

# SKATE

Leucoraja ocellata  
(also known as Winter skate)



DAVID HILLS, WWW.FISHPICTURES.COM

## CAPE COD FISHING FACTS

### Season

Year Round

### Harvest Methods

Gillnets and otter trawls

### Fishing Area

#### Summer and Fall:

Between three to 10 miles off the Cape

#### Winter and Spring:

Southern New England waters, 70 miles south of Nantucket.

## A Sustainable Local Fish

**Skate is a bottom-dwelling fish that is caught commercially from Maine to North Carolina.**

### UNDER-LOVED

Cape Cod small-boat fishermen sustainably catch skate in abundance right off our shores, but the majority of this plentiful, white fish is shipped overseas.

### ABUNDANT

Winter skate is the most abundant of the seven species of skate in the North Atlantic, and fishermen are allowed to harvest about 50 million pounds a year. Cape and Islands fishermen land more than 7 million pounds, making it the third highest landed seafood for the entire region.\*

### SUSTAINABLE

The skate fishery is well-managed under a total allowable catch limit that is not exceeded. Cape Cod fishermen use a species-selective gear design that allows them to singularly target winter skate with very little bycatch.

*\*SOURCE: 2016 MATL Reports and NMFS VTRs*



**“We are moving toward a more sustainable way of managing this fishery, which we hope will create more stable markets. Skate is plentiful, locally caught and delicious. Americans should eat it.”**

### Fisherman Greg Connors

F/V Constance Sea, Chatham, Mass., who is one of the very first fishermen to pursue skates on Cape Cod.

# 100% Utilization

## Commonly Used Parts of Skate

### RACK

Used for lobster bait in the U.S.

### LIVER

Used locally for fish oil supplements

### WING

Used for fillets in Europe, Asia and the U.S.

### CHEEKS

Used as new specialty item in the U.S.

### WING

## A Great Choice

- By ordering or serving skate, you are supporting sustainable fishing on Cape Cod, healthy oceans and a new local fish movement.
- Each skate wing provides two boneless fish fillets with a mild sweet flavor and a delicate texture.
- Skate is an excellent source of low fat protein and is low in calories and sodium.
- A versatile fish, skate can be baked, fried, poached or sautéed.



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## If it's Pier to Plate, you know it's Cape caught.

✓ LOCAL ✓ SUSTAINABLE ✓ DELICIOUS

Pier to Plate brings dogfish to local food establishments with the goal of creating consumer demand on Cape Cod and across the country.

Find participating food establishments at [www.piertoplate.org](http://www.piertoplate.org)

Follow us on social media @FishAlliance #pier2plate



The Fishermen's Alliance works with fishermen to build lasting solutions to protect the ocean ecosystem while ensuring the economic viability of Cape Cod's small-boat fishing fleets.

[www.capecodfishermen.org](http://www.capecodfishermen.org)