



How about getting to know the fish?



HADDOCK(Mezgit)



- The other name of haddock is chicken fish.
- It is as delicious as chicken meat.
- It can reach 50 cm in length and up to 2 kilograms in weight.
- It is usually in yellow and brown tones.



TURBOT FISH (Kalkan)





- Their eyes are located on the left side of their body

- It is a type of flatfish lying on the bottom of the sea with its right side.

- It lives at a depth of 20 to 70 meters.



RED MULLET (Barbun)



It is popularly known as «Barbun».

The body has a laterally flattened and oval-shaped head.

It has a very rich content in terms of selenium, calcium and protein.



SEA BREAM (ÇİPURA)





- It is also known as "sea bream" among the people.

- As a result of uncontrolled hunting over the years, its number in the seas has decreased a lot.

- But it is grown in fish farms.



ANCHOVY (Hamsi)





- It is the most common fish species in the Black Sea and Marmara Seas.
- It is a fish that everyone loves to consume.
- They live in herds.
- It grows up to 18 cm.
- It approaches the beaches to feed between January and March.

GRAY MULLET (Kefal)



- They come to the parts of streams and rivers flowing into the sea to spawn.
- It usually lives in muddy areas.
- Mullet can reach an average of 40-50 cm in size.
- Its lifespan is about 15 years.



SEA BASS (Levrek)

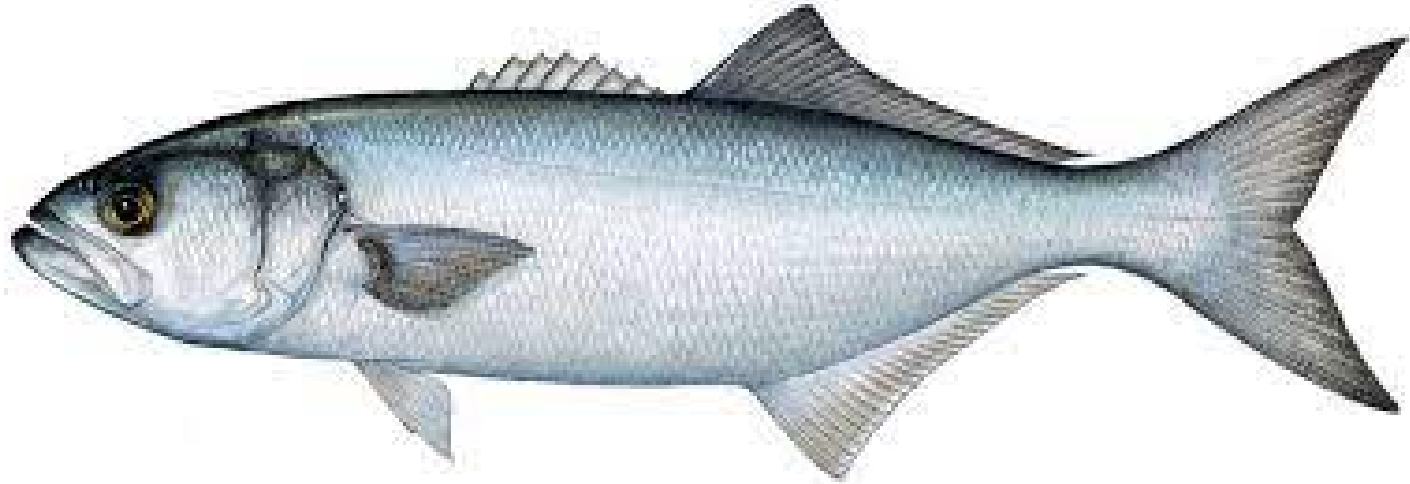


- The average size of the sea bass is 25-35 cm.
- But it can grow up to 1 meter.
- We can get Omega 3 and Omega 6 fatty acids by eating perch.
- Zinc contains iodine, selenium, magnesium, calcium, potassium and iron.
- Sea bass contains plenty of calcium and phosphorus..



BLUEFISH (Lüfer)





- Its meat is delicious.
- It is a predatory fish.
- It also attacks larger fish and smashes them.
- Its lifespan is more than 15 years.



BONiTO FiSH(Palamut)



- From their backs to their heads, there are many dark stripes close to black.
- They form large flocks.
- Acorn hunt begins in August.



TABBY FISH (Tekir)



Has a small and flat shape.

Most tabby fish have a bright red appearance.

For this reason, it is also known as red fish among the people.

It lives at the bottom of the sea between sand and mud.

It feeds by catching small sea creatures in the sand with the help of its whiskers.



TWAIT SHAD (Tirsi)





They are closely related to the sardines.

Their height is around 30–33 cm.

It is a black sea fish.

But it can also be found in the Sea of Marmara and the Mediterranean.

It lives close to the coast in herds.



SCORPION FISH (İskorpit)





- It is 20-30 cm in size.
- It is a poisonous fish.
- The scorpion fish has venomous spines on its dorsal and abdominal fins.
- Its meat is quite delicious.



