



# Herring, Atlantic

*Clupea harengus*

The Atlantic herring fishery is diverse and rich in tradition. Harvesting methods range from inshore mobile gear, to large modern herring seiners, to an important weir fishery located in the many coves along the shorelines of the Bay of Fundy. Small fresh herring have a light delicate flavour while larger herring have a fuller, oilier taste. While fresh herring has the most nutritional benefits, canned herring is also full of antioxidants, Omega-3 fatty acids and other valuable nutrients. It can also be salted, fried, or smoked. As diverse as the fishery itself, the processing industry exports quality Atlantic herring to countries around the world in traditional product forms and in new exciting product formats and flavours that respond to modern consumer preferences. Harvested from March to December. Available year-round.

## Sustainability & Certifications

Atlantic herring is harvested under Canadian fisheries management regulations, and is part of a federal Integrated Fishery Management Plan (IFMP). All exporters are certified by the Canadian Food Inspection Agency (CFIA).

## Product Forms

Fresh (Round, Fillets, Butterfly fillets)

Frozen (Round, Fillets, Butterfly fillets)

Smoked

Salted

Canned

Vinegar cured chunks