



Who We Are and What We Do...

We are a group of dedicated citizens concerned about the environment. We came together because we care about preserving our habitat in its original state. We are taking powerful measures to make a positive impact on the future.

Our Mission

is to prevent and eliminate the spread and introduction of non-native flora and fauna into the native ecosystem.

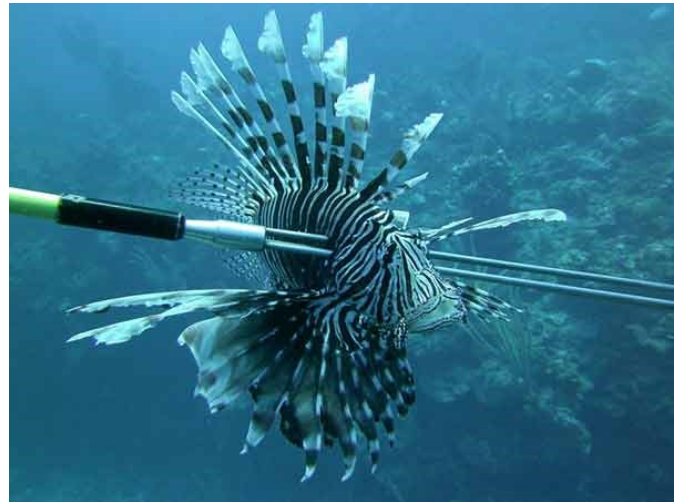
~Special Lionfish Issue~ Capturing, Handling, and Cleaning Lionfish

Invaders on the prowl

Venomous lionfish have spread into the Gulf of Mexico, the Caribbean, South Florida and along the eastern U.S. coast. They disrupt native reefs and fish populations as their numbers grow.



CAPTURING LIONFISH



Lionfish are slow moving fish and often found stationary. This allows them to be relatively easily captured. There are two methods commonly used in capturing lionfish: netting and spearing. In the netting technique, pairs of clear and finely meshed hand-held nets are used for capturing lionfish. Position the first net behind the fish, while using the second net to chase the fish into the other. Wearing protective gloves is a must, as the spines of the lionfish are venomous. In the spearing technique, a Hawaiian sling can be used, however, a pole spear with a paralyzer-tip is safer, as it prevents the fish from sliding back along the spear. For research purposes, netting is the preferred method as it preserves the specimen and allows the fish to be killed in a humane manner. Lionfish may sometimes also be taken by hook and line.

HANDLING LIONFISH

The only proper way to handle lionfish is CAREFULLY!! As stated above, heavy protective gloves should be worn at all times when handling lionfish. This will also protect your hands from the irritation the fleshy tentacles on the head may cause. Always hold a lionfish by its head to avoid the spines.



