

Green Cuisine: Exploring New Jersey's Shellfish Resources

Seminar Summary

There are a number of benefits from choosing to eat lower on the food chain, and 'green' diets have become a popular way to improve one's health and carbon footprint. Foods like oysters and clams are a great source of protein and are a low trophic level filter feeder making them an ideal, albeit often overlooked, component to a 'green' diet. This seminar will focus on the shellfish resources and industry in New Jersey. It will explore the fisheries in New Jersey and explain the role of aquaculture production of shellfish. The costs and benefits of these foods will be discussed in terms of human health, production costs, and ecological interactions and field trips to Rutgers research facilities will allow students to explore firsthand the shellfish industry in New Jersey.

We hope you will enjoy this program, and learn some new things about NJ seafood along the way!

Instructors:

Dr. Daphne Munroe, Haskin Shellfish Research Laboratory, dmunroe@hsrl.rutgers.edu

Dr. David Bushek, Director Haskin Shellfish Research Laboratory, bushek@hsrl.rutgers.edu

Class will meet in **Hickman Hall Room 207 10:30 -1:30 on the dates listed below.**

Approximate Schedule – put these dates on your calendar, class will go quickly and we don't want you to miss any of it!

March 2 2015

Introduction – What are shellfish and how are they New Jersey seafood?

We will introduce you to the shellfish that are important Jersey seafood resources. We will focus on both the fisheries, and the farms – we will discuss just what they are, and how they compare on the global stage.

March 9 2015

Healthy Eating – Risks and benefits of eating shellfish.

We are all concerned about what we eat, and many myths and misconceptions are out there about seafood in general, and shellfish in particular. We will dive into shellfish as human food and talk about the realities of why it is good for you, and what to be careful about.

March 30 2015

Shellfish Ecology – Shellfish as ecosystem engineers.

Shellfish are exceptionally important parts of the coastal ecosystem, both in New Jersey and around the world. We will talk about the biology of these amazing creatures and what makes them so special ecologically.

April 13 2015

Eating Lower on the Food Chain – Harvest and production of shellfish relative to other protein resources.

Ever wonder about the carbon footprint of a loaf of bread? How about the amount of emissions created to get a steak on your plate. In this session, we will talk about the overall costs of food production and consider the shellfish fisheries and farms in New Jersey relative to other ways that we produce food – locally and globally

Field trip - April 18/19 2015 (low tide ~ 2pm)

We will take a weekend trip to the Haskin Shellfish Research Laboratory in Bivalve NJ to see the shellfish research facility, shellfishery and aquaculture industries and hear from RU scientists who work with oysters.

This trip will be 2 days, with you arriving in Cape May on Friday night, ready to see the farms and facilities on Saturday. Dorm rooms will be provided in Cape May.

Day 1 (Saturday April 18th):

- breakfast and an intro lecture at dorm
- tour the Aquaculture Innovation Center
- meet a Jersey oyster farmer and walk on the oyster farm at low tide
- meet with representatives from Bumble Bee Seafood Cannery (bring your best questions about large scale seafood processing)
- drive to the Haskin Shellfish Research Laboratory, check into dorms – pizza at the dorms

Day 2 (Sunday April 19th):

- tour an oyster packing plant, see clam shucking plant, see an oyster fishing vessel
- tour the Haskin Lab facility and hear from local scientists about shellfish research
- learn to shuck an oyster!
- walk in the marsh and see wild shellfish in action, filtering water
- return home