

Waterlogs - September 2023

Today, the Bay of Quinte is a healthy and vibrant ecosystem.
Now, we must focus on keeping it this way

ONE OF THE BEST THINGS ABOUT SUMMER

The Ministry of Natural Resources and Forestry stationed at the Glenora Fisheries Station in Prince Edward County has a long history of assessing the fishery in the Bay of Quinte.

In the 1990s, degradation of fish and wildlife populations and loss of fish and wildlife habitat were identified as environmental challenges under the Remedial Action Plan (RAP), basically, due to excess amounts of algae.

At that time, only a couple of fish species could survive and thrive in the bay. As well, the algae blocked sunlight preventing aquatic plant growth - homes for fish.

Both of these environmental challenges have been classified as restored, meaning they met the criteria outlined in the RAP.

Today, there is less algae, due to reduced phosphorus levels in the bay, improving water quality and clarity. This allows numerous species of fish to thrive in the bay and aquatic plants to grow, providing homes for predators like walleye and bass and homes for prey like perch and sunfish. As well, due to past industrial practices certain species of fish were identified as having raised levels of industrial contaminants. Today, contaminant levels in fish are greatly reduced and fish in the Bay of Quinte are healthy and safe to eat. Refer to the MOECC Guide to Eating Ontario Fish for consumption levels for numerous fish species in the Bay and throughout the province.

Today, the Bay of Quinte is known as a world class walleye and bass fishery. To ensure Bay of Quinte fish remain healthy and diverse the Ministry of Natural Resources and Forestry (MNRF) operate several fish assessment programs. Fish are assessed for species diversity and abundance and overall health, along with broader ecosystem indicators. Some fish are taken back to the Glenora Fisheries Station where more detailed biological sampling (length, weight, age, tissue sample, etc.) is conducted. Tissue samples of some fish are sent to the Ministry of the Environment and Climate Change (MOECC) laboratories where they evaluate contaminant levels in the fish. The data is published by the MOECC in the **Guide to Eating Ontario Fish**.

Once all this data is analysed the information is used to compare trends over time, or to other areas, and the health of the Bay of Quinte is evaluated. These comparisons provide information to fisheries managers so they can take management actions to address any issues that are identified. This ongoing monitoring is vital to ensuring healthy and diverse fish populations.



ONE OF THE BEST THINGS ABOUT SUMMER

Fried Bass with Cajun Option

- 1 1/2 lb fresh Bass fillets
- 1/2 cup Bisquick
- 1/4 cup Milk
- 1 Egg
- 1 cup Cornmeal
- 2 tsp. Cajun seasoning (optional)
- 1/4 tsp. Salt
- Olive oil for frying

Place fillets in salt water bath for 10 minutes. Wash fish in cold and pat dry with paper towels. Whisk together the Bisquick, milk and egg in a medium bowl. Mix the cornmeal, Cajun seasoning and salt in shallow dish. Dip the fillets into the wet batter first, then dredge in the cornmeal mixture. Fry the fillets in hot oil until golden-brown, turning once. Drain on paper towels and serve.

