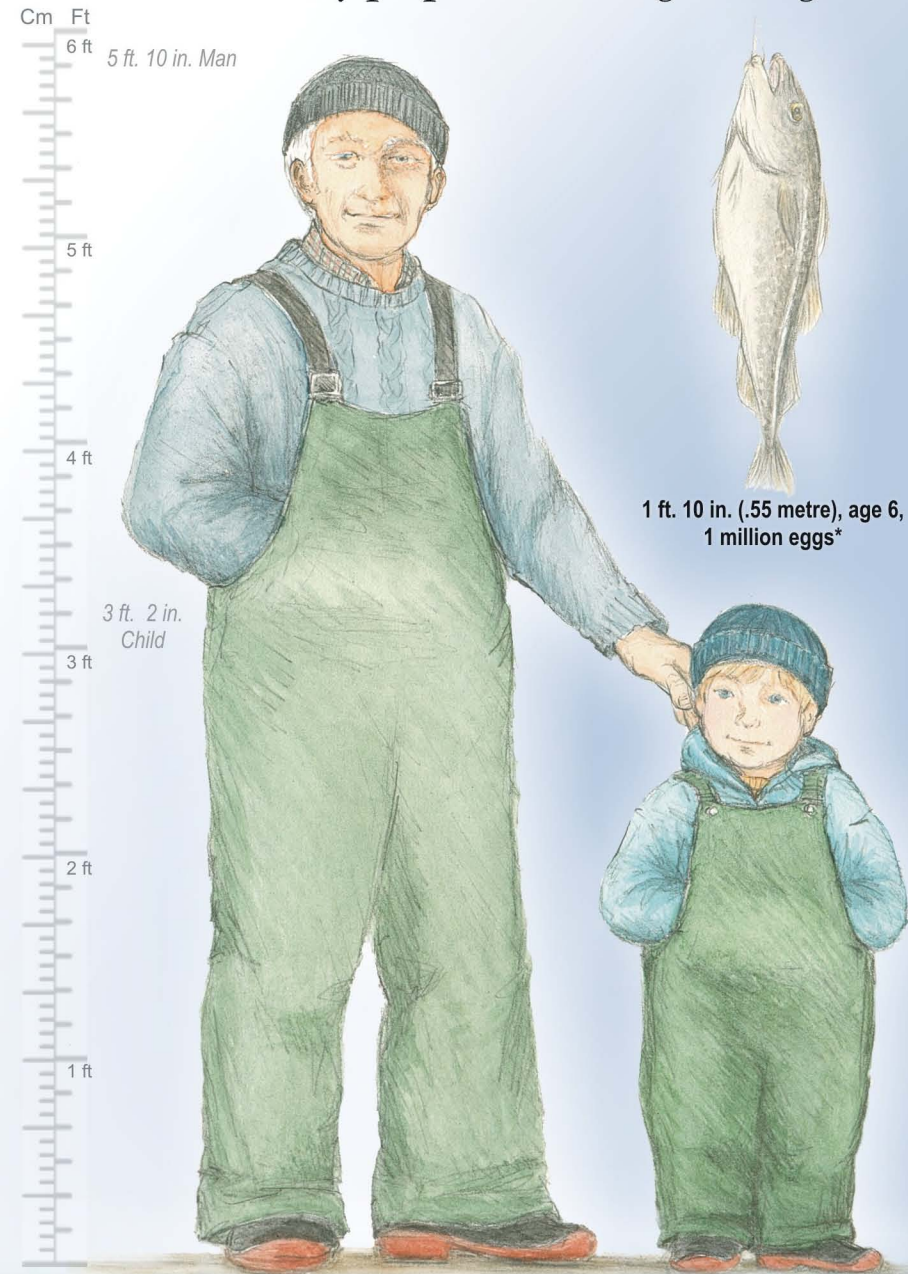


Atlantic Cod: All of us can help!

Until the 1960s, the abundance of Atlantic Cod in Newfoundland and Labrador waters was the largest in the world.

Today people are working to bring severely depleted cod stocks back to their once bountiful levels.



1 ft. 10 in. (.55 metre), age 6,
1 million eggs*

3 ft. 8 in. (1.12 metre), age 16,
25 million eggs*

4 ft. 1 in. (1.25 metre), age 20,
50 million eggs*

Large cod are vital to recovery. A female cod that lives out her productive life span (about 20 years) will have produced 50 million eggs! At age 16 she is only half way there.

*Cumulative number of eggs during lifespan. Few survive to maturity. Data vary with stock area. Standard length measurement (no tail fin).

What you can do:
Take care of the nurseries. Prevent damage to eelgrass and kelp. Reduce pollution and run-off, discharge of waste, or any activity that makes the water murky.

What you can do:
Support fish harvesters who promote stewardship initiatives and recognize the importance of protecting large fish. In the recreational groundfish fishery, be content with smaller fish. Don't highgrade. Imagine the return of the big ones!

Contributors: David Schneider, with John Bratney, Alain Frechet, Robert Gregory, Jeffrey Hutchings, David Methven, George Rose, Jason Spingle, Joseph Wroblewski, and DFO staff. Egg numbers from a thesis by Cassandra Rideout, based on DFO data from George Lilly. Illustration: Cynthia Colosimo. Photos: Kathleen Blanchard, Candace Cochrane, David Coté, Robert Gregory, Pierre LeBlanc, Anne Reich, and Monty Way.



**Fishing Communities:
Our Heritage. Our Future.**

Fish harvesters and fisheries scientists are integrating knowledge from harvesters with scientific research to learn more about cod behaviour and migration. A cod tagged in September 2007 was recaptured 331 days later by the same harvester.



What you can do:
Learn more about cod and the world's oceans. Ask a harvester and plant worker about their work. Talk with family and friends about the importance of healthy fisheries to coastal communities.



Eelgrass and kelp beds in coastal waters 6 - 30 ft. deep are nurseries for juvenile cod. They provide protection from predators and abundant food to help young cod grow fast.



What do you think?
Send us an email: info@intervale.ca