

Upfront

CERTIFICATION

'Free school' tuna

NGOs Friend of the Sea and Earth Island Institute have certified the first tuna lot caught by deploying nets on free schools of tuna, not associated with Fish Aggregating Devices (FADs) or dolphins.

Philippines-based Frabelle is delivering the first lot of free-school tuna, but two other firms have applied to undergo an audit.

Seabass

Dicentrarchus labrax



Species Profile

Market names: European seabass, Mediterranean seabass, branzino
International names: France: Bar, loup de mer; Germany: Wolfbarsch; Italy: Spigola; Japan: Hata; and Spain: Lubina
Supply: European seabass was one of the first types of fish to be farmed commercially in Europe. The most important farming countries are Greece, Turkey, Italy, Spain, Croatia, and Egypt. The annual production was more than 120,000 tons in 2010.
Taste: Seabass has a mild sweet flavor.
Texture: Seabass meat is finely textured lean and flaky.
Season: Farmed seabass is available year around.

Sustainability profile

Several seabass operations are certified sustainable by Friend of the Sea.

Nutrition Facts

Serving size: 100 grams/3.5 oz. (raw)
Calories: 100
Total Fat: 2.5g
Protein: 19.3 g

