

SHOW NOTES – Peak & Plunge

Episode 3 – Whose Sustainability Is It Anyway?

The show where the word is made up and your seafood choices matter!

In episode 3 of **Peak & Plunge**, we talk to special guest Cory Nash, Outreach Manager at the esteemed Monterey Bay Seafood Watch program, about our relationships with seafood. In a world where overfishing threatens not only the ocean's health but the lives and rights of us humans - this relationship holds a lot more weight that most realize.

What the heck does sustainable even mean, and who is it for? Does the seafood we eat inland matter? Listen and find out!

Peak & Plunge Episode 3: Whose Sustainability Is It Anyway?

External Links

Monterey Bay Aquarium's Seafood Watch - <https://www.seafoodwatch.org/>

How to Install Seafood Watch on your phone:

<https://www.seafoodwatch.org/recommendations/add-seafood-watch-to-your-phone>

The Crimes Behind The Seafood You Eat, An Excellently Reported Article on Seafood's Human Cost:

<https://www.newyorker.com/magazine/2023/10/16/the-crimes-behind-the-seafood-you-eat>

A Guide To the Environmental Impacts of Fishing and Farming Methods -

<https://www.seafoodwatch.org/seafood-basics/fishing-and-farming-methods>

Artwork Attributions

Podcast Cover Artwork by Mercedes Schultz.

Music And Sound Attributions

All sound effects and music tracks are under the YouTube Audio license, are Public Domain, or are otherwise free to use without attribution.

Special Thanks

Special thank you to Cory Nash for his time and expertise, as well as lending his voice to this episode! All voices are used with permission.

Peak and Plunge is hosted, written, and produced by *Dane Whicker*, and produced in proud partnership with the *Inland Ocean Coalition*.

Full Show Notes [available here](#).

[Episode Transcript Available Here.](#)

Information Source Citations

[Automatically Generated with Mendeley Reference Manager]

- 15 Ways to Use Canned Seafood, According to Chefs*. (n.d.). Retrieved November 27, 2023, from <https://www.foodandwine.com/cooking-techniques/chefs-tinned-canned-seafood-fish-ideas>
- (96) *Agamemnon by Aeschylus | Summary & Analysis - YouTube*. (n.d.). Retrieved November 12, 2023, from <https://www.youtube.com/watch?v=yLWJGZ5AUJ4>
- (114) *China: Seafood Superpower | The Outlaw Ocean Project - YouTube*. (n.d.). Retrieved November 15, 2023, from <https://www.youtube.com/watch?v=h3xxvRRyiko&t=333s>
- AESCHYLUS AGAMEMNON*. (n.d.). Retrieved November 12, 2023, from <http://johnstoniatexts.x10host.com/aeschylus/agamemnonhtml.html>
- An Introduction to Fishing Methods — Best Fish Forward*. (n.d.). Retrieved November 21, 2023, from <http://www.bestfishforward.com/fish-tales/2020/5/1/fishing-methods>
- Barlow, S. M. (2003). FISH MEAL. *Encyclopedia of Food Sciences and Nutrition*, 2486–2491. <https://doi.org/10.1016/B0-12-227055-X/00479-X>
- Behind the Scenes of the Most Consumed Seafood | NOAA Fisheries*. (n.d.). Retrieved November 16, 2023, from <https://www.fisheries.noaa.gov/feature-story/behind-scenes-most-consumed-seafood>
- Budget Friendly Guide to Sustainable Seafood | Kitchen Stewardship*. (n.d.). Retrieved November 26, 2023, from <https://www.kitchenstewardship.com/sustainable-seafood/>
- Chart: Aquaculture Accounts for Half of the World's Fish Supply | Statista*. (n.d.). Retrieved November 20, 2023, from <https://www.statista.com/chart/2280/the-global-fish-farming-industry-is-booming/>
- Consumer guides | Recommendations | Seafood Watch*. (n.d.). Retrieved November 9, 2023, from <https://www.seafoodwatch.org/recommendations/download-consumer-guides>
- Country of Origin Labeling (COOL) Frequently Asked Questions | Agricultural Marketing Service*. (n.d.). Retrieved November 16, 2023, from <https://www.ams.usda.gov/rules-regulations/cool/questions-answers-consumers>
- Deep-Set Buoy Gear: A Better Way to Catch Swordfish | The Pew Charitable Trusts*. (n.d.). Retrieved November 20, 2023, from <https://www.pewtrusts.org/en/research-and-analysis/fact-sheets/2015/11/deep-set-buoy-gear-a-better-way-to-catch-swordfish>
- Did you know Denver is one of the freshest non-coastal places you can get fish? | FOX31 News*. (n.d.-a). Retrieved November 13, 2023, from <https://kdvr.com/news/local/did-you-know-denver-is-one-of-the-freshest-non-coastal-places-you-can-get-fish/>
- Did you know Denver is one of the freshest non-coastal places you can get fish? | FOX31 News*. (n.d.-b). Retrieved October 22, 2023, from

