America's Amazing Catfish Farmers
Did you know that you can grow fish on a farm? Growing plants and animals in water is called “Aquaculture”. Many people call it fish-farming. There are many fish farms in the United States and some of them grow catfish. In the southeastern states of Mississippi, Alabama, and Arkansas catfish farming is big business.

U.S. farmers work hard to take care of the fish so they grow quickly from baby fish into large fish that we can eat. Here is a look at some of the things that happen on a catfish farm.
In the spring when the water gets warm, the farmers put containers into the ponds where the fish can make nests and lay eggs.
The farmer collects the eggs and takes them to a special building called a hatchery.
After 5–7 days the eggs hatch. For the first few days the baby fish, called fry, feed off of the egg yolk. The fry must have good, clean water.
In a week or two the fry are moved to the pond. The fish ride in a special truck that has tanks of water on it and oxygen to help the fish breathe.
The farmers feed the fish with food that is made from a mix of plants and vitamins so they grow fast and stay healthy.
The farmer uses computer-controlled machinery to spread the feed across the pond so each fish gets a chance to eat.
After about 6 months the fry grow to be about the same size as a finger and are called fingerlings.
The farmers check the oxygen levels and water quality to make sure that the water stays clean and safe.
The farmers use a long net called a seine (pronounced: say-n) to catch and sort the fish.
The fish that are not ready for the market go through the net and stay in the pond to grow.
Idea:
The big fish are loaded onto a truck with water and oxygen.
The truck takes the fish to a processing plant where they are cleaned and packaged.
Boxes of processed fish are packed on a refrigerated delivery truck.
Delivery trucks take the catfish all over the country to restaurants and grocery stores.
Catfish can be cooked in so many different ways!
Remember, Eat more catfish and make sure it was grown in America. It’s good for you and our farmers!
Note to Parents & Teachers

While everyone knows that catfish have whiskers, and many know how good it is to eat, relatively few know that catfish is an American success story. Catfish is popular for its mild and slightly sweet flavor, nutritious content and environmental credentials. From humble beginnings as an experiment to generate supplemental income, catfish farming has become America’s largest aquaculture industry and a worldwide model of economical and sustainable aquaculture. At its peak in 2005 more than 600 million pounds of catfish were produced and processed generating more than $450 million dollars for farmers and creating an economic effect on local economies of more than a billion dollars. What does 600 million pounds of catfish look like? If you laid them end to end they would form a chain that would circle the globe more than two and a half times.

Channel catfish, known to the scientific community as *Ictalurus punctatus*, are well suited to farm life and are grown in an environmentally friendly way. They are raised in freshwater ponds throughout the southeastern United States and fed a prepared diet, rich in protein, vitamins and minerals. Catfish have a low feed conversion ratio (FCR) meaning they are very efficient at turning feed into meat. In fact, it is possible to raise one pound of catfish with 1.5 to 2 pounds of feed (chicken 2:1, pigs 3:4:1, and cows 7:10:1). The water quality and oxygen levels are monitored on a regular basis to ensure that the fish and the environment stay healthy. Waste from the fish acts as fertilizer that grows algae. The algae utilize the nutrients and in turn provide oxygen for the fish.

According to the Monterey Bay Aquarium’s Seafood Watch recommendations, U.S. farmed channel catfish is a “Best Choice” for consumers. According to the aquarium, channel catfish is thought to be among the most sustainable fish species being raised. Not only is it sustainable it is very nutritious, has a mild flavor and lends itself to a myriad of culinary possibilities. Many people know about fried catfish, but it also tastes great baked, grilled, smoked or even poached. Take a look at a few of the tasty prize winning recipes provided by The Catfish Institute.

Help support our nations farmers and give yourself a treat. Eat U.S. Farm Raised Catfish.

