24 hours

Building a happy planet

guilt-free seafood

Eat all the seafood you want, guilt-free and Ocean Wise, at these local restaurants:

- **C RESTAURANT – 1600 Howe St.**
- **AQUA RIVA – 200 Granville St.**
- **BIS MORENO ITALIAN RESTAURANT – 1355 Hornby St.**
- **BLUE WATER CAFÉ AND RAW BAR – 1095 Hamilton St.**
- **THE CANNERY SEAFOOD RESTAURANT – 2205 Commissioner St.**
- **CHAMBAR BELGIAN RESTAURANT – 562 Beatty St.**
- **CINCIN RISTORANTE AND BAR – 1154 Robson St.**
- **DV8 LOUNGE – 515 Davie St.**
- **OUISI BISTRO – 3014 Granville St.**
- **RAINCITY GRILL – 1193 Denman St.**
- **THE SALMON HOUSE – 2229 Folkstone Way, West Vancouver**
- **WHISTLER: ARIXI RESTAURANT**

The seafood you won't see

Give a man a fish and feed him for a day, but you better make sure it's not a Chilean sea bass.

- Rob Kruyt, 24 hours

Executive Chef Frank Pabst's last of the season grilled, wild BC spring salmon, with kohlrabi and peashoots in a nameko mushroom and tarragon broth.

Next month, up to 12 more local restaurants will jump on board the Vancouver Aquarium's Ocean Wise program, aimed at keeping endangered seafood off your dinner plate.

Right now, there are 14 restaurants in the Lower Mainland taking part in the program, using an Ocean Wise icon beside the fish-friendly choices, as decided by the Aquarium's own fisheries research along with other research bodies across Canada and B.C.

"We educate chefs and restaurants because the way seafood's being harvested is damaging aquatic life," said Ocean Wise director Jason Boyce.

"Sometimes consumers feel: 'what can one purchase really do?' ... but the only way you're going to have an effect is through consumer choice. The fish continue to be caught because there's a demand for it, so if you stop consumer need, you have a positive effect."

But does taking the consumer's favourite fish off the menu hurt restaurant sales?

Nope, not at all, said David Jensen, executive sous chef at The Cannery Seafood Restaurant.

The Cannery, which took fish like Chilean sea bass, monkfish, skate, shark and sturgeon caviar off its menu when the program started last April, has found seafood-lovers are generally supportive of the program.

"We've had people ask for things like caviar, and once we explain why we don't have it on the menu anymore, they're quite receptive," said Jensen.

Vancouver's Blue Water Café is also part of the Ocean Wise program, but has been careful about what seafood they put on their menu for years now, said executive chef Frank Pabst.

And while it takes a little longer to do the research before ordering their seafood, it's worth it, he said.

"If more and more restaurants jump on, the fishermen will stop their ways of unsustainable fishing," he said.

- Robyn Stubbs, 24 hours

Take a pass on the bass

Pirate fishing fleets are illegally catching sea bass from Antarctica. Unless people stop eating Chilean sea bass, it may be commercially extinct within five years. So remember, however deliciously you prepare it, pirates probably poached it first.

En garde!

Swordfish are usually caught on longlines, which kill both the adults and the young – and many tuna, sharks and sea turtles. Despite federal limits on U.S. fishing, the worldwide stock is still threatened. Also swordfish may not be good for people: It has a high level of methylmercury, which is known to cause cancer and is a reproductive toxin.

Orange Roughy a toughy

The Orange Roughy can live to be over 100 years old. When the fish are over 20, they come together every July in easy-to-net spawning schools, meaning 30,000 tons of Orange Roughy could be fished quickly from one place.

Be cautious about your caviar

Arguing whether beluga, osetra or sevruga is the best caviar may be a pleasure from the past. These caviar-egg producing sturgeons from Russia, Iran and Turkey are at risk of extinction because of over fishing and water pollution. Sturgeon don't produce eggs until the age of 20, so heavy fishing doesn't allow time for the young to reproduce. Instead, buy eco-friendly caviar from farmed sturgeon, or substitute caviar from whitefish or Arctic char.

- Source: www.endangeredfishalliance.org

Pamela GROBERMAN

GREEN LIVING

Talk about clearing the corporate air

There's been an awful lot of hot air expelled in boardrooms over greenhouse gas emissions.

It's almost as noxious as the real menace.

Happily, I can report that two senior Vancouver suits are about to clear the air.

Vancity Savings CEO Dave Mowat and Ian Warner, CEO of Citizens Bank of Canada, Vancity's virtual bank subsidiary, vow that they will be the first financial institutions in Canada to neutralize in-house greenhouse gas emissions with the goal to do it by 2010.

They intend on becoming the first "ZeroC02C2OCEO's."

Refreshingly, the two will set an example for the rest of the "corporate suit" world by making personal contributions.

Mowat has even given up his beloved Audi for a fuel-miser hybrid while Warner plans to run on an even leaner mixture and will often commute from North Vancouver in his running shoes.

They will cut office waste by using 100 per cent recycled paper, slash travel, encourage carpools and use transit to name a few.

Their target is to reduce emissions by three tonnes each per year and have thrown down the gauntlet to the rest of the corporate world.

A reasonable request seeing that Canadian businesses collectively contributes 35 per cent of Canada's greenhouse gas emissions.

What they can't reduce they will offset by investing in local energy-saving projects.

Painfully slow as progress seems at times there are other encouraging signs of clearer thinking on the horizon.

- Pamela Groberman Media & Public Relations Inc.