



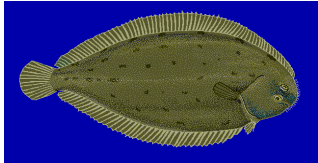























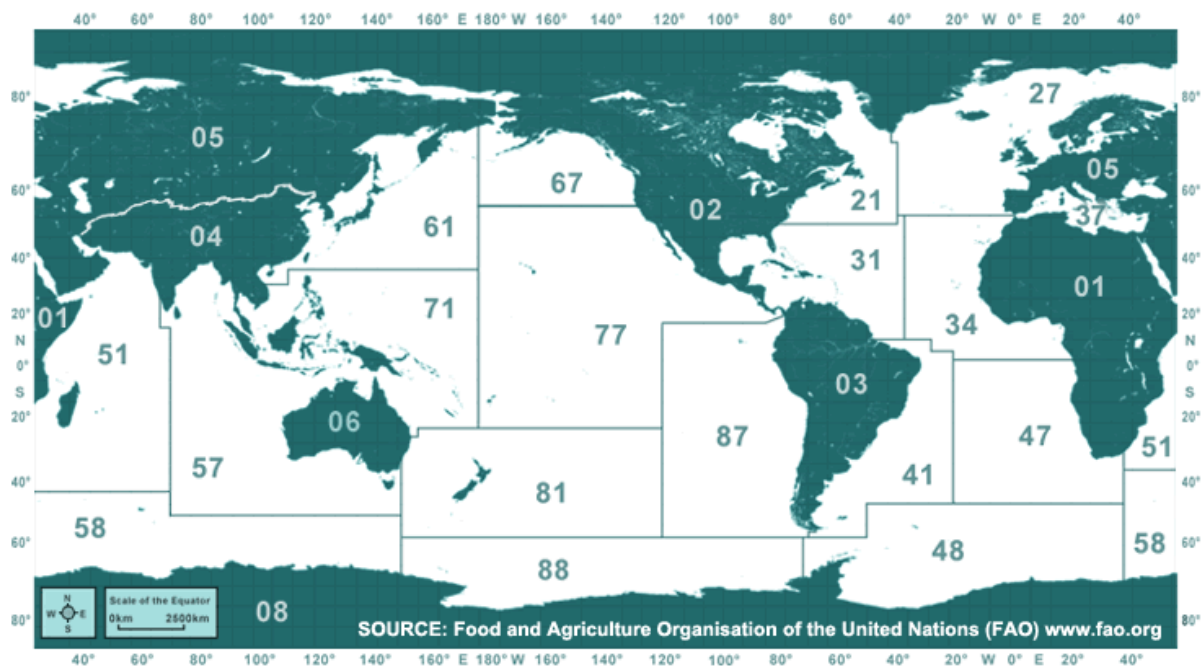
	<p>Information sheet about length at first maturity in sea food species common in shops and markets in Brussels</p> <p>NB: L_m is smaller in warmer waters, higher in cooler waters. We recommend upper values as precaution against widespread overfishing.</p>
<p>Sprat (<i>Sprattus sprattus</i>)</p> 	<p>Distribution: Northeast Atlantic: North Sea and adjacent waters as far north as the Lofoten Area and the west of the British Isles, and Baltic Sea south to Morocco; also in northern Mediterranean (Gulf of Lion and the Adriatic Sea) and Black Sea.</p> <p>Maturity: L_m 10.1, range 8 - 12 cm – max 16 cm TL</p>
<p>Sardine (<i>Sardina pilchardus</i>)</p> 	<p>Distribution: Northeast Atlantic: Iceland (rare) and North Sea, southward to Bay de Gorée, Senegal. Mediterranean (common in the western part and in Adriatic Sea, rare in the eastern part), Sea of Marmara and Black Sea.</p> <p>Maturity: L_m 14.8 range ? - ? cm - max 27.5 cm SL, common 20 cm SL</p>
<p>Anchois (<i>Engraulis encrasicolus</i>)</p> 	<p>Distribution: Eastern Atlantic: Bergen, Norway to East London, South Africa (perhaps reaching Durban). Also all of Mediterranean, Black and Azov seas, with stray individuals in Suez Canal and Gulf of Suez; also recorded from St. Helena. Reported from Estonia.</p> <p>Maturity: L_m 9.7, range 9 - 14 cm - max 20.0 cm SL, common 13 SL male</p>
<p>Hareng (<i>Clupea harengus</i>)</p> 	<p>Temperate; 1°C - 18°C</p> <p>Distribution: North Atlantic: in the west, it ranges from southwestern Greenland and Labrador southward to South Carolina, USA. In the east, it ranges from Iceland and southern Greenland southward to the northern Bay of Biscay and eastward to Spitsbergen and Novaya Zemlya in Russia, including the Baltic Sea.</p> <p>Maturity: L_m 16.7 range ? - ? cm - max 45.0 cm SL, common 30 cm SL</p>
<p>Sole (<i>Solea solea</i>)</p> 	<p>Subtropical; 8°C - 24°C</p> <p>Distribution: Eastern Atlantic: southward from Trondheim Fjord (including North Sea and weste Baltic) and Mediterranean Sea (including Sea of Marmara, Bosphorus and southwestern Black Sea). Elsewhere, southward to Senegal, including Cape Verde.</p> <p>Maturity: L_m 30.3 range ? cm – max 70.0 cm SL male/unsexed, common 35</p>
<p>Limande du Japon (<i>Limanda aspera</i>)</p> 	<p>Temperate</p> <p>Distribution: North Pacific: Korea and the Sea of Japan to the Sea of Okhotsk, Bering Sea, and Barkley Sound, Canada, and Alaskan Beaufort Sea.</p> <p>Maturity: L_m 28.9, range 21 - 24 cm – max 49.0 cm TL male/unsexed, common 33 cm</p>
<p>Northern Rock Sole (<i>Lepidopsetta polyxystra</i>)</p> 	<p>Temperate</p> <p>Distribution: North Pacific: Puget Sound, Washington (USA) through the Bering Sea and Aleutian Islands to the Kuril Islands; overlapping with <i>L. bilineata</i> from the extreme SE Bering Sea to Puget Sound; and with <i>L. mochigarei</i> in the southern Sea of Okhotsk.</p> <p>Maturity: L_m 30.9 range ? Cm – max 69 cm TL</p>
<p>Carrelet (<i>Pleuronectes platessa</i>)</p> 	<p>Temperate; 2°C - 15°C</p> <p>Distribution: Northern Sea. Reports from the Mediterranean Sea appear to be misidentifications of <i>P. flesus</i>.</p> <p>Maturity: L_m 30.8, range 24 - 42 cm – max 100.0 cm SL male / unsexed, common 40 cm</p>