For more information about U. S. Farm-Raised Catfish, please visit www.UScatfish.com.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>1 fillet (159 g)</td>
<td>Calories 220 Calories from Fat 110</td>
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<tr>
<td></td>
<td>% Daily Value*</td>
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<tr>
<td></td>
<td>Total Fat 10g</td>
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<tr>
<td></td>
<td>Saturated Fat 3g</td>
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<tr>
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<tr>
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<td>Dietary Fiber 0g</td>
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<tr>
<td></td>
<td>Protein 25g</td>
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<table>
<thead>
<tr>
<th>Nutrient</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Vitamin A</td>
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<tr>
<td>Vitamin C</td>
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* Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
**Baked Catfish Provençal**

2 U.S. Farm-Raised Catfish Fillets  
2 tablespoons olive oil, divided  
1 cup mushrooms, sliced  
½ sweet onion, thinly sliced  
3 garlic cloves, minced  
1 cup grape tomatoes, halved  
1 cup crushed tomatoes  
1 tablespoon butter  
1 tablespoon dried Italian herbs  
1 teaspoon salt  
1 teaspoon freshly ground black pepper  
¼ cup chopped Italian parsley  
2 servings pasta cooked

1. Preheat oven to 400 F  
2. Place 1 TBSP olive oil in skillet over medium high heat. Add mushrooms, onion and garlic; sauté until tender, about 5 min.  
3. Add grape tomatoes and crushed tomatoes; cook 3 more min. until heated through.  
4. While vegetables are cooking, add butter and remaining olive oil to ovenproof skillet over medium high heat. Season both sides of catfish with Italian herbs, salt and pepper. Carefully place catfish in skillet; cook 3 min. Turn fillets and cook another 2 min.  
5. Slowly spoon vegetable mixture onto fillets in skillet. Place in oven and cook 5 min. Remove from oven; sprinkle with Italian parsley. Serve with your favorite pasta. Serves 2

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**Catfish Almondine**

2 U.S. Farm-Raised Catfish Fillets  
2 tablespoons butter, divided  
¼ cup slivered almonds  
1 lemon, zested and juiced

1. In large skillet over medium heat, melt 1 tablespoon butter. When melted, place fillets surving side down and cook 4 minutes or until nicely browned.  
2. Turn fillets; cook 4 more minutes or until done. Remove from skillet and set aside.  
3. Add remaining butter to skillet. Add almonds, zest and lemon juice. Cook 1 minute or until almonds begin to brown.  
4. Place catfish on plate and serve with almondine sauce. Serves 2

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**Grilled Citrus Rosemary Catfish**

4 U.S. Farm-Raised Catfish Fillets  
½ fresh lemon per fillet  
Salt and pepper to taste  
1. Preheat grill.  
2. Place catfish in shallow dish and squeeze ½ lemon over each. Sprinkle with salt and pepper. Let sit 5 min.  
3. Place catfish fillets on grill skin side up for 3 to 4 minutes. Flip over and grill 2 to 3 more min.  
4. Transfer catfish to serving plate and spoon warmed Citrus Sauce over fillets.

**Citrus Sauce**

Juice and zest of 1 lime  
Zest of ½ lemon  
Zest of ½ orange  
½ cup brown sugar  
1 tablespoon fresh rosemary, chopped  
¼ teaspoon salt  
6 ounces pineapple juice

Combine all ingredients in a small sauce pan. Bring to boil; reduce heat and simmer 5 minutes. Serves 4

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**Cajun Catfish With Honey Dijon Bacon Potato Salad**

**Cajun Catfish**

4 U.S. Farm-Raised Catfish Fillets  
½ cup fish breading  
1 tablespoon Creole seasoning  
1/½ to 2 cups frying oil

2. In large skillet, heat oil over high heat. Fry catfish until golden brown, about 3 min. per side. Place on paper towel to drain.  
3. Serve immediately with Honey Dijon Bacon Potato Salad

**Honey Dijon Bacon Potato Salad**

5 cups baby Yukon gold potatoes, cooked and quartered  
1 medium red onion, diced  
1 ½ cups celery, diced  
1 cup bacon, cooked, drained and chopped  
2 tablespoons honey  
2 tablespoons mayonnaise  
1 tablespoon Dijon mustard  
1 tablespoon fresh parsley, chopped  
Salt and pepper to taste  
Hot sauce to taste

Combine all ingredients and mix well. Adjust seasoning with salt, pepper and hot sauce. Cover and refrigerate. Serves 4