

# Wild fish and seafood species in the Western Mediterranean Sea with low safe mercury concentrations

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## Introduction

Farmed fish or wild fish, which one is better? Unfortunately the answer is not so simple. The climate is changing and fisheries are adapting. While wild-caught fish may be more nutritious and support more localized economies, farmed fish provide a steady supply for a growing population. Social, economic and environmental impacts need to be examined. Advantages of farmed fish include a more reliable fish supply and the ability to support different species of fish in the same system. Aquaculture is a rapidly growing industry with considerable job growth to consider. Fish farms have historically caused a great deal of damage to the environment, but new technologies and monitoring systems are improving their functioning. As climate change dwindles wild fish populations, fish farms may provide a more stable source of protein. Genetically engineered to grow faster and require less fishmeal. The impact of fish farming is highly dependent on the species being farmed. Crustaceans, protein-rich fish such as trout and salmon, and herbivorous fish such as tilapia and carp can all be farmed. Shrimp, Atlantic salmon, and tilapia are the most commonly produced species in the United States. Farmed fish can provide stock stability for endangered species, as many wild fish species also thrive in farmed environments.

## Description

Environmental waste, one of the biggest problems with farmed fish, is also an advantage. Technological innovations are helping fish farms to reuse and remove water, often through recirculating aquaponics systems that use microbes to clean the water. One of the benefits of fish farms is improved governance and politics. With farmed fish getting so much notoriety, the aquaculture industry is working hard to bring about lasting change. New policies include carbon credits and sustainable certifications that increase farm accountability. Aquaculture is a growing industry and

has the potential to offer stable employment opportunities in an industry that has experienced economic ups and downs in recent years. Maine, for example, is investing in training facilities and educational resources to support the next wave of seafood workers. Farmed fish grow faster and get bigger, while wild-caught fish are even more nutritious. When comparing farmed versus wild-caught fish, it is also important to remember that fishing remains the dominant industry in many coastal economies, and there are entire communities that depend on wild-caught fish for their livelihoods. The new guidelines also aim to allow habitat restoration by limiting the extent and scope of fishing. While they may taste the same, farmed salmon contains less omega-3 fatty acids than wild-caught salmon.

## Conclusion

Many people eat fish for a living, and wild salmon is worth the investment. Wild salmon is not only highly nutritious, but also low in toxicity. Farmed seafood has high dioxin levels due to closed systems and continuous contamination from food waste, as well as the use of antibiotics and pesticides. It is reported that Responsible and sustainable management of wild fish can further enhance the diversity of marine ecosystems. Many of these species play a vital role in ecosystem health. For example, bivalves are essential to the ecological health of the oceans and play an important role in combating water pollution. Shellfish restoration products not only restore wild shellfish populations, but also restore coastal ecosystems previously damaged by human activity.

## Acknowledgement

None.

## Conflict of Interest

The author declares there is no conflict of interest in publishing this article.

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