<p>Turbot (<i>Scophthalmus maximus</i>)</p> 	<p>Temperate Distribution: Northeast Atlantic: throughout the Mediterranean and along the European coasts to Arctic Circle; also found in most of the Baltic Sea. Subspecies <i>Psetta maxima maeotica</i> in the Black Sea. Maturity: L_m 34.7, range 41 - 54 cm - max 100 cm TL male / unsexed, common 50 cm</p>
<p>Maquereau (<i>Scomber scombrus</i> ou <i>S. japonicus</i>)</p> 	<p>Temperate Distribution: North Atlantic: including the Mediterranean. Maturity: L_m 28.7, range 29-30 cm – max 60 cm, common 30 / 35 cm</p>
<p>Morue (<i>Gadus morhua</i>)</p> 	<p>Temperate Distribution: North Atlantic and Arctic: Ungava Bay in Canada along the North American coast to Cape Hatteras; North Carolina in the western Atlantic. East and west coast of Greenland; around Iceland; from Barents Sea including the region around Bear Island along the European coast to Bay of Biscay. Maturity: L_m 63.4, range 31 - 74 cm – max 200 cm, common 100 cm</p>
<p>Merlu, Merlan, Brochet de mer (<i>Merluccius merluccius</i>)</p> 	<p>Temperate Distribution: Eastern Atlantic: Norway and Iceland, southward to Mauritania. Also in the Mediterranean Sea and along the southern coast of the Black Sea. Maturity: L_m 42.8, range 20 - 70 cm – max 140 cm, common 45 cm male</p>
<p>Lieu noir, Merlan noir (<i>Pollachius virens</i>)</p> 	<p>Temperate Distribution: Eastern Atlantic: Barents Sea, Spitsbergen to Bay of Biscay, around Iceland. Western Atlantic: southwest Greenland, Hudson Strait to North Carolina, although rare at the extremes of the range. Maturity: L_m 39.1 range ? - ? cm – max 130 cm, common 60 cm</p>
<p>Bass (<i>Dicentrarchus labrax</i>)</p> 	<p>Subtropical; 8°C - 24°C Distribution: Eastern Atlantic: Norway to Morocco, the Canary Islands and Senegal. Also known from the Mediterranean and Black Sea. Absent from White, Barents, Baltic and Caspian Seas Maturity: L_m 32.3, range 23 - 46 cm – max 103 cm, common 50 cm</p>
<p>Dorade (<i>Sparus aurata</i>)</p> 	<p>Subtropical Distribution: Eastern Atlantic: British Isles, Strait of Gibraltar to Cape Verde and around the Canary Islands; also in the Mediterranean. Reported from the Black Sea. Reports from New Zealand refer to <i>Pagrus auratus</i>. Maturity: L_m ?, range 33 - 40 cm – max 70 cm, common 35 cm</p>
<p>Dorade (<i>Pagellus bogareveo</i>)</p> 	<p>Temperate Distribution: Eastern Atlantic: Norway, Strait of Gibraltar to Cape Blanc in Mauritania, Madeira, Canary Islands, and western Mediterranean (rare beyond the Sicilian Strait). Reported from Iceland. Maturity: L_m 31.4 range ? - ? cm – max 70 cm, common 30 cm</p>

