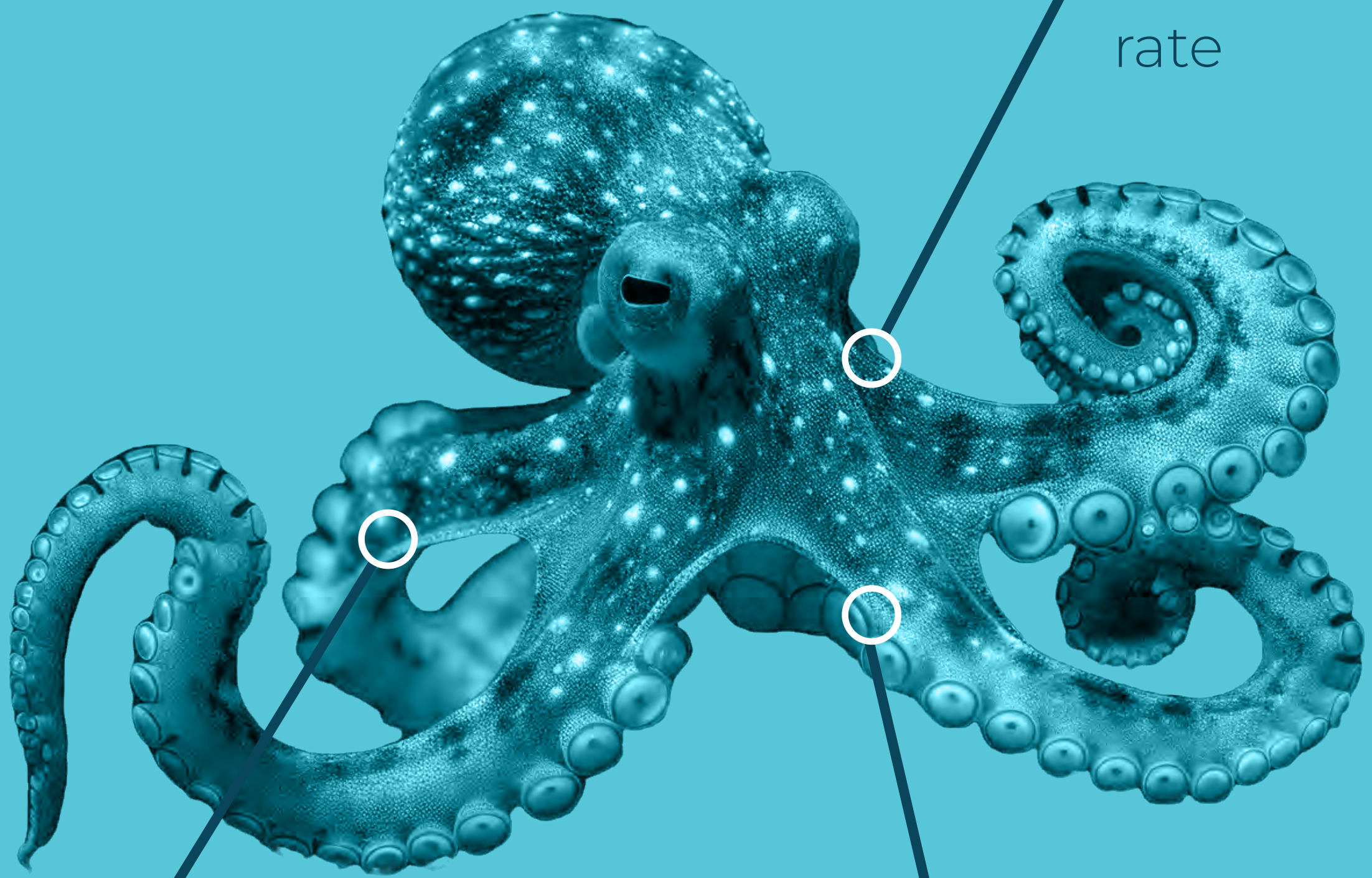


The *Species* of SEA2SEE



Octopus

Octopus vulgaris



Low
fertilization
rate

A cephalopod
characterized by a
short biological
cycle, making it
highly sensitive to
environmental
variations

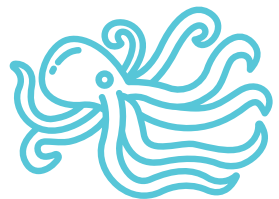
High survival rate of the
eggs until hatching,
thanks to the great care
the females give to their
eggs

Production

Octopus species enjoy worldwide popularity. They are particularly abundant off the coasts of **Africa**, from **Morocco** to **Senegal**.



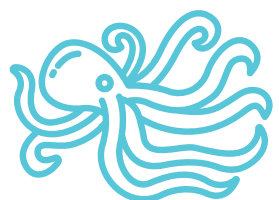
In **2022**, Octopus landings reached **384,814 tons**, primarily from the **Pacific Ocean**.



The main octopus-fishing countries are **China, Morocco, and Mauritania**.



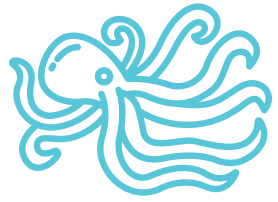
The largest European producer (**7,175 tons in 2022**) of octopus is **Portugal**, followed by **Spain, France, and Italy**.



The **Central-East Atlantic** is the primary source of octopus for the **European market**, representing about **40%** of total catches in this area.

- **Octopus fishing** happens with trawlers or coastal vessels using jigs or octopus pots.
- Industrial trawling off the African coast began in the **early 1970s**, led by **Spain** and **Japan**, followed by **Korean** and **Chinese** vessels.





The extension of coastal state jurisdiction in the 1980s allowed African coastal states to claim their marine resources.



Today, they negotiate fishing agreements with foreign countries to grant them access to fish in their waters.



However, illegal fishing activities persist on the Saharan Bank.



Consumption

Octopus is sold whole, fresh, frozen, or thawed. It is increasingly being sold in cooked variations, prepared in salads or marinated.

Within the EU, **Italy** has the highest octopus consumption. **Spain** is the main supplier to the Italian market, followed by **Morocco**.

France imports common octopus, primarily frozen, from **Spain, Madagascar** and **Indonesia**.



Consumption Recommendations

Common octopus (*Octopus vulgaris*)

- **Recommended:**

Northeast Atlantic: Bay of Biscay stock.

Central-East Atlantic: Morocco stock (Dakhla) and Guinea-Bissau stock.

- **To consume in moderation:**

Other sources: Mediterranean, Northeast Atlantic (except Bay of Biscay), Indian Ocean, Pacific Ocean.

- **To avoid:**

Central-East Atlantic: Senegal-Gambia stock, Mauritania stock.

Consume all other Octopus species, from all sources, in moderation. Prefer individuals caught with pots or traps.

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