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Current Status and Utilization of Marine Products in St. Lucia

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[Background & Purpose]

St. Lucia is rich in marine product resources. Large-sized fish like Tuna and Dolphinfish are distributed to restaurants and hotels, but small-sized fish, which are the remaining fish, are consumed by common people and are not used effectively. Though there are some cooking methods such as grilling, deep frying and boiling, these are commonly seasonally patterned. Marine products are imported from neighboring countries, and these are distributed at a high price in seafood restaurants for tourists, including cruise passengers in spite of the many fish products caught in St. Lucia. The classification method of other fish species is different depending on the fishers, and fish caught near a coral reef are generally called “Pot Fish”, which include expensive fish and low-evaluated cheap fish that are consumed in several ways. The goal of this project is to improve the base of livelihood by developing effective utilization methods for low priced fish including cheap “Pot Fish” and to increase their value.

[Activities]

First, catch data including species, size and the price of fish landed in the fishing port complex (FPC) of Vieux Fort (VF) were obtained to identify the species, low priced fish and “Pot Fish”. Interviews with fishers determined which species were recognized as “Pot Fish” (Act.1). Second, a fish consumption questionnaire survey was conducted to understand the situation of marine product utilization by non-fishers living in VF (Act.2). Third, a “Fish Book” that included the effects of fish-eating on health, nutritional value, and an illustrated reference of fish and their cooking recipes was made as a contribution to this project for the future activities of effective utilization of marine resources (Act.3).

[Achievement]

Fifty-eight species, including 27 “Pot Fish”, were landed in the FPC and identified, and 36 questionnaires were obtained from consumers to understand the situation of marine product utilization in VF. It was found that Almaco Jack (Greater Amberjack), Gray Triggerfish and Ballyhoo are considered as low-priced fish, and Mottainai Fish as well. The “Fish Book” contained chapters on the effects of fish-eating on health, their nutritional value and an illustrated reference of the 50 landed species and 14 recipes for cooking fish. In the future, promotion of fish-eating by distributing this book to make the citizens healthier and the development of proper utilization of “Pot Fish” to increase their value are expected.