



p-TIPS

Fish-friendly living (how farmers can help)

Fish contain high-quality protein, essential fatty acids, vitamins, and minerals. Asia and the Pacific is the most important region for fisheries and aquaculture, which make significant economic contributions. According to the FAO, of 100 million tons of fish available for consumption in 2001, two-thirds were eaten in Asia. Among APO members, Cambodia consumes the most, at 67 kg per capita. Declining fish populations due to habitat loss, pollution, global warming, and overfishing represent a threat to livelihoods and incomes. Salmonnation.com offers 10 tips from the Oregon Governor's Natural Resources Office to help farmers contribute to oceanic and inland fishery productivity.

- 1) Cultivation practices. Contour farming, interseeding, and cover crops protect bare surfaces and reduce chemical-containing runoff and channel-blocking soil erosion.
- 2) Compaction. Don't till, harvest, or graze when soil is wettest and likely to compact. Compaction lowers the infiltration of soil and raises runoff and erosion rates.
- 3) Fertilizer use. Use the minimum amount possible and test soil regularly. Excess fertilizer stimulates the growth of harmful plants and algae in waterways, changing aquatic habitats.
- 4) Crop rotation. Rotation uses up excess nutrients, nitrogen, or phosphorus, reducing the need for fertilizers and their runoff.
- 5) Product instructions. When applying pesticides or fertilizers, follow label instructions strictly. Misuse leads to surface and groundwater pollution and kills aquatic invertebrates and streamside plants.
- 6) Chemical containers. Recycle or dispose safely of pesticide, herbicide, or other chemical containers. They are a threat to both humans and water-dwellers.
- 7) Buffer strips. Leave protective strips between crops and waterways to stabilize stream banks, provide wildlife habitats, offer shade, and filter out sediment and chemicals.
- 8) Native trees. Trees eventually create large woody debris that forms complex structures and pools where fish rest and feed, in addition to stabilizing banks. Protect existing trees and plant others if necessary.
- 9) Native grasses and groundcovers. Grass or other cover should replace bare soil to secure banks, lessen soil erosion, and help filter chemicals from water runoff.
- 10) Your watershed council. Participate in your local water body or contact your agricultural extension office about starting one to ensure the health and productivity of waterways for the future.