Québec’s Fishing Industry

Fresh, Healthy and High-Quality Products

An Exceptional Marine Environment

Geography plays a leading role in Québec's seafood superiority. Québec's deep, cold waters are unusually rich in plankton. The St. Lawrence Estuary, with its mix of fresh and ocean water creates an exceptional marine environment that produces an abundance of high-quality fish and seafood. The main species harvested are snow crab, lobster, northern shrimp, Greenland halibut as well as Atlantic halibut, Atlantic cod, scallops, whelk, rock crab and herring.

High-Quality and Nutritious Products

Crustaceans represent 85% of Québec's landings. Québec lobster is sought after for the quality of their taste and their hard shells full of dense meat. Thanks to strict industry standards, Québec lobsters are among the largest harvested in Canadian waters. Their carapace measures a minimum of 82 mm (3.25") and they weigh at least 450 gr. (1 pound). The northern shrimp is recognized for its color, size and texture. Sweet and delicate, it is more flavorful and healthful than warm water species. It is rich in protein and an excellent source of omega-3 fatty acids.

Snow crab is highly prized for the fine, savory taste of its delicate meat.

Greenland halibut, mackerel and herring are the main fish exports of Québec. They are high in omega-3 fatty acids, which have been linked to numerous health benefits. Québec produces high-quality mollusks that are renowned for the subtle flavor of their tender flesh. Scallops, whelk and Stimpson surf clams are extremely low in saturated fat, making them a food of choice for health-conscious consumers.

The Proximity of Québec’s Waters Ensures Fresh Products

The farthest reaches of Québec's waters are only 18 hours from shore. As a result, landings are processed and shipped to Canada and the United States within 24-48 hours. This contrasts dramatically with some fishing fleets that spend weeks at sea.
Sustainable Fishing Practices
Queen’s fishing industry works hard to maintain the highest standards of sustainability, excellence and conservation, and is internationally recognized for its efforts. Indeed, Quebec has been praised by the Fisheries Resource Conservation Council (FRCC) for its lobster conservation efforts, which include strict industry size standards and a traceability system. Additionally, Quebec’s northern shrimp industry obtained the coveted Marine Stewardship Council (MSC) certification in 2008.

A Modern Industry
The fishing industry represents 1,200 fishermen and 70 processing plants from three regions: the North Shore, Gaspesia and the Magdalen Islands. Most of Quebec’s fishing industry is made up of small and mid-sized family operated businesses going back generations. Today’s Quebec fishing industry thrives on new technology, collaboration and innovation. Stringent practices and strict standards, both provincial and federal, ensure quality, freshness and safety. The Quebec fishing industry also abides by strict international certifications regarding exported products.

Seasonal Availability of Quebec’s Main Species

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Come meet us!
The Quebec Fish Processors Association annual meeting
Every January in Quebec City

Boston Seafood Show – [www.bostonseafood.com](http://www.bostonseafood.com)
Quebec has a pavilion at booth #1223

For more information, contact your regional Quebec representative

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Useful links
Ministere de l’Agriculture, des Pecheries et de l’Alimentation du Quebec
[http://www.mapaq.gouv.qc.ca/Fr/Peche/Pages/Accueil.aspx](http://www.mapaq.gouv.qc.ca/Fr/Peche/Pages/Accueil.aspx)
The Quebec Fish Processors Association
Fisheries and Oceans Canada