include material need to obtain an Uninspected Fishing Vessel License and also a Fishing Vessel Able Seaman Endorsement.

Training units will cover: Marine Biological Resources; Fishing Vessels; Fishing Gear & Techniques; Seafood Handling & Processing; Marine Safety; Seamanship, Economics of Fisheries; Management of the Fisheries; Navigation; and Preparation for Uninspected Fishing Vessel License. Presently the class is scheduled to start in mid-October and run through mid-March. The class will be limited to the first thirty applicants.

Applicants must be 16 years of age. A high school diploma is

NOT required but basic mathematic and reading skills are necessary. Interested men or women should make application by contacting the Louisiana Marine & Petroleum Institute; Box 10251, Station 1; Houma, La. 70363 or calling (AC 504) 851-3266.

S.F.I. PUSHES TED FOR SHRIMPERS

The Sport Fishing Institute, a Washington D.C. based organization, has taken a strong stand on mandatorily forcing shrimpers to use trawling efficiency devices (TEDs). SFI maintains that one to two billion pounds of finfish are lost each year by the destruction of young fish by shrimp trawlers. Their figures are based on none pounds of fish catch for each pound of shrimp catch by trawlers.

SFI maintains that TEDs (or fish or turtle cages as they are sometimes called) are reasonably priced, reduce finfish catch from 50 to 70%, and catch more and better quality shrimp. Some shrimpers maintain that TEDs are expensive, dangerous to the crew and may reduce the catch of shrimp.

The June 1986 edition of the SFI Bulletin stated "In view of the unquestioned finfish and turtle conservation attributes demonstrated by TEDs, it appears incumbent on all responsible resource management agencies to take appropriate action to insure that the installations of TEDs on all shrimp trawls is made mandatory as soon as possible."

The Sport Fishing Institute does not stand alone this issue. A growing list of preservationist and conservationist organizations are becoming vocal about mandatory TED usage.

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THE GUMBO POT

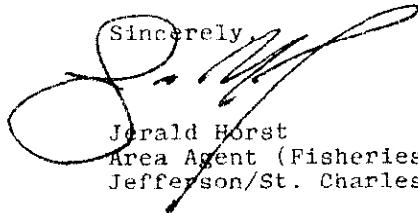
Shrimp Boulettes

This month's recipe come from Lois and Mike Oliver of Estay Fish Co. and Oliver's grocery on Grand Isle. It's simple to prepare and just delicious.

- |                       |                     |
|-----------------------|---------------------|
| 4 lbs. head-on shrimp | 1 Tbsp. flour       |
| 1 clove garlic        | salt and red pepper |
| 1 medium onion        | cooking oil         |
| 1 bunch green onions  |                     |

Peel shrimp and grind the tails. Chop onions and garlic and mix with eggs, flour, seasoning and shrimp. Mix thoroughly and shape into balls about an inch in diameter. Deep fry in cooking oil till golden brown. When done, the boulettes will float to the top of the oil.

Sincerely,



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

lab