SKATE

Leucoraja ocellata (also known as Winter skate)



CAPE COD FISHING FACTS

Season

Year Round

Harvest Methods

Gillnets and otter trawls

Fishing Area

of Nantucket.

Summer and Fall: Between three to 10 miles off the Cape

Winter and Spring: Southern New England waters, 70 miles south

A Sustainable Local Fish

Skate is a bottom-dwelling fish that is caught commercially from Maine to North Carolina.

UNDER-LOVED

Cape Cod small-boat fishermen sustainable catch skate in abundance right off our shores, but the majority of this plentiful, white fish is shipped overseas.

ABUNDANT

Winter skate is the most abundant of the seven species of skate in the North Atlantic, and fishermen are allowed to harvest about 50 million pounds a year. Cape and Islands fishermen land more than 7 million pounds, making it the third highest landed seafood for the entire region.*

SUSTAINABLE

The skate fishery is well-managed under a total allowable catch limit that is not exceeded. Cape Cod fishermen use a species-selective gear design that allows them to singularly target winter skate with very little bycatch.

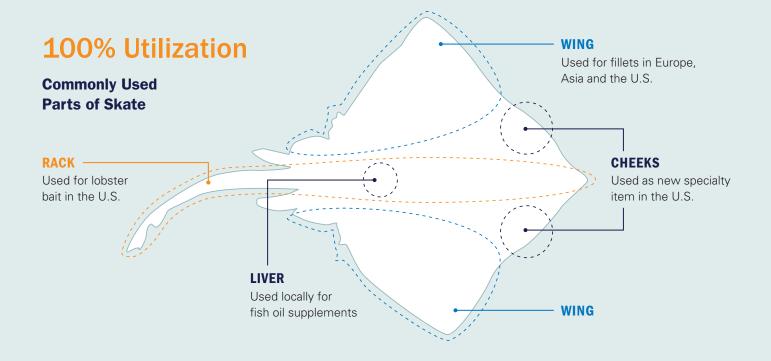
*SOURCE: 2016 MATL Reports and NMFS VTRs



"We are moving toward a more sustainable way of managing this fishery, which we hope will create more stable markets. Skate is plentiful, locally caught and delicious. Americans should eat it."

Fisherman Greg Connors

F/V Constance Sea, Chatham, Mass., who is one of the very first fishermen to pursue skates on Cape Cod.



A Great Choice

- → By ordering or serving skate, you are supporting sustainable fishing on Cape Cod, healthy oceans and a new local fish movement.
- → Each skate wing provides two boneless fish fillets with a mild sweet flavor and a delicate texture.
- → Skate is an excellent source of low fat protein and is low in calories and sodium.
- → A versatile fish, skate can be baked, fried, poached or sautéed.





If it's Pier to Plate, you know it's Cape caught.

✓ LOCAL ✓ SUSTAINABLE ✓ DELICIOUS

Pier to Plate brings dogfish to local food establishments with the goal of creating consumer demand on Cape Cod and across the country.

Find participating food establishments at www.piertoplate.org Follow us on social media @FishAlliance #pier2plate







The Fishermen's Alliance works with fishermen to build lasting solutions to protect the ocean ecosystem while ensuring the economic viability of Cape Cod's small-boat fishing fleets.

www.capecodfishermen.org