





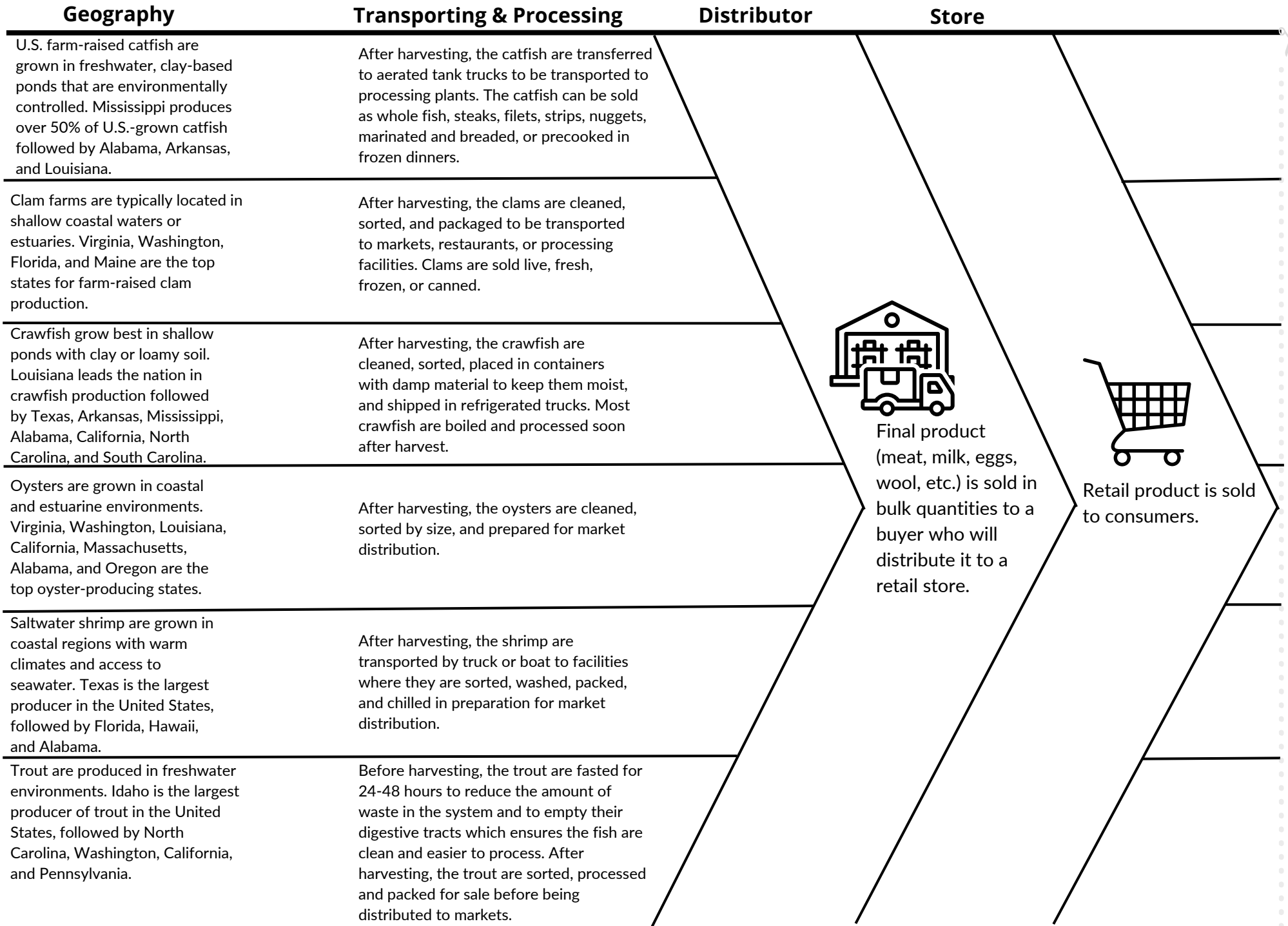


Aquaculture Facts

Common Breeds	Growth	Feeding	Harvest
Catfish 	Fertilized eggs hatch after seven days. They are moved into special ponds where they grow into fingerlings. When they reach 4-6 in. long, they are moved to a new pond to grow for about 2 years.	Catfish are fed pellets that contain soybean meal, corn, rice, and fish meal. The pellets float on the surface of the water.	The catfish are harvested when they reach 1.7 pounds. Seines (large, weighted nets) are used to harvest the catfish.
Clams 	Clam larvae are bred in hatcheries. After 3 weeks, they are moved to nursery upwellers for several months before being moved to anchored mesh bags, cages, or nets on the sea floor.	Clam larvae are fed algae for 3 weeks until they develop a shell. Juvenile and adult clams filter feed plankton that occur naturally in the water.	Clams are harvested when they reach 1.5-3 inches in shell length. Specialized rakes, dredges, or hand-harvesting methods are used to collect the clams.
Crawfish 	Crawfish ponds are filled with water and stocked with juvenile crawfish in April or May and drained in May or June to encourage the crawfish to burrow into the soil.	Crawfish feed on organic matter found in the ponds such as decaying plants, plankton, and small aquatic organisms. If supplemented feeding is necessary, farmers will add formulated feeds to support growth.	Crawfish are ready to be harvested in the spring. Baited traps are left in the ponds overnight and retrieved the next day. This process is repeated regularly throughout the spring and summer while the crawfish continue to grow.
Oysters 	Oysters are bred in hatcheries. The eggs develop into free-swimming larvae and develop a tiny shell after 2-3 weeks. As they grow larger, they are transferred to the farm site.	Oysters consume plankton and other nutrients naturally found in the water and do not require external feeding.	Once the oysters reach market size (within 18-36 months), they are harvested at low tide using techniques like hand harvesting, raking, using tongs, or dredging.
Saltwater Shrimp 	Saltwater shrimp are bred in hatcheries. The larvae grow in a controlled environment until they are large enough to be moved to coastal ponds, tanks, or net pens in the sea.	Saltwater shrimp are raised in saltwater or brackish water (a mix of fresh and saltwater) and are fed commercial pellets.	After 3-6 months, the shrimp reach market size and are harvested by draining ponds or using nets.
Trout 	Trout are bred in hatcheries. Once the eggs hatch, the young fish are transferred from incubators to nursery tanks, then larger tanks or ponds, and finally freshwater ponds, tanks, raceways, or net pens in lakes and reservoirs.	After the juvenile fish are moved to the freshwater system, they are fed high-protein pellets.	When the trout reach market size (1-3 pounds), they are harvested by draining the raceways or ponds and collecting the fish with nets, pumps, or vacuum systems.