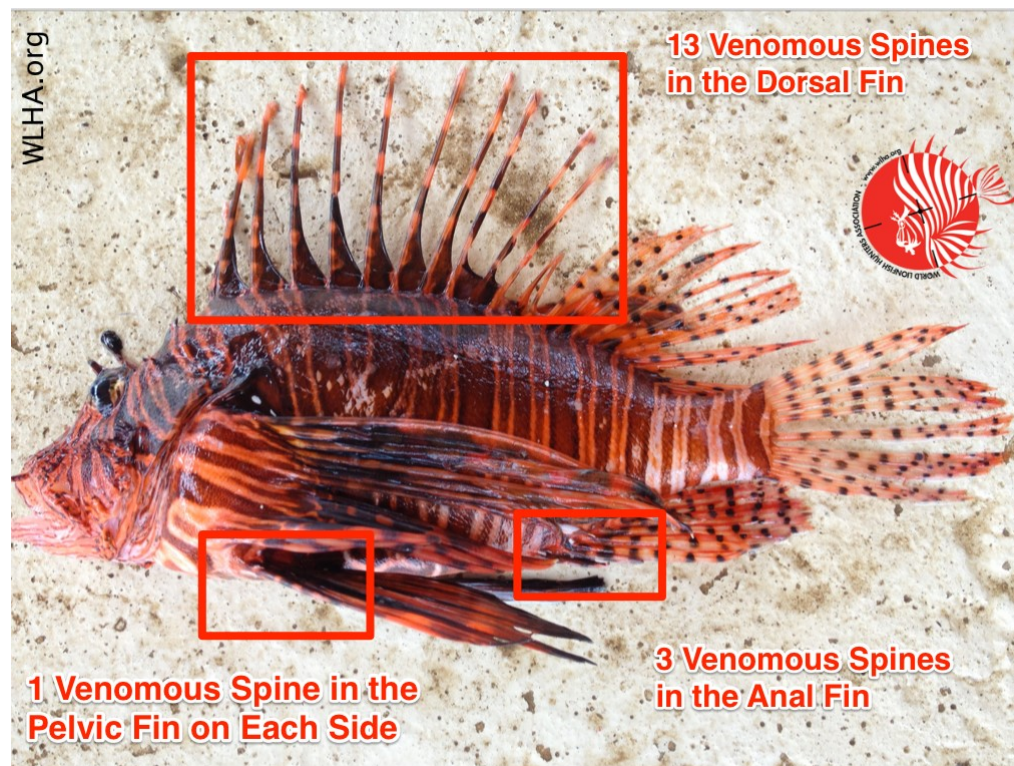
First Aid

Procedures

Should you be stuck by a venomous spine, you should seek medical attention AS SOON AS POSSIBLE!! Check for any obvious pieces of spine left in the wound. Pre-treatment includes applying heat to the wound to prevent the venom from spreading. Hot water, as hot as one can tolerate (not more than 100—110°F), should be applied directly to the wound for 15 to 20 minutes or an instant heat pack. Repeat if pain returns. Since envenomation is so painful, over-the-counter painkillers should also be taken for additional pain relief. While offshore, hot water is accessible via a Paralyzer-tip for pole jet on the outboard engine.

CLEANING LIONFISH

The spines to be most mindful of are the long dorsal spines along the back of the fish. Begin removing the dorsal spines by cutting into the flesh along each side of the row of spines moving towards the tail. After loosening the spines pry them off completely. Remove the anal and pelvic spines by cutting from the base and remove the cartilaginous ventral fins. These are not venomous. The scales on the lionfish are quite small and easily removed in the usual way. Fillet the fish as usual. With smaller fish, it would be simpler to remove the spines by snipping them with kitchen shears or clippers.





LIONFISH CEVICHE RECIPE

INGREDIENTS:

1/2 tablespoon grated ginger
 1 garlic clove, minced
 1/2 cup freshly squeezed lemon juice
 1/2 cup freshly squeezed orange juice
 1/4 cup freshly squeezed lime juice
 1/2 cup coconut milk
 1 medium red onion, thinly sliced
 1/2 bunch cilantro, leaves and stems finely chopped
 2 jalapeño or serrano peppers, finely chopped
 1/4 cup first cold-pressed extra virgin olive oil
 Orange blossom or other citrus honey, as needed
 Kosher salt & freshly ground black pepper

METHOD:

Steep the ginger and garlic in the combined citrus juices in a nonreactive bowl (stainless steel or plastic) for 10 minutes. Add all the remaining ingredients, except for the fish, to the bowl. Find a balance in the flavors so that the acidity is not overpowering by adding more honey, if necessary. Season to taste with salt and pepper. Mix well so that the onions are completely submerged in the juices. Set aside for 20 minutes.

Using a sharp knife and long strokes, slice the fish into 1/4-inch-thick slices. Submerge the sliced fish in the ceviche marinade and refrigerate for 10 minutes until the fish is semi-opaque. Serve immediately with crispy tortillas, freshly fried potatoes, or yucca chips. Yields 6 servings.

Contact Us

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