

# AS FAR AS YOU CAN SEA...

In the spirit of National Marine Week, **Nancy Richards** zooms in on what's happening with our sea life – and how we can all help to preserve it

## Daddy cool

Although the females lay the eggs, it's the male seahorse who gives birth to them from his pouch. Seahorses have been around for over 40 million years, but every year 20 million are captured as curios or muti. The Knysna seahorse (*Hippocampus capensis*) is South Africa's most endangered, due to coastal development and sea pollution.



National Marine Week: 6-10 October

## HAPPY 10TH BIRTHDAY, SASSI!

The Southern African Sustainable Seafood Initiative (SASSI) was founded in 2004 by the World Wildlife Fund to alert the fishing industry, restaurants, retailers and consumers to the threats facing our sea life. PnP has been a proud supporter of SASSI since its inception.

### SASSI SAYS...

- The ocean supplies food or income for 2.6 billion people worldwide.
- 85% of the world's fish stocks are being exploited to the maximum, or have been over-exploited.
- 25% of what is caught is thrown back – often dead – and wasted.
- We can turn things around if we buy responsibly.

### SASSI DOES...

The Initiative compiles and updates lists that highlight which fish you can buy and eat with a clear conscience, which ones to think twice about and those to avoid completely.

**GREEN:** Stocks are safe, and these are fished or farmed in a sustainable way.

**ORANGE:** Stocks are borderline, and may not cope with increased demand.

**RED:** Stocks are threatened and these species have become unsustainable. Don't buy these!

For the latest lists, visit [www.wwfsassi.co.za](http://www.wwfsassi.co.za) or use SASSI's FishMS service: simply SMS the name of the fish to 079 499 8795 to find out its status.

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## Shore thing

*Shoreline*, the SABC2 TV series, is brimful of weird and wonderful facts and stories about our coastline. To order the DVDs – series 1 (from R100) and 2 (R250) – call SABC

Business Development on 011 714 6650. *Fresh Living* readers qualify for a 25% discount!

**WIN!** Two lucky readers can each win a set of the above DVDs.

To enter, turn to page 97.

Keyword: Shoreline.

## Well said!

*Southern African Sea Life: A Guide for Young Explorers* by Sophie von der Heyden (Struik Nature) looks at all kinds of sea life, from the tiniest mysid shrimp to the great blue whale, coral reefs, kelp forests and more.

**WIN!** Three lucky readers can each win a copy of *Southern African Sea Life: A Guide for Young Explorers*. To enter, turn to page 97. Keywords: Sea life.



## Walking the talk...

"I only serve green-listed species and make my own *bokkoms* (traditional West Coast dried fish) using maasbanker. Fast-growing mussels are the most sustainable source of protein – pick the invasive European ones that have colonised our coast."

## Kobus's top dish: Mussels with wild garlic, ginger and lemon buchu

**Heat** a glug of olive oil and add cleaned, bearded fresh mussels.

**Cook**, covered, for a few minutes, then add wild garlic, lemon buchu leaves, a few fresh lime leaves, chopped ginger and lemon zest. Stir well.

**Cover** and cook for a few minutes more, until the shells have opened (discard those that remain closed).

**Add** a dash of cream and serve with bread.

## OCEAN COMMOTION

*Did you know?*

### The sea:

- Covers 71% of the earth's surface
- Has an average depth of 3700m
- Is home to more than one million different species
- Has around 30 million tons of plastic dumped in it every year
- Its biggest inhabitant is the blue whale – on average these are a whopping 30m long!
- Its smallest inhabitant is the triplefin fish, which is a wee 2cm.

