



Fish Consumption Advisory

Fish are nutritious and tasty to eat, but some species can absorb contaminants from the water and from the food they eat. The Federal Government sets standards for chemicals in food sold commercially, including fish. The State of New Jersey routinely monitors contaminant levels in fish. The NJ Department of Health issues advisories when contaminant levels exceed federal standards. Please visit:

www.state.nj.us/dep/dsr/njmainfish.htm

Please Be a Responsible Angler

- **Limit your take.** Only keep enough for a meal, release the rest.
- **Use circle, wide gap and barbless hooks.** Reduce the chance of lethally wounding a fish during 'catch and release.'
- **Take photos (instead of keeping fish).** If you don't plan to eat your fish, consider having a release mount made. These look identical to the actual fish – especially if you submit a photo.
- **Don't trash the water.** Bring a bag for garbage and a separate bag for used fishing line/monofilament (it can be recycled).
- **Walk quietly and carefully.** Stirring up silt, pulling seaweed, and even causing big splashes can stress fish enough to make them leave the area.

Regulations

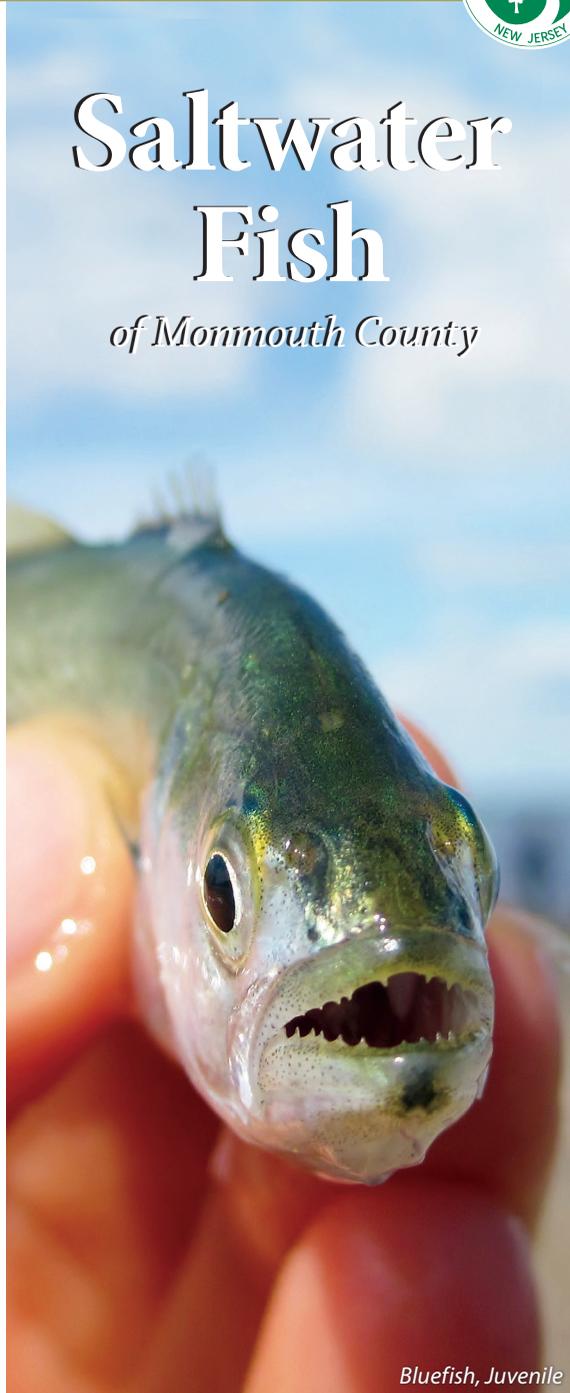
Rules are in place to maintain a healthy fish population and to provide anglers with the best opportunities without depleting stocks. For minimum size and catch limits, seasons, and gear restrictions please visit:

www.state.nj.us/dep/fgw/njregs.htm#fishing

Anglers ages 16 and older who fish in the tidal waters of NJ must now register with the NJ Saltwater Registry. It's FREE. Please visit: www.nj.gov/dep/saltwaterregistry/



G15165-12/15



Saltwater Fish

of Monmouth County

Bluefish, Juvenile

www.monmouthcountyparks.com

Fish are cold-blooded animals with backbones that live in water and have gills. Monmouth County's coastal oceans and brackish waters (salt-freshwater mix) host a variety of species such as sea bass, bluefish, fluke, striped bass, weakfish, and flounder, while deeper waters host big game such as bluefin tuna, swordfish, and sharks.

Four Categories of Fish in Monmouth County



Summer flounder (fluke) are speckled, bottom dwelling, flatfish with both eyes on the same side of their head. Average adult size 3-6 lb., 15-22."

Estuarine fishes live in tidal waters where fresh and salt waters mix. The salt content varies: water closer to the ocean has a higher salinity. The shallow water and low wave action of estuaries make them an important nursery for

juvenile fish. Sandy Hook Bay, Raritan Bay, and the tidal portions of the Navesink, Shrewsbury, Shark and Manasquan rivers are home to over 80 species, including:

- Bluefish
- Weakfish
- Winter & summer flounder (fluke)



Adult bluefish, note the shiny, blue-grey color. Average adult size 10-32 lb., 1-1 1/2 ft. Photo Source: NEFSC/NOAA

Marine or pelagic fishes spend much time living in the open ocean. These are often large, fast-growing and swift-moving species wonderfully adapted to living in deep waters.

- Marlin
- Tuna
- Predatory sharks (blue sharks, oceanic whitetip sharks, scalloped hammerheads, etc.)



Yellowfin tuna caught offshore. Average adult size 55 lb, 3-3 1/2 ft. Photo Source: NEFSC/NOAA

Anadromous fish migrate from the ocean to freshwater to spawn. After spawning, adult fish often swim downstream to an estuary and eventually out to sea.

- Striped bass
- Shad
- River herring (blueback herring, alewife, etc.)



Blueback herring. Average adult size 1/3 lb., 10-12"



Large, 47 lb. striped bass caught offshore. Average adult size 25-35 lb., 2 1/2 -3 ft. Photo Source: Derek Bieltz, Sam Skinner



Juvenile striped bass.

Catadromous fish migrate from freshwater to the ocean to spawn. Spawning takes place in far offshore waters of the Sargasso Sea, near Bermuda. Monmouth County has only one:

- Eel



American eel, juvenile