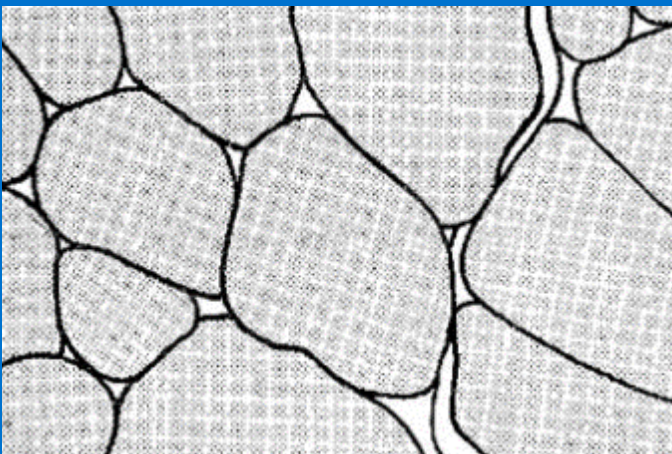




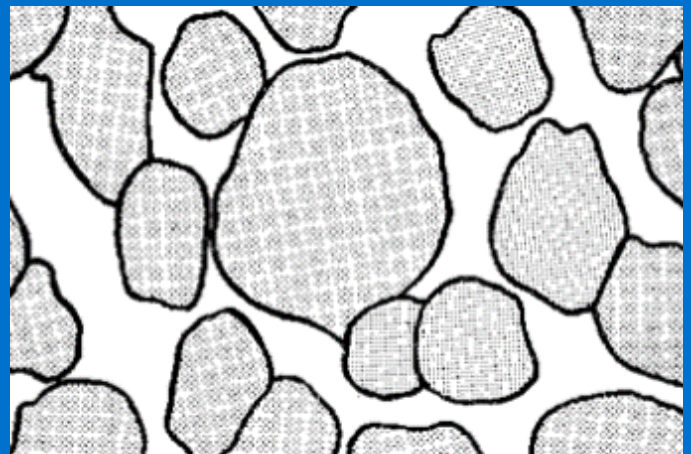
# Spawning Season

As Spring approaches, the spawning season is already beginning for many of the local North Atlantic species. During spawn season fish typically exhibit higher energy levels while feeding less. In addition, much of what they eat during spawn will be diverted to the sex organs for the production of sperm and eggs, instead of being used to supply needed protein content to the muscle tissue. As a result there is often a notable change in the fishes chemical composition during this time as proteins and lipids in the muscle are broken down and replaced with fluid. Typically, the more mature a fish is, the more depleted it will become during spawn. The images below help demonstrate this muscle composition change.

This increase in water content and decrease in protein typically affects both the size (typically smaller than normal) and quality of the fillets by making them more translucent in appearance and wet to the touch. As a result the flesh is noticeably softer than normal. Please keep these seasonal quality changes in mind as you evaluate your orders for quality.



*Cross-section through the muscle of a well-nourished cod.*



*Cross-section through the muscle of a cod in poor condition after spawning.  
(Note the cells have shrunk and the space between them has filled with liquid)*