

Sea Whistle Trout

County Mayo, Ireland

In Clew Bay, County Mayo, on the west coast of Ireland, a father and son team is farming sea trout. Tom Doherty, Sr., and his son Tommy, who now runs the day to day operations, are raising fish known for their sleek body and bright silver skin.



Tommy Doherty nets some trout

The Farm

Part of the same co-operative as Sea Whistle Irish salmon, it's the only farm raising sea trout. Next to the trout farm is a separate mussels farm which provides the benefits of integrated multi-trophic aquaculture, or IMTA, which is the raising of companion species in the same area for nutrient balancing. Rows of mussels at the mouth of the loch are filter feeding and helping to eliminate farm waste as the tides wash in and out, further cleaning the water

The Fish

Care for the fish and the environment can be tasted in every bite of Sea Whistle Irish Organic Sea Trout. These fish are raised in the raging tides of Clew Bay, an area of healthy sea life where the fishermen practice regular fallowing and site rotation. The sea trout has been certified organic by Qualité- France, Naturland Verband, and Bio Suisse and is certified ISO 9001.

Traceability

Each shipment includes a comprehensive product traceability sheet which details the life history of that fish.

**“Ní neart go
chur le chéile”**

– Gaelic for
“There is strength
in cooperation”

Sea Whistle Trout

County Mayo, Ireland



Certifications & Awards

Certified organic by Qualité-France
(Certifié Agriculture Biologique).

Meet CleanFish

CleanFish is a company, an aspiration and a movement to promote seafood that's the best of the season, better every season. We bring together artisan producers — both fishermen and farmers — and champion them in the marketplace under traceable, transparent brands. Our network of artisans are stewards of their fisheries, and we are stewards of their stories as we connect producers to chefs and consumers in a celebration of fish you can trust with a difference you can taste.

Keep In Touch

For a complete list of CleanFish products and videos, please visit: www.cleanfish.com

Want to talk fish and sourcing with a fellow chef?
chefs@cleanfish.com

Want waitstaff talking points, to partner on an event, or get help spreading the word on the deliciously responsible choices you're making?
marketing@cleanfish.com

THE FACTS:

Latin Name	<i>Oncorhynchus mykiss</i>
Common Names	Sea trout are the same species as a rainbow trout and what is referred to as a Steelhead trout in the U.S. The robust ocean tides and an ocean diet give the fish its red flesh and large, well formed body.
Origin	Clew Bay, Ireland – Mayo County
Form & Size	Whole, Dressed, Head-on, 1-3 kg
Product Packing	Whole: 6.6-17.6+ lb 45 lb box Fillet: approximately 20 lb box
Availability	Year round
Husbandry	This father and son team take the utmost care when harvesting
Feed	Protein: Certified organic, 80% marine and 20% vegetable Oil: Certified organic, 95% marine and 5% vegetable Marine fishmeal and oil is produced from sustainably managed fisheries and/or processed trimmings of fish caught for human consumption.
Health	Sea trout is high in omega-3

Sea Whistle™

The European Collection

Sea Whistle, *Ascophyllum nodosum*, is a kelp found throughout the northeastern Atlantic. From under the waves, along the rocky coast and the sandy beaches, its strands flow through the region.

Sea Whistle Salmon County Galway, Ireland

In Irish legend, the salmon is a magic fish, bestowing wisdom on its human eater. In the Gaeltacht, the remote Gaelic speaking region of western Ireland, it's telling a village how to thrive in the modern world without leaving home. Some 50 people work to raise these fish, and they have joined with CleanFish to bring them to market as Sea Whistle salmon. "Ní neart go chur le chéile" the Gaelic saying goes. "There is strength in co-operation."

Strength in Cooperation

On the west coast of Ireland, nothing stands between the rocky shore and America but 5,000km of Atlantic Ocean. With no industry in site, the waters rush cold, clear and remarkably unsullied. And with no industry, there's not much work. So, young people move to Dublin and beyond, leaving the old ways and Gaelic language behind — and taking the region's future with them.



Two families, the O Ceallachains and O Laois, hatched a plan for themselves and their communities. They turned to an ancient resource, the salmon, to stem the tide and give the youth a reason, and the means, to stay. They decided on a new kind of farm based on the highest standards of stewardship. Together, they formed Meitheal Éisc Teoranta (MET), which is Gaelic for "a gathering of fish farmers working together for a single purpose."

New Green Economy, Old Soul

In a region that's always been tied to the sea, working on the water gives a profound sense of continuity. Traditionally, people here were fisherman and boat builders. The sea filled their recipes and remedies, from once abundant finfish, to mussels, lobsters and oysters, and seaweed like dillisk and carrageen.

Sea Whistle salmon is a fish and a vision. In our fast-moving world, regeneration often comes from unlikely sources. Animals aren't the only things that can be endangered — cultures, languages and whole ways of life can slip from the world, taking part of our common human history with them. Here, a fish is helping to save a community and a language.

The Fish

Sea Whistle salmon are raised without hormones or antibiotics. With room to swim in netted pens that are 99.5% water, they don't need them. No chemicals are used to clean their nets, so there are none to pollute the surrounding water. Even fish protein that feeds the salmon comes from trimmings of fish for human consumption, bound together with organic grain.

In addition to raising salmon for sale, they are breeding salmon as a gift back to Ireland. They maintain a hatchery along the Screebe River that feeds into Kilkieran Bay. Wild Irish broodstock are stripped, hatched and returned to their native river. Salmon returns to the Screebe are the highest in recent memory.

"Ní neart go chur le chéile"

– Gaelic for "There is strength in cooperation"

Sea Whistle Salmon

County Galway, Ireland



Organically farmed salmon is rated a “Fish to Eat” by the Marine Conservation Society. ISO 9001 certification ensures leading quality management practices.

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Certifications & Awards

Animal welfare standards qualify the fish as a certified “Freedom Food” by the RSPCA, four European organic agencies certify their practices: Naturland Verband, Irish Organic Farmers and Growers Association, Bio Suisse and Qualite France. ISO 9001 certification ensures leading quality management practices.

THE FACTS:

Latin Name	<i>Salmo Salar</i>
Origin	Mannin Bay and Kilkieran Bay, Ireland – Galway County
Form & Size	Whole, Head-on, eviscerated, 3-4, 4-5, 5-6 kg
Product Packing	Whole: 6.6-17.6+ lb 45 lb box Fillet: approximately 20 lb box
Taste Profile	Lower fat content than industry standard - feeding is done by hand so salmon grow more slowly, develop a better taste and lower fat levels.
Availability	Year round
Husbandry	The cooperative practices following (6-30 weeks) to let the natural ecosystem regenerate. Extremely low stocking densities in pens (99.5% of the volume is water) minimizes stress on the fish.
Feed	Protein: Certified organic, 80% marine and 20% vegetable Oil: Certified organic, 95% marine and 5% vegetable Marine fishmeal and oil is produced from sustainably managed fisheries and/or processed trimmings of fish caught for human consumption.
Health	Feed is free of antibiotics, hormones, GMOs and land animal by-products. Marine protein is sourced from the bycatch of non-industrial Irish fisheries meant for human consumption. All land based ingredients come from organic sources.

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