



# Trout



Trout are carnivorous freshwater fish known for their colorful patterns, delicate flavor, and strong swimming ability. The rainbow trout is the most commonly grown trout species in the United States. They are easy to raise, have fast growth rates, and tolerate crowding well. Brook trout and brown trout are also raised in the U.S., but to a lesser extent.

Trout are bred in hatcheries. Once the eggs hatch and the young fish (alevins) absorb their yolk sacs, they are transferred from incubators to nursery tanks where they are fed special diets to promote growth. As they grow, the fry are moved to larger tanks or ponds and are now called fingerlings. At this stage, they require higher protein feeds to support rapid growth. The juvenile trout are then moved to freshwater systems like ponds, tanks, raceways (narrow, long tanks), or net pens in lakes and reservoirs where 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. Before harvesting, they are fasted for 24-48 hours to reduce the amount of waste in the system and to empty their digestive tracts which ensures the fish are clean and easier to process. After harvesting, the trout are sorted, processed, and packed for sale.

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.

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



<https://youtu.be/owwNb2uJYus?si=hsbuoltu9JU6mYLw>