<p>Dorade (<i>Dentex dentex</i>)</p> 	<p>Subtropical Distribution: Eastern Atlantic: British Isles to Cape Blanc, Mauritania; (exceptionally further south) Senegal and around the Canary Islands and Madeira. Common south of 40°N (Spain, North Africa) in the Mediterranean. Maturity: L_m 34.6 range ? - ? cm – max 100 cm, common 50 cm</p>
<p>Thon rouge (<i>Thunnus thynnus</i>)</p> 	<p>Subtropical; 3°C - 30°C Distribution: Western Atlantic: Labrador and Newfoundland to Gulf of Mexico, and Caribbean Sea to Venezuela and Brazil. Eastern Atlantic: Lofoten Islands off Norway to Canary Islands, including the Mediterranean and the southern part of the Black Sea. Reported from Mauritania. There is a subpopulation off South Africa. Maturity: L_m range 97 - 110 cm – max 458 cm TL male, common 200 cm</p>
<p>Albacore, Yellowfin tuna (<i>Thunnus albacares</i>)</p> 	<p>Tropical; 15°C - 31°C Distribution: Worldwide in tropical and subtropical seas, but absent from the Mediterranean Sea. Maturity: L_m 103.3, range 78 - 158 cm – max 239 cm FL male / unsexed, common 150 cm FL</p>
<p>Patudo (<i>Thunnus obesus</i>)</p> 	<p>Subtropical; 13°C - 29°C Distribution: Atlantic, Indian and Pacific: in tropical and subtropical waters. Absent in the Mediterranean. Maturity: L_m ?, range 100 - 125 cm – max 250 cm TL, common 180 cm FL</p>
<p>Bonito (<i>Katsuwonus pelamis</i>)</p> 	<p>Tropical; 15°C - 30°C Distribution: Cosmopolitan in tropical and warm-temperate waters. Not found in the Black Sea. Maturity: L_m 40.0, range 40 - 45 cm – max 110 cm FL, common 80 cm FL</p>
<p>Carpe (<i>Cyprinus carpio</i>)</p> 	<p>Subtropical; 3°C – 35°C - freshwater Distribution: Europe to Asia: Black, Caspian and Aral Sea basins. Introduced throughout the world. Wild stocks are only present naturally in rivers draining to the Black, Caspian, Aral Sea and in the Danube. Maturity: L_m 34.9, range 25 - 36 cm – max 120 cm TL, common 31 cm</p>
<p>Pangasius (<i>Pangasianodon hypophthalmus</i>)</p> 	<p>Tropical; 22°C – 26°C - freshwater Distribution: Asia: Mekong, Chao Phraya, and Maeklong basins. Introduced into additional river basins for aquaculture. Maturity: Females take min. 3 years to reach sexual maturity in captivity (being then >3 kg in weight), while males often mature in 2nd year, probably taking about the same time in the wild – max 130 cm.</p>
<p>Crevette rose (<i>Pandalus borealis</i>?)</p> 	<p>Circumpolar Distribution: North Atlantic; -2°C - 12°C, preferred 4°C Maturity: L_m ? - max. total length 12 cm male, 16 cm female</p>

<p>Crevette grise (<i>Crangon crangon</i>)</p> 	<p>Distribution: Southern North Sea, although also found in the Irish Sea, Baltic Sea, Mediterranean Sea, and Black Sea, as well as off much of Scandinavia and parts of Morocco's Atlantic coast.</p> <p>Maturity: females reach sexual maturity at a length around 22–43 mm, while males are mature at 30–45 mm. Max 8.9 cm total length</p>
<p>Crevette géante tigrée (<i>Penaeus monodon</i>)</p> 	<p>Tropical - aquaculture</p> <p>Distribution: Southeast Asia</p> <p>Maturity: >4 cm, range ? - max. total length 33,6 cm male/unsexed</p>
<p>Crevette blanche (<i>Litopenaeus vannamei</i>)</p> 	<p>Sub-tropical to tropical – originally from South America/Pacific, now also cultured in Asia because more robust against white spot disease than <i>P. monodon</i></p> <p>Distribution: Eastern tropical Pacific from Mexico to southern Peru</p> <p>Maturity: ?, max. total length 23 cm</p>
<p>Homard (<i>Homarus gammarus</i>)</p> 	<p>Distribution: North Atlantic Ocean, from Labrador to North Carolina in the western North Atlantic, from Arctic Norway to Morocco, including the British Isles and the Mediterranean Sea.</p> <p>Maturity: The size at sexual maturity varies with temperature, range 70-100 mm - max 65.0 cm TL male, common 40 cm</p>



Shrimp supplier

<https://www.passionfroid.fr/produits/conseils/tout-comprendre-sur-les-crevettes>