



Clams



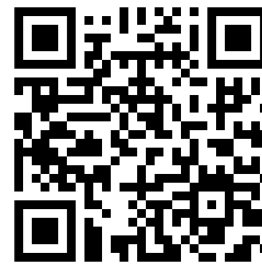
Hard clams, also known as quahogs are the most common species of clams farmed in the United States. Clam farming is considered one of the most eco-friendly forms of aquaculture because it does not require feed, antibiotics, or fertilizers. As filter feeders, clams help improve water quality by filtering out plankton, nutrients, and other particles from the water. Clam beds create habitats for various marine species, which contributes to biodiversity in coastal ecosystems.

Virginia, Washington, Florida, and Maine are the top states for farm-raised clam production. Clam larvae are bred in hatcheries and fed algae for about three weeks until they develop shells and lose their ability to swim. They are then moved to a nursery where they are kept in upwellers (systems where water is continuously circulated, bringing plankton to the clams to eat) for several months until they are ready to be moved to the farm site. Clam farms are typically located in shallow coastal waters or estuaries. The juvenile clams are raised on the sea floor in anchored mesh bags, cages, or nets for 12-36 months. They filter feed on plankton that occurs 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. After harvesting, the clams are cleaned, sorted, and packaged to be transported to markets, restaurants, or processing facilities.

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. Eating clams can support cardiovascular health, boost the immune system, and improve blood health.

Clams are sold live, fresh, frozen, or canned and are popular in chowders, stews, and pasta.



[https://youtu.be/NQ-Dl1apLak?
si=v6oDwlbW3t-TV8cM](https://youtu.be/NQ-Dl1apLak?si=v6oDwlbW3t-TV8cM)