# North Sea Herring

*Lat. Clupea harengus.*

Herring is an excellent source of vitamins A, D and B12. It has a high content of Omega-3 fatty acids. Exact values will vary according to fat content.

## Catching Methods
- Purse seine
- Trawl

## Nutrition Facts

<table>
<thead>
<tr>
<th>Month</th>
<th>Fat Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan.</td>
<td>7-9%</td>
</tr>
<tr>
<td>Feb.</td>
<td>12-16%</td>
</tr>
<tr>
<td>Mar.</td>
<td>18-22%</td>
</tr>
<tr>
<td>Apr.</td>
<td>18-22%</td>
</tr>
<tr>
<td>May</td>
<td>16-20%</td>
</tr>
<tr>
<td>Jun.</td>
<td>12-16%</td>
</tr>
<tr>
<td>Jul.</td>
<td>10-15%</td>
</tr>
<tr>
<td>Aug.</td>
<td>10-15%</td>
</tr>
<tr>
<td>Sep.</td>
<td>10-15%</td>
</tr>
<tr>
<td>Oct.</td>
<td>10-15%</td>
</tr>
<tr>
<td>Nov.</td>
<td>10-15%</td>
</tr>
<tr>
<td>Dec.</td>
<td>10-15%</td>
</tr>
</tbody>
</table>

## Processed Products
- Matjes
- Frozen
- Salted
- Marinated
- Fresh

## Herring Roe Gradings
- **Natural**
- **Salted**

## Packing Styles
- Jumble packed and hand laid/vacuum packed.

## Gradings
- **Whole round fish**
  - 125-200 gr.
  - 200-300 gr.
  - 250 gr. up
  - 300 gr. up

- **Butterfly fillets**
  - 10-16 / 8-12 / 6-10 / pcs./kg.

- **Eurocut single fillets**
  - 25-50 gr. / 30-60 gr. / 40-70 gr.

- **Eurocut single fillets**
  - 25-50 gr. / 30-60 gr. / 40-70 gr.
  - 16-20 / pcs./kg.

## Carton Size
- 20 kg.

Please contact us for custom made products.