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DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE



FISH AND WILDLIFE SERVICE

For Immediate Release

LITTLE KNOWN SPECIES OF FISH ADD VARIETY TO WARTIME MEALS

Thumb-nail sketches of the food fishes in New England and in the waters of the Mississippi River and the Great Lakes, with suggestions for the better utilization as food of the lesser known varieties, are presented in two new bulletins recently issued by the Fish and Wildlife Service, United States Department of the Interior.

In "Fishes of the Middle West," the theme of "food from home waters" is featured by the author Rachel L. Carson, Service biologist, who writes "to acquaint the people of the Middle West with their native food fishes as individual species differing in their food qualities, their adaptability to various methods of preparation, and their seasons of availability.

"The waters of the Mississippi River and the Great Lakes are a potential source of several hundred million pounds of food in the form of tasty lake and river fishes. This rich resource of the inland waters is important to a nation at war. Because of the growing meat shortage, people will eat more fish than in pre-war years."

Many excellent food fishes are included in the scores which are native to the Mississippi and the Great Lakes. Some of these, however, as the author points out, are little known even in the States that produce them in greatest quantity. These fishes, if known and properly used, will add variety to wartime meals and health-giving proteins, minerals, and vitamins to the diet.

Under the heading of "General guides for selecting and preparing fish," information is given on how to buy, when to buy, common market forms, canned fish, salt or smoked fish, fat content of fish, and sauces and garnishes.

In the second publication, "Fish and Shellfish of New England," Miss Carson states, "Millions of Americans are developing new wartime food habits, trying food they once neglected, turning to alternates for long familiar products. For every one of the ten fish or shellfish that make up more than four-fifths of New England's catch there are seven species little known or utilized, many of which could provide tasty and nutritious foods.

"Turning to these under-utilized species will conserve food resources by lifting the burden of over-exploitation from such fishes as cod and haddock, and will augment dwindling supplies of protein foods. Exploring the seafood markets for unfamiliar species rewards the housewife and her family with delightful taste surprises, for scarcely any other class of food offers so great a variety, so rich an opportunity for mealtime adventures."

While both publications are of particular value to home economists and home demonstration agents, their field of educational interest is unlimited. The two bulletins can be obtained free upon request to the Fish and Wildlife Service, Office of Publications, Chicago 54, Ill.