<https://kdvr.com/news/local/did-you-know-denver-is-one-of-the-freshest-non-coastal-places-you-can-get-fish/>

Dolphin safe label - Wikipedia. (n.d.). Retrieved November 5, 2023, from https://en.wikipedia.org/wiki/Dolphin_safe_label

Ferguson-Cradler, G. (2018). Fisheries' collapse and the making of a global event, 1950s–1970s. *Journal of Global History*, 13(3), 399–424. <https://doi.org/10.1017/S1740022818000219>

Fish & Seafood Markets - Market Size, Industry Analysis, Trends and Forecasts (2023-2028) | IBISWorld. (n.d.). Retrieved November 13, 2023, from <https://www.ibisworld.com/us/industry/colorado/fish-seafood-markets/18350/>

Fish meal - Wikipedia. (n.d.). Retrieved October 19, 2023, from https://en.wikipedia.org/wiki/Fish_meal

Fisheries, N. (n.d.). *REPORT TO CONGRESS EFFORTS TO PREVENT IMPORTATION OF SEAFOOD HARVESTED THROUGH ILLEGAL, UNREPORTED, AND UNREGULATED FISHING AND ADDRESS IMPORTED SEAFOOD FRAUD*.

Giron-Nava, A., Ezcurra, E., Brias, A., Velarde, E., Deyle, E., Cisneros-Montemayor, A. M., Munch, S. B., Sugihara, G., & Aburto-Oropeza, O. (2021). Environmental variability and fishing effects on the pacific sardine fisheries in the gulf of california. *Canadian Journal of Fisheries and Aquatic Sciences*, 78(5), 623–630. <https://doi.org/10.1139/CJFAS-2020-0010>

GREEK TRAGEDY: AESCHYLUS, WEAVING AND BIRTH, a lecture by Ricardo Nirenberg. Fall 1996. (n.d.). Retrieved November 12, 2023, from <https://www.albany.edu/~rn774/fall96/trag.html>

Home | Marine Stewardship Council. (n.d.). Retrieved November 5, 2023, from https://www.msc.org/en-us?gad_source=1&gclid=Cj0KCQiAuqKqBhDxARIsAFZELmLfjO21OBdg_F3u6xTtJpB_RkLZZW3OzEETxbg0UAZ2g6zw1APv2rEaAmHdEALw_wcB

How many species of salmon are there and how large can they get? | U.S. Geological Survey. (n.d.). Retrieved November 16, 2023, from <https://www.usgs.gov/faqs/how-many-species-salmon-are-there-and-how-large-can-they-get>

How overfishing threatens the world's oceans—and why it could end in catastrophe. (n.d.). Retrieved November 12, 2023, from <https://www.nationalgeographic.com/environment/article/critical-issues-overfishing>

In the Beginning was the Word ~ Agamemnon. (n.d.). Retrieved November 12, 2023, from <https://www.songsouponsea.com/Promenade/Court2AD.html>

Lothian, S. L. (2022). Marine Conservation and International Law: Legal Instruments for Biodiversity Beyond National Jurisdiction. *Marine Conservation and International Law: Legal Instruments for Biodiversity Beyond National Jurisdiction*, 1–304. <https://doi.org/10.4324/B22996/MARINE-CONSERVATION-INTERNATIONAL-LAW-SARAH-LOUISE-LOTHIAN>

Love, D. C., Asche, F., Conrad, Z., Young, R., Harding, J., Nussbaumer, E. M., Thorne-Lyman, A. L., & Neff, R. (2020). Food sources and expenditures for seafood in the United States. *Nutrients*, 12(6), 1–11. <https://doi.org/10.3390/NU12061810>

Melnychuk, M. C., Ashbrook, C. E., Bell, R. J., Bellquist, L., Kauer, K., Wilson, J. R., Hilborn, R., & Odell, J. (2023). Characterizing state-managed and unmanaged fisheries in coastal marine states and territories of the United States. *Fish and Fisheries*, 24(5), 711–729. <https://doi.org/10.1111/FAF.12756>

