



The Pacific Urchin Harvesters Association (PUHA) was legally incorporated under the Societies Act of British Columbia in 1992 and represents all 110 and 49 Red and Green sea urchin licences respectively as well as all the divers, deck hands and processors involved in the fishery.

The goals and objectives of PUHA focus on sustainability and innovation to maximize the economic value of the catch in collaboration with coastal communities.

Our Commitment

We at PUHA are committed to providing the highest quality and best value products possible and strive to consistently exceed our customer's expectations for our products and for the conduct of our fishery.

This brochure was produced with assistance from the AgriMarketing Program (AMP) and Agriculture and AgriFood Canada.

PUHA
is a member of



Research

PUHA conducts annual biomass surveys in collaboration with Federal, Department of Fisheries and Oceans, Provincial, Minister of Agriculture and Fisheries, First Nations and other community stakeholders. Research is prioritized based on community interest, DFO priorities and industry advice. Five representative areas have been set aside for long term research on sea urchin biology and ecology, including growth, recruitment, mortality, interaction with other species and roe recovery.

Links

PUHA - puha.org

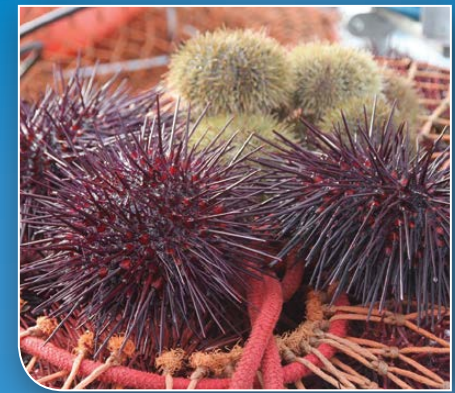
D&D Pacific Fisheries - d-dpacificfisheries.com
BC Seafood Alliance - seafoodalliance.com
Code of Conduct - responsiblefishing.com

A full listing, including contact information, of all the processors and exporters involved in our fisheries is included on our website.



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Quality
is in our nature



Sea Urchins in British Columbia

Two species of sea urchins are present in BC: the Green sea urchin (*Strongylocentrotus droebachiensis*) is the smaller of the two while the Red sea urchin (*S. franciscanus*) is the largest sea urchin in the world. Greens are found throughout the northern hemisphere and in the Pacific basin range from about northern Washington up through BC and the Aleutians westwards to Hokkaido and Korea. Reds on the other hand are a signature species found only along the Pacific shores of North America from SE Alaska to Baja California. Both species are primary herbivores and graze on kelp but will feed opportunistically on other organic materials.

Sea urchins have few predators and none so voracious as the sea otter (*Enhydra lutris*). In areas where sea otters have repopulated, sea urchin, abalone, clam and crab stocks are all severely reduced. Sea otters have been identified as the major threat to the sustainability of BC's sea urchin fisheries.

Fisheries

Sea urchins are harvested by SCUBA divers for the rich glycogen stores in the five strands of soft delicate tissue, known as the uni. Uni is a highly valued seafood delicacy appreciated around the world, in Japan it is a premium sashimi item. The red and green sea urchins from the clean cold Pacific waters of BC produce some of the world's highest quality uni.

The first landings of Red and Green sea urchins in BC were recorded in 1978 and 1986 respectively. Both fisheries are managed using a precautionary approach that includes conservative harvest quotas, annual surveys to track biomass and minimum size limits.

The Association collects and administers an annual fee to fund research and off-load validation, underscoring its' commitment to sustainability and responsible fisheries management. Under these systems, every commercially harvested urchin is weighed and the date, area of harvest and other important harvest information is recorded by an independent third-party validating company.

Processing the Product

All BC sea urchin processing plants are federally registered and inspected by the Canadian Food Inspection Agency. Our products are shipped in a variety of forms including live, fresh, processed and frozen by air around the world so they are on store shelves in Asia, Europe and the Americas within 48 hours of being harvested.



Nutrition Information for Sea Urchins

Sea urchin roe (uni) is a good source of energy, omega 3 fatty acids, polyunsaturated fatty acids, protein, minerals (such as zinc) and vitamins

Calories - 172k cal/100g | Protein total - 13.27% | Polyunsaturated fatty acids - 1.75%
Omega 3 fatty acids - 1.07% | Eicosapentaenoic acid (EPA) - .79%
Docosahexaenoic acid (DHA) - .04% | Zinc - 17.00 ppm