From Farm to You



What Aquaculture Produces

Products

Nutrition

Catfish can be fried, grilled, steamed, poached, or smoked, or added to soups, stews, or curries.



Catfish are low in calories and a good source of lean protein, healthy fats, and essential nutrients including B vitamins, omega-3, and omega-6. Eating catfish can benefit heart, brain, eye, and bone health.

Clams can be consumed raw, steamed, grilled, baked, or fried, or added to soups, stews, pasta, or curries. Clam juice is used as a base for soups and sauces.



Clams are high in protein and omega-3 fatty acids and low in fat and calories. They are a good source of vitamin B12, vitamin C, iron, zinc, magnesium, selenium, and potassium. Clams support cardiovascular health, boost the immune system, and improve blood health.

Crawfish are an essential part of the Cajun and Creole cuisine. They are used in crawfish boils, étouffée, bisques, stir-fries, and gumbo. Peeled crawfish tails can be added to salads, pastas, po'boys, and pizza.



Crawfish are low in fat and calories and high in protein and nutrients like vitamin B12, iron, phosphorus, zinc, magnesium, and selenium. They contain omega-3 fatty acids that help reduce inflammation, lower blood pressure, and improve overall heart health. ,

Oysters are eaten raw or cooked. They can be grilled, roasted, fried, steamed, poached, smoked, baked, or canned. Oysters can be served as appetizers, in seafood platters or ceviche, or used in po'boy sandwiches, stews, and soups.



Oysters are high in protein and low in calories. They are a good source of zinc, iron, magnesium, calcium, phosphorus, and selenium. Oysters are rich in B vitamins, especially B12, and provide omega-3 fatty acids.

Shrimp can be boiled, grilled, fried, sautéed, steamed, or served as an appetizer or in ceviche, tacos, skewers, scampi, stir-fries, or sandwiches.



Shrimp are low in saturated fat and high in protein. They are a good source of phosphorus and vitamin B12. Shrimp promote heart and brain health, strengthen bones, and help maintain weight loss.

Trout can be grilled, pan-fried, sautéed, baked, smoked, canned, or poached and can be used in soups, stews, sushi, tacos, burgers, and salads.



Trout are high in protein, low in calories and fat, and rich in omega-3 fatty acids. They are an excellent source of vitamin B12, vitamin D, and other B vitamins like niacin (B3), riboflavin (B2), and B6. Trout also contain selenium, phosphorus, and potassium. Eating trout can reduce inflammation and support heart, brain, and cognitive health.