HORSE MACKEREL (İstavrit)



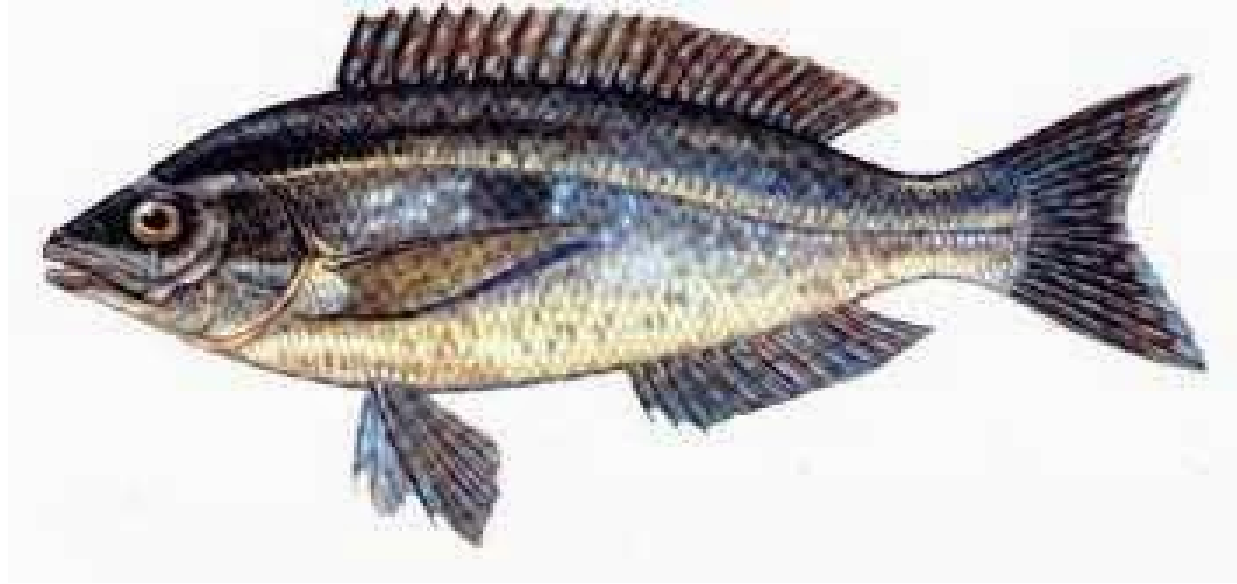


- It is one of the fish that can live comfortably in
- almost every sea of Turkey.
- The body is slightly flat and elongated.
- Small ones are called "Kıraça".
- Its meat is very tasty.
- It is a fish of high economic value.



SPICARA SMARIS (izmarit)





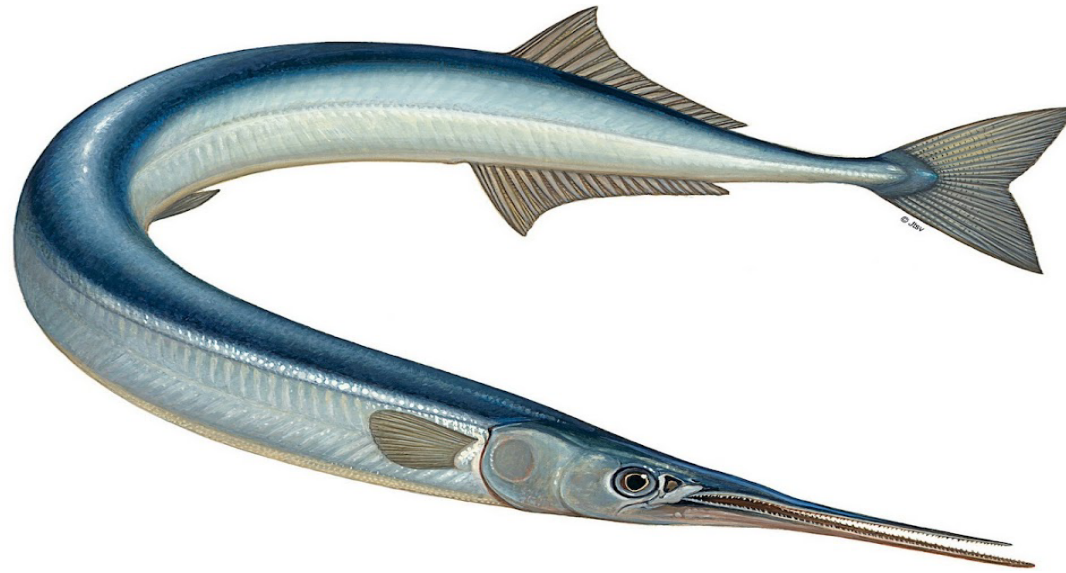
It is a bottom fish that feeds on mussels, sea worms and fish eggs.

The flesh is white and extremely delicious.



GARFISH (Sargan / Zargana)





- It is a long and thin-bodied sea fish.
- It reaches a length of 60–70 cm, sometimes even 1 m.
- They live an average of 18 years.
- It is one of the native fish of our temperate seas.





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