



INFORMATION FROM JCS FISH

What's the difference between wild caught salmon and farmed?

Although there are many species of salmon found around the world, Atlantic salmon (*Salmo salar*) is the one that is found naturally in the waters around the UK. This is also the main type of salmon farmed in Europe, particularly in Scotland and Scandinavia. So, wild Atlantic salmon and farmed Atlantic salmon are the same species, but with different life histories.

Because **wild Atlantic salmon** migrate long distances and move from the ocean into fresh water rivers to spawn, they are more susceptible to changes in climate and environmental factors such as pollution. Their migratory nature also makes it harder for scientists to accurately monitor populations. However, it is now generally agreed that stocks are depleted, and the [Marine Conservation Society](#) (MCS) classifies wild-caught Atlantic Salmon as 'Level 5' – a fish to avoid eating.

On the other hand, **farmed Atlantic salmon** is widely produced and readily available all year round. But care should always be taken to buy fish from suppliers who farm responsibly and with care for the environment. The [MCS Good Fish Guide](#) states Atlantic Salmon farmed in Europe as permissible to eat at Level 2 (Organic) and Level 3 (conventionally farmed).

JCS Fish sources farmed Atlantic salmon from a small number of European producers, primarily in Scotland. We require all of them to focus on production with minimum impact on the environment and wild fish stocks. All our Scottish suppliers are also members of the [Scottish Salmon Producers Organisation](#) (SSPO) and so required to adhere to the Code of Good Practice for Scottish Finfish Aquaculture.

We also supply salmon certified to the Organic standard, which is the most natural production standard for farmed fish, with lower stocking densities and an emphasis on mimicking the most natural conditions possible. You can read more about our Organic salmon [here](#).

Farmed Atlantic salmon is of course also an excellent dietary source of healthy Omega3.

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