



Capelin

Mallotus villosus

On the edge of Eastern Canada, in Newfoundland and Labrador, everyone knows about capelin weather. In the middle of summer, when the capelin roll, locals believe they bring cold and RDF (rain, drizzle, and fog). Rich in Omega-3 fatty acids, this small, slender fish is healthy and tasty. Locals eat them fried, pickled, roasted over an open campfire, and dried and salted. Capelin is also prized for the roe (masago), commonly used in sushi, primarily exported to Asia. Harvested from June to July. Available year-round.

Sustainability & Certifications

Capelin 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

Frozen – male, female

Smoked

Dried