

# **Growing and harvesting**

## **When can I harvest fish?**

If there are 20 fish in a 600L tank some fish will grow faster than others; there will always be some fish that feed more food and grow faster. This is good news because it means that the fish can be harvested over time; usually a month. It is best to harvest fish at eating at plate size; 300 - 500grams. To grow to this size, it can take 9 to 12 months, depending on the type of fish.

Remember when re-stocking that some species are aggressive and will eat smaller fish.

## **How do I kill fish humanely?**

According to the RSPCA (see: [http://kb.rspca.org.au/What-is-the-most-humane-way-to-kill-a-fish-intended-for-eating\\_451.html](http://kb.rspca.org.au/What-is-the-most-humane-way-to-kill-a-fish-intended-for-eating_451.html)) the most humane way to kill fish for human consumption is to strike them a fatal blow and then bleed them out.

On their website, they describe the process in detail, but the overall idea is to stun the fish as soon as it is out of the water either with percussive stunning, which involves hitting the fish just above the eyes with a blunt instrument; or spiking, which is using an ice pick or sharpened screwdriver into the brain of the fish. After stunning or spiking the fish needs to be immediately bled out by cutting the gill rakers or main artery.