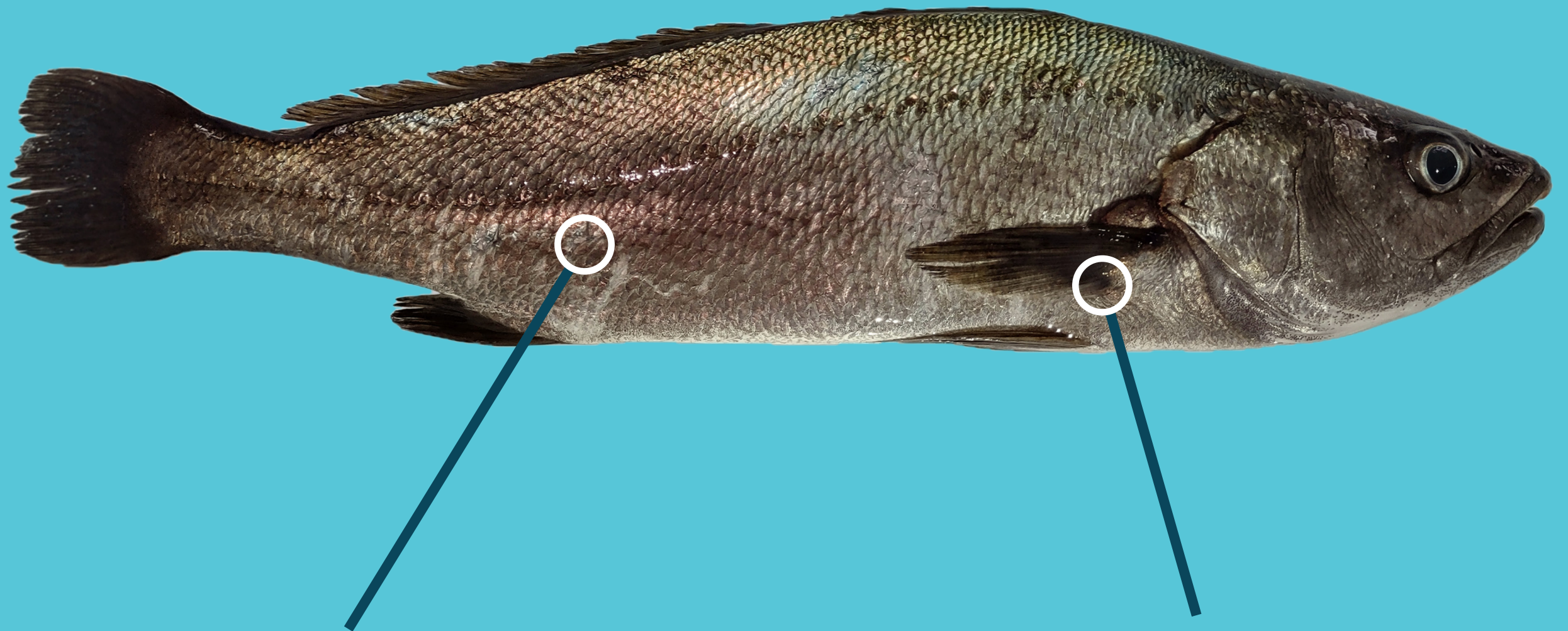


The *Species* of SEA2SEE



Meagre

Argyrosomus regius



a carnivorous fish
with high
commercial value

fished in coastal
areas at less than
80 m depth

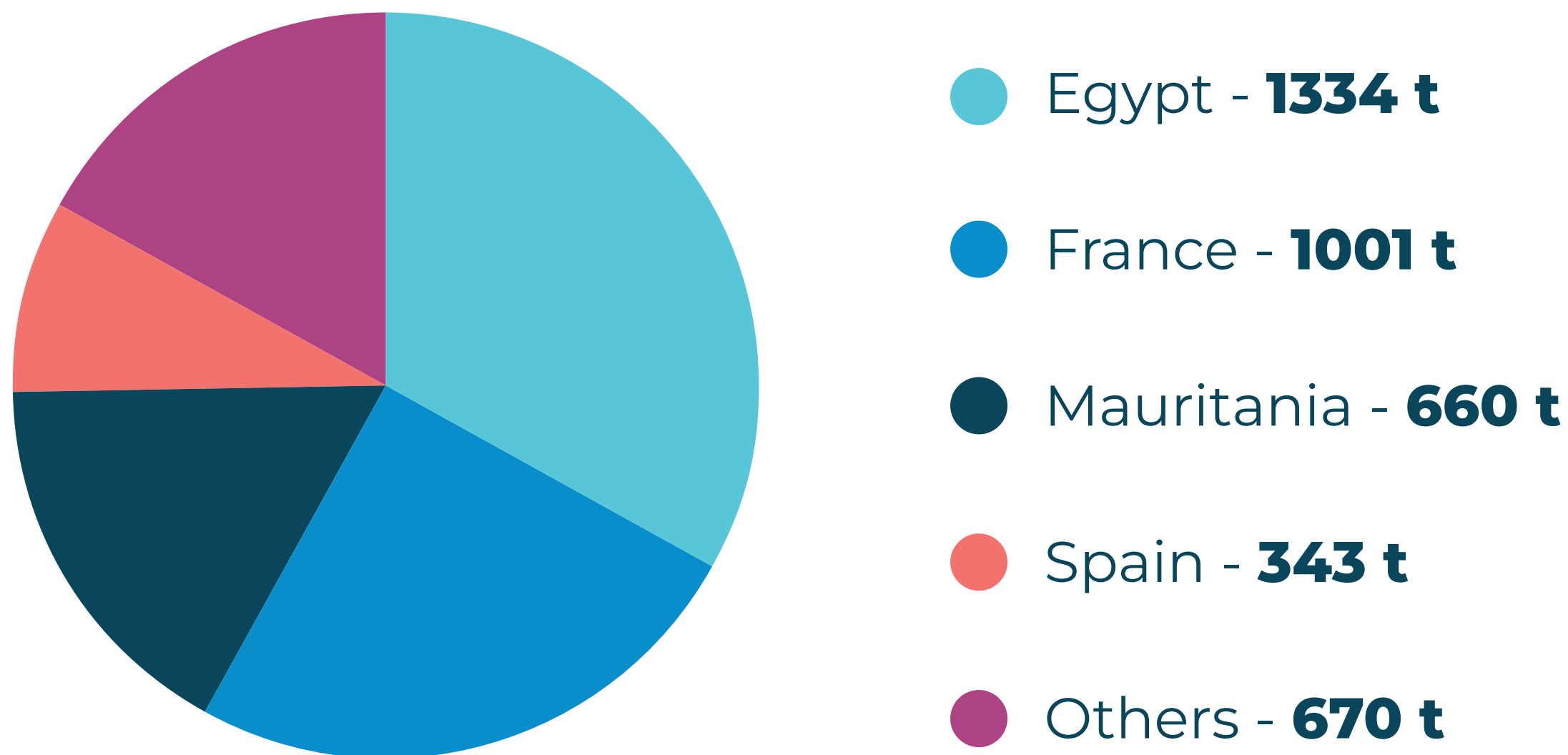
Fishery

Global landings (**4,008 tons in 2022**) primarily coming from **Africa**, with **Egypt** being the leader

41% of global landings (**1,659 tons in 2022**) are from **Europe**, mostly coming from the **North-East Atlantic**

France is the leader **meagre fishing**, followed by **Spain** and **Portugal***

Main meagre fishing countries in 2022 (in tonnes):



