



Atlantic Canada's first Community Supported Fishery

Fresh. Fair. Fish.

What is Off the Hook?

Off the Hook is a Community Supported Fishery (CSF) cooperative started by 5 fishermen from the Digby area with support from the Ecology Action Centre. It aims to connect people with the fish they eat and the people who catch it.

What is a CSF?

A Community Supported Fishery (CSF) works the same as the CSA (Community Supported Agriculture) model: subscribers pay a fee at the beginning of the season for a weekly share of food (in this case, fish). Through a CSF, subscribers buy their fish directly from the people who catch it- there are no middlemen. Fishermen get a fair price for their catch, and subscribers get fresh, sustainably caught fish.

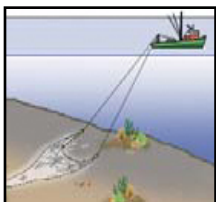
What type of fish do I get?

The fish we bring in each week varies, but it is generally a mix of haddock, hake, and cod. The fish average 2 to 3 pounds each. This year, we will also be offering limited quantities of halibut and mackerel to our subscribers when available.

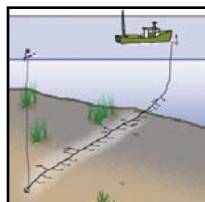
How is Off the Hook fish caught?

Most of the fish available at the grocery store is caught by large commercial bottom trawlers. Trawling (or "dragging") is a destructive fishing method that involves dragging a large net over the ocean floor causing indiscriminate damage and catching anything in its path. Much of the trawler caught fish is landed in Nova Scotia, sent to China to be processed, only to be shipped back to be sold as local. Often there is no way to tell where the fish you get from the store is from or how it was caught.

All of the fish sold by Off the Hook is caught by our fishermen with **bottom hook and line**- a low-impact stationary fishing gear type that does not damage the ocean floor. Community Supported Fisheries like Off the Hook help fishermen get a fair price for their catch, protect their livelihoods and ensure that low-impact fishing gear continues to be used.



bottom trawler



bottom hook & line

How fresh is Off the Hook Fish?

Our fish comes to you fresh- straight off the hook. The fish is "dressed" (gutted) as soon as it is landed, then suspended in a mixture of ice and salt water ("slushed"), and packed for delivery. Our fishermen use the fish from the last string of hooks on each fishing trip for Off the Hook, so your fish is the last to be caught, and the first to be offloaded. Once the boat lands, our target is to get it to you within 24 hours.

Does the fish come whole or filleted?

This year, we are pleased to offer both whole (gutted) and filleted fish. You can sign up to receive whole fish each week, alternating weeks of whole/filleted fish (one week you will receive whole fish, and the next week you will receive fillets), or filleted fish each week.

How much fish do I get? How much does it cost?

The fall CSF will consist of 6 deliveries over 8 weeks (we are allowing 2 weeks for weather related cancelations). The "A" options below are plenty of food for a couple to have at least one meal plus left-overs each week. The "B" options are perfect for families or people who want to share with their friends or have dinner parties that are totally off the hook.

whole (gutted) fish: (2-3 lbs each)

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|-----------------------------|-------|
| A. One Fish: (6 deliveries) | \$90 |
| B. Two Fish: (6 deliveries) | \$165 |

whole/filleted fish (3 wks whole/3 wks fillets)

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|---|-------|
| A. One Fish/2lbs Fillets: (alternating weeks) | \$125 |
| B. Two Fish/4lbs Fillets: (alternating weeks) | \$225 |

All fillets (6 deliveries)

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|-------------------------------|-------|
| A. 2 lbs fillets per delivery | \$175 |
| B. 4 lbs fillets per delivery | \$325 |

Where do I pick up my fish?

The Halifax pickup will be at the Brewery Market on Thursday afternoons from 3-6 pm starting Sept 22. There are also pickups in Tantallon and in Wolfville. If you live in Bedford, Sackville, or Dartmouth and would like to set up a pickup, get in touch.

What do I get with my subscription?

- 🐟 Extremely fresh, sustainably caught fish- delivered weekly
- 🐟 The chance to meet and get to know the fisherman who catch your fish
- 🐟 Live updates from the boats as they steam back to port
- 🐟 Filleting workshops, cooking workshops & recipes
- 🐟 The opportunity to use the whole fish- for stock, chowder, and ultimately for your compost
- 🐟 The peace of mind of knowing where your fish is caught, who caught it, and how
- 🐟 OPTIONAL EXTRA ORDERING- you can now order extra fillets in advance of deliveries (we require 1 week notice)

First Delivery is Sept 22. Subscribe online: www.offthehookcsf.ca or call 442-0999