Miller, E. A., Lisin, S. E., Smith, C. M., & Van Houtan, K. S. (2020). Herbaria macroalgae as a proxy for historical upwelling trends in Central California. *Proceedings of the Royal Society B: Biological Sciences*, 287(1929). <https://doi.org/10.1098/RSPB.2020.0732>

Oceans of truth | *Nature*. (n.d.). Retrieved November 9, 2023, from <https://www.nature.com/articles/42184>

Oresteia - *Wikipedia*. (n.d.). Retrieved November 12, 2023, from <https://en.wikipedia.org/wiki/Oresteia>

Our Story - *Cannery Row*. (n.d.). Retrieved November 13, 2023, from <https://canneryrow.com/our-story/>

Pacific Bluefin Tuna | *NOAA Fisheries*. (n.d.). Retrieved November 12, 2023, from <https://www.fisheries.noaa.gov/species/pacific-bluefin-tuna>

PFEL-Collapse of Anchovy Fisheries and the Expansion of Sardines In Upwelling Regions. (n.d.). Retrieved November 13, 2023, from <https://upwell.pfeg.noaa.gov/research/climatemarine/cmffish/cmffishery4.html>

Seafood Import Monitoring Program | *NOAA Fisheries*. (n.d.). Retrieved November 15, 2023, from <https://www.fisheries.noaa.gov/international/seafood-import-monitoring-program>

Seafood Import Monitoring Program Facts and Reports | *NOAA Fisheries*. (n.d.). Retrieved November 19, 2023, from <https://www.fisheries.noaa.gov/international/international-affairs/seafood-import-monitoring-program-facts-and-reports>

Seafood Social Risk Tool | *Seafood Watch*. (n.d.). Retrieved November 16, 2023, from <https://www.seafoodwatch.org/our-projects/seafood-social-risk-tool>

Seafood Watch - *Wikipedia*. (n.d.). Retrieved November 9, 2023, from https://en.wikipedia.org/wiki/Seafood_Watch

Shepherd, J. (1997). Oceans of truth. *Nature* 1997 388:6645, 388(6645), 843–843. <https://doi.org/10.1038/42184>

Smart Catch program absorbed by Where Food Comes From | *SeafoodSource*. (n.d.). Retrieved November 5, 2023, from <https://www.seafoodsource.com/news/environment-sustainability/smart-catch-program-absorbed-by-where-food-comes-from>

SPSG Ltd Atlanto Scandian herring - *MSC Fisheries*. (n.d.). Retrieved November 13, 2023, from <https://fisheries.msc.org/en/fisheries/spsg-ltd-atlanto-scandian-herring/>

Study questions just how much seafood the US actually imports / SeafoodSource. (n.d.). Retrieved November 19, 2023, from <https://www.seafoodsource.com/news/supply-trade/study-questions-just-how-much-seafood-the-u-s-actually-imports>

Sumaila, U. R., Ebrahim, N., Schuhbauer, A., Skerritt, D., Li, Y., Kim, H. S., Mallory, T. G., Lam, V. W. L., & Pauly, D. (2019). Updated estimates and analysis of global fisheries subsidies. *Marine Policy*, 109. <https://doi.org/10.1016/j.marpol.2019.103695>

The world now produces more seafood from fish farms than wild catch - Our World in Data. (n.d.). Retrieved November 21, 2023, from <https://ourworldindata.org/rise-of-aquaculture>

Thomas Henry Huxley - Wikipedia. (n.d.). Retrieved November 9, 2023, from https://en.wikipedia.org/wiki/Thomas_Henry_Huxley

U.S. Aquaculture / NOAA Fisheries. (n.d.). Retrieved November 19, 2023, from <https://www.fisheries.noaa.gov/national/aquaculture/us-aquaculture>

U.S. Seafood Import Monitoring Program Needs Strengthening. (n.d.). Retrieved November 19, 2023, from <https://www.nrdc.org/bio/sandy-aylesworth/us-seafood-import-monitoring-program-needs-strengthening>

Vietnamese pioneers for ASC responsibly farmed pangasius recognised - ASC International. (n.d.). Retrieved November 15, 2023, from <https://asc-aqua.org/news/vietnamese-pioneers-for-asc-responsibly-farmed-pangasius-recognised/>

We now have a treaty governing the high seas. Can it protect the Wild West of the oceans? (n.d.). Retrieved November 15, 2023, from <https://theconversation.com/we-now-have-a-treaty-governing-the-high-seas-can-it-protect-the-wild-west-of-the-oceans-201184>

Whale conservation - Wikipedia. (n.d.). Retrieved November 13, 2023, from https://en.wikipedia.org/wiki/Whale_conservation