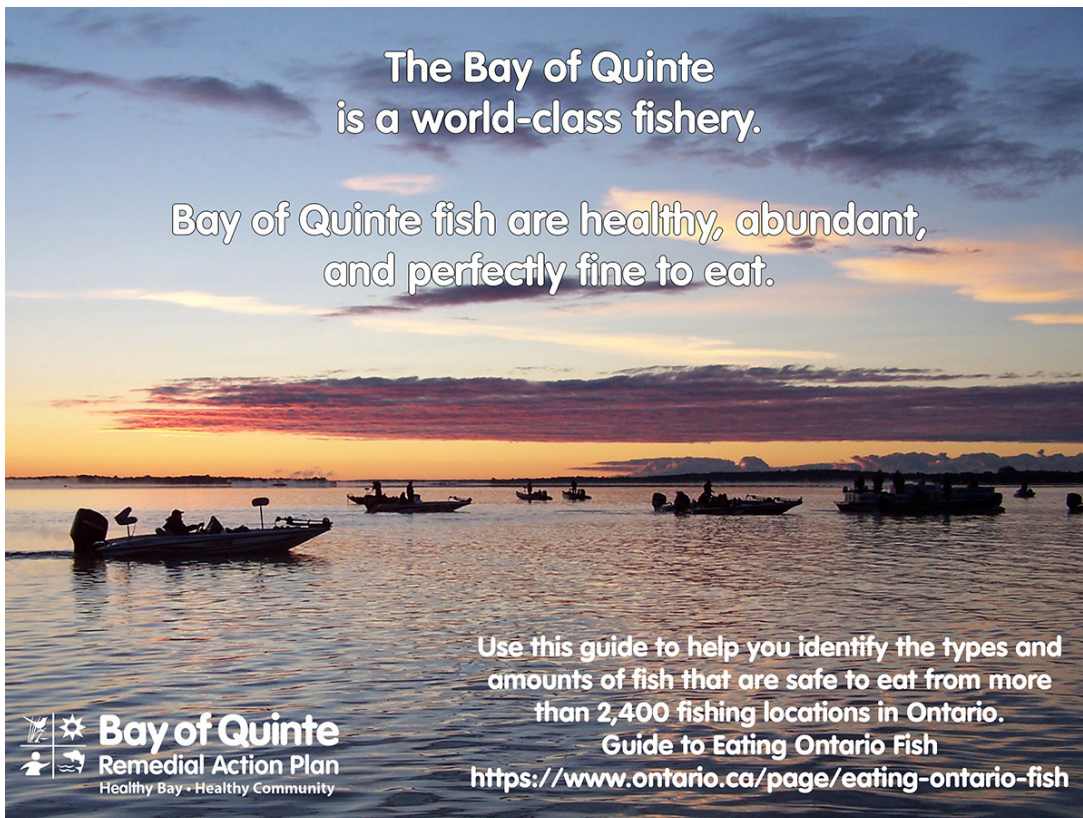
Baked Crispy Walleye

- 1 cup panko bread crumbs
- 3 tablespoons virgin olive oil
- 24 ounce walleye fillets
- Salt
- Ground black pepper
- Lemon wedge

Heat oven to 425. Mix the breadcrumbs and 1 tablespoon of olive oil. Spread it on the bottom of a baking pan. Bake until it is brown and place it back in a bowl. Mix in the salt and pepper. Roll the walleye in the breadcrumbs until covered. Place the fillets in the pan and add the remaining 2 tablespoons of olive oil. Bake for 15 minutes or until the fish flakes. Serve with the fresh lemon wedge.

<http://www.lakeeriefish.com/5-baked-walleye-recipes/>

EATING ONTARIO FISH



**The Bay of Quinte
is a world-class fishery.**

**Bay of Quinte fish are healthy, abundant,
and perfectly fine to eat.**

Use this guide to help you identify the types and amounts of fish that are safe to eat from more than 2,400 fishing locations in Ontario.

Guide to Eating Ontario Fish

<https://www.ontario.ca/page/eating-ontario-fish>

Bay of Quinte
Remedial Action Plan
Healthy Bay • Healthy Community

You can use the Guide to Eating Ontario Fish and its interactive map to help you identify the types and amounts of fish that are safe to eat from more than 2,400 fishing locations in Ontario including the Bay of Quinte.

Fish can be an important part of a balanced diet. They are a great source of high-quality protein, beneficial omega-3 fats, and other nutrients.

At the same time, there is a risk of exposing ourselves and our families to harmful contaminants in fish, such as mercury. Based on their size, type, and location, certain fish may be more suitable to eat than others.

The Guide to Eating Ontario Fish provides easy-to-use

information to help choose fish caught from Ontario lakes and rivers to minimize exposure to toxins. Consumption advice in the guide is based on guidelines provided by Health Canada.

Bay of Quinte Remedial Action Plan

Rural Stewardship Program

LIVESTOCK FENCING

- Install fencing to restrict livestock access to a waterway or wetland.

Grant rate - 75% - maximum up to \$7,500

ALTERNATE WATERING SYSTEMS

- To be eligible for funding, livestock must be fenced out of a waterway or wetland

Grant rate - 75% - maximum up to \$7,500

SHORELINE/WATERWAY PLANTING PROJECTS

- Native plants and materials to help with plant survival (mulch, plant guards, hemp mats) for an area along a shoreline/waterway or wetland

Grant rate - 75% - maximum up to \$1,000

EROSION/WATER QUALITY IMPROVEMENT PROJECTS

- stream bank stabilization • barnyard runoff control
- manure storage improvements • constructed wetlands
- erosion control structures • storm water management

Grant rate - 75% - maximum up to \$7,500

Jason Jobin
Bay of Quinte Remedial Action Plan
Lower Trent Conservation
P: 613-394-3915 ext 225
E: jason.jobin@ltc.on.ca

Robert Ormston
Bay of Quinte Remedial Action Plan
Quinte Conservation
P: 613-968-3434 ext 167
E: ROrmston@quinteconservation.ca



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