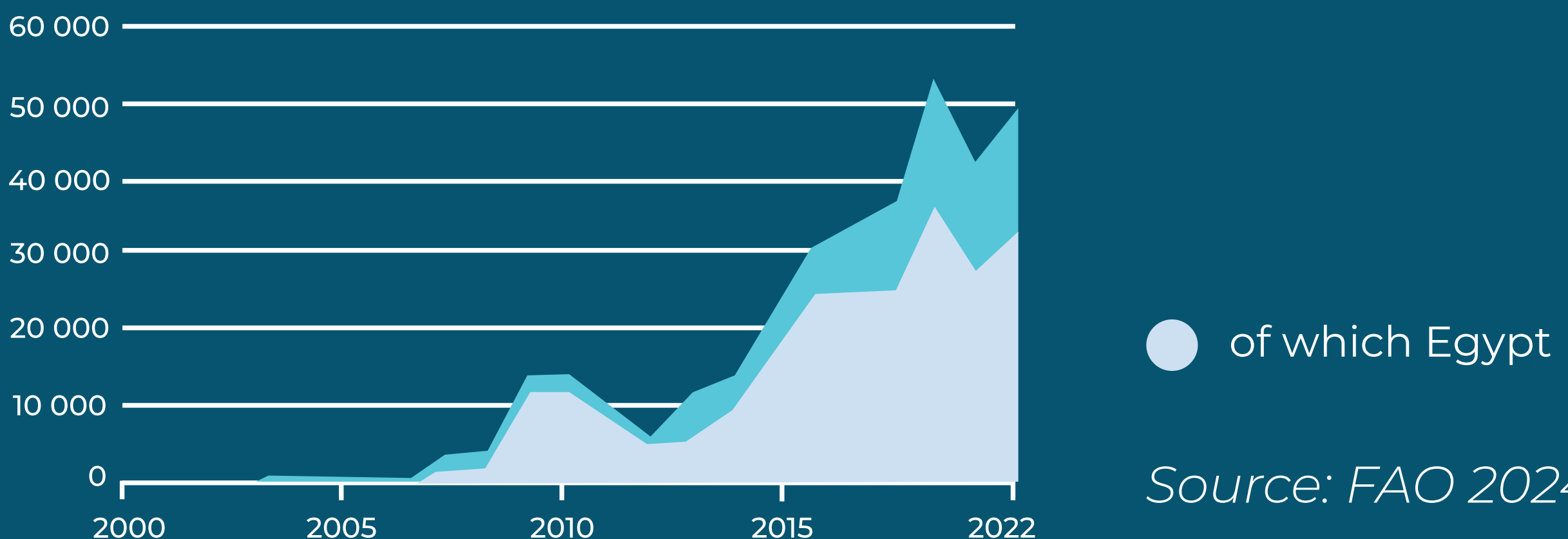
Source: FAO 2024

* No scientific data on stock available

Farming

- practiced in open sea cages or onshore ponds
- farming characteristics are similar to those of bass and gilt-head bream
- first commercial productions in **Europe date back to 1997 in France**, followed by **Italy in 2002**
- meagre in **Africa** started in **2008 in Egypt** - now the largest producer in the world
- a total of **43,268** tons produced globally (2021), **8 844 tons in Europe**

