



Herring

Clupea haregus

The Atlanto-Scandic herring consists of three distinct groups: Norwegian spring spawning herring, Icelandic spring spawning herring and Icelandic summer spawning herring.

There are distinct stocks of herring in the North Sea and Skagerrak that also form the basis for important fishing industry. The Norwegian spring spawning herring matures primarily off North Norway and the Barents Sea. Herring spawn along the entire Norwegian coast, but the greatest present propagation is in the northern part of south western Norway. It was the Norwegian spring spawning herring which formed the basis for winter catches, fat herring catches as well as small herring fishing.

Fishing of herring in the North sea and Skagerrak is a year-round enterprise. At the beginning of 1993, it was estimated that the spawning stock of Norwegian spring spawning herring at about 2 million tones. Herring is a good edible fish that is eaten fresh, smoked or prepared as pickled herring, marinated herring, etc. Herring is also very important as raw material to fishmeal and fish oil.

Nutritional Content

Herring is an excellent source of vitamins A, D, and vitamin B₁₂. It is also rich in Omega 3 fatty acids, but their abundance varies considerably in direct proportion to fat content.