

The *Species* of SEA2SEE



Rainbow Trout

Oncorhynchus mykiss

FAMILY -
Salmonidae.



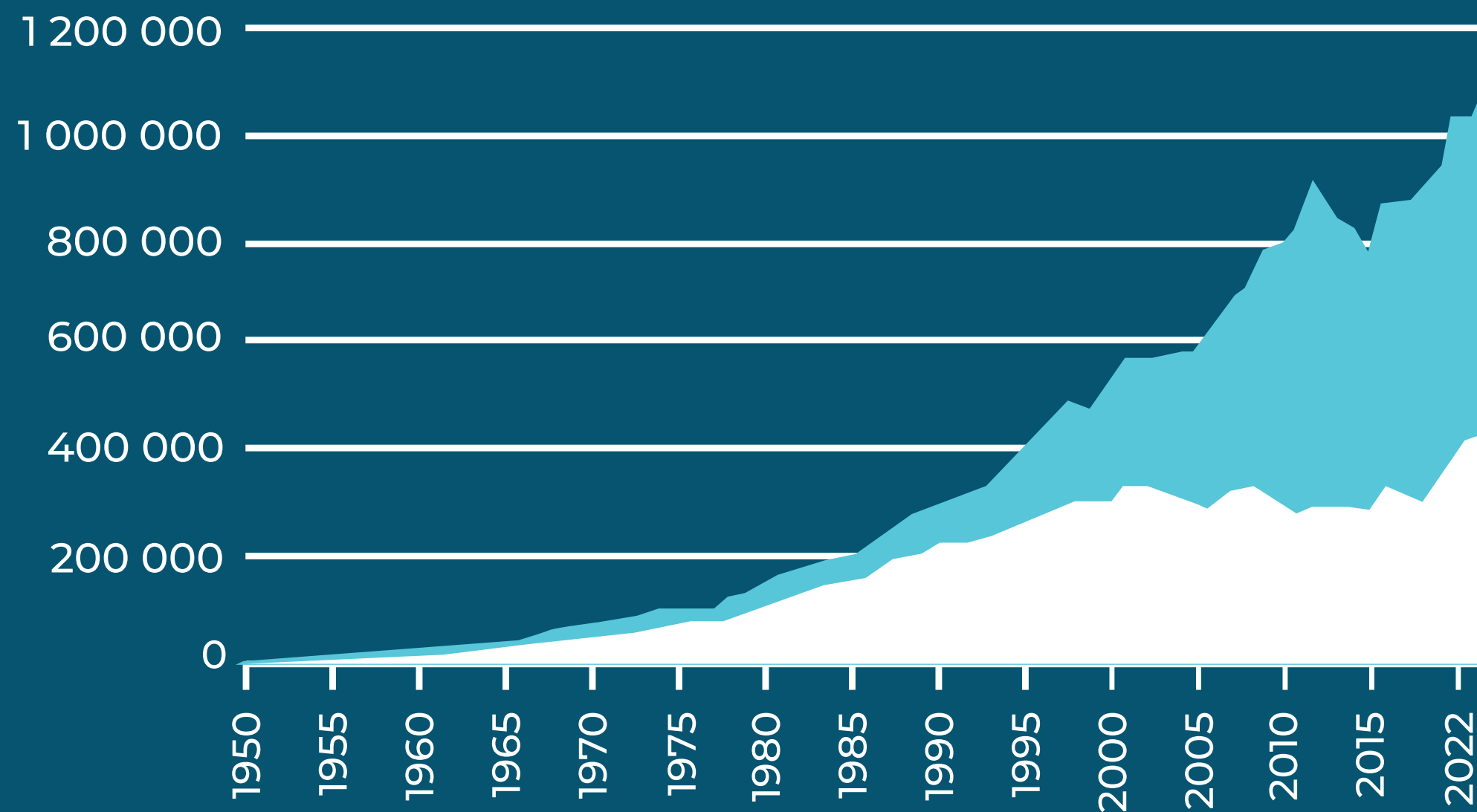
HABITAT This species lives in the fast-flowing, oxygen-rich waters of mountain rivers and lakes. It is native to North America and was introduced to Europe in the 19th century.

DISTINCTIVE FEATURES
Elongated and streamlined body speckled with black dots, small head and slightly open mouth that stops before the eye; adipose fins, iridescent and pink lateral line.

Fishing

- Global commercial **trout fishing** has reached around **6,500 tons** per year since **2010**.
- **Salmo trutta** is the most popular and used trout species, accounting to **47.2%** of catches in **2022**.

World production of farmed trout (all species combined) (in tons):



● of which European countries

Source: FAO 2024

Fishing

- Uzbekistan, the world's largest trout-fishing country, captures exclusively *Oncorhynchus mykiss* – around **643.5 tons** in **2022**.
- Finland, the second largest global producer, exploits ***Oncorhynchus mykiss*** and ***Salmo trutta***, **359** and **269 tons** in **2022**, respectively.
- The Finnish fleet fishes *Salmo trutta* in the Baltic Sea and in the rivers that flow into it.
- **Trout** is also highly sought after by recreational fishers.



Wild trout populations (all species combined) have declined worldwide due to heavy fishing pressure, climate change, and habitat degradation triggered by water pollution, waterway artificialization and others. An additional threat is genetic pollution due to some hybridizations when farmed fish escape into the wild or as a result of restocking introductions.



Aquaculture

- **Rainbow trout** is the most widely farmed trout species globally for human consumption. Other species, such as **river trout** (*Salmo trutta fario*) and **sea trout** (*Salmo trutta trutta*), are mainly produced for restocking rivers.
- Some of the *Salmo trutta fario* **farmed production** is sold in markets.
- The first trout farming ponds were established in **Denmark** at the end of the **19th century**.



Aquaculture

From the **1960s** onward, the mastery of farming processes and the introduction of compound feeds led to developing production in several **European countries**.

It takes **nearly a year** for the trout to reach a portion size weight of around **350 g** and **two years** to reach **2.5 kg**.

Iran is the world's **largest producer** of farmed trout - **194,000 tons** in **2022** - ahead of Turkey and Russia.

Norway is the largest **European producer**.



Consumption

- Trout is sold whole, gutted, fresh or frozen, in portion size of **200-350 g**.
- It is also offered as **smoked fillets** or **slices**, along with trout eggs and prepared products like rillettes, sushi and more.
- Larger trout are sold as **fresh fillets**, with or without skin, or as steaks.



Consumption recommendations

Wild trout:

- **To avoid:** all origins.

Farmed trout:

- **Check the production** conditions before purchase.



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