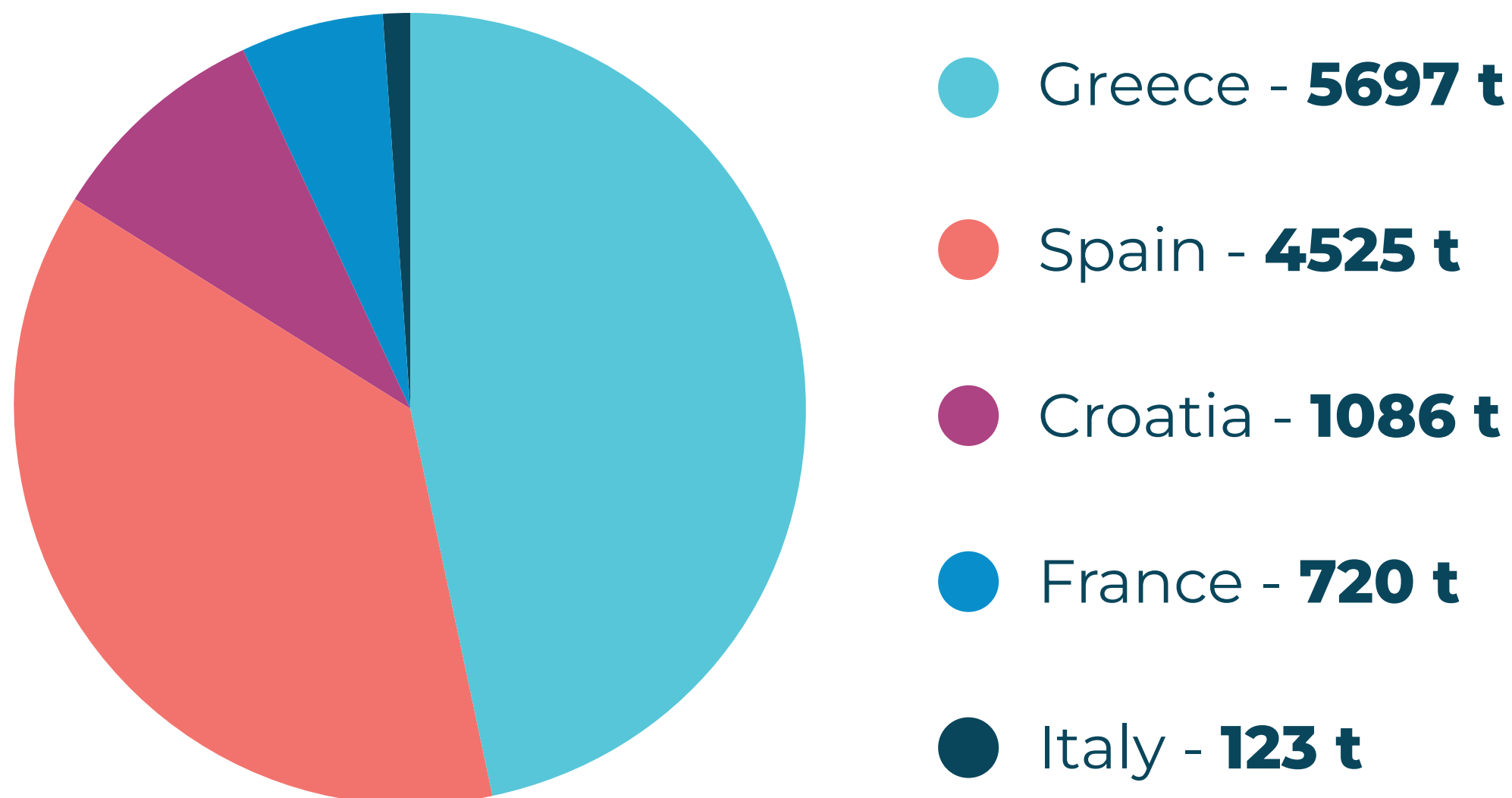
World production of farmed meager meat (in tonnes):



Source: FAO 2024

- **43,268** tons total were produced globally (2021)
- **8,844** tons in **Europe**
- the largest farms in Europe are located in the **Mediterranean: Greece, Spain, Croatia, France, and Italy.**
- under normal density conditions, the fish reach the common market size of **1.2** and **1.5 kg** in **2 years**
- feed - fish meal and fish oil, produced mostly from small wild pelagic fish

European countries producing farmed meager meat in 2022 (in tonnes):



Consumption

At the market, meagre is sold fresh, as whole fish or fillets.

Although often unknown due to its rarity on shelves, it is a fine and flavorful fish, with a taste and texture similar to that of bass.



Consumption recommendations

WILD MEAGRE:

- Consume in moderation, due to lack of information on stock's status
- Favor individuals over **70 cm in size or large fillets** from mature fish that have had time to reproduce
- Prefer fish **caught with a line**
- **Refuse to buy** fish offered **by non-professional fishermen** (fish typically have their tails cut, and you can request a copy of the fishing log)

FARMED MEAGRE

- Check production conditions before purchasing



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