

# Flatfish species

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## **Greenland Halibut (Reinhardtius hippoglossoides)**



Greenland halibut is found in very-deep waters all around the arctic. It can reach up to 1,2m in length and is dark grey on both sides, a feature that sets it apart from most flatfish that are dark on one side and light on the other. Greenland halibut also have one eye on top of their head and one on their side whereas all other flatfish have two eyes on one side of their body. It is a deep-water fish, typically caught at around 400m and it is mainly found in waters with temperatures from 1-4 °C.

**Main catching seasons:**

Greenland halibut - *Reinhardtius hippoglos*

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
L	L	L	L	H	H	H	L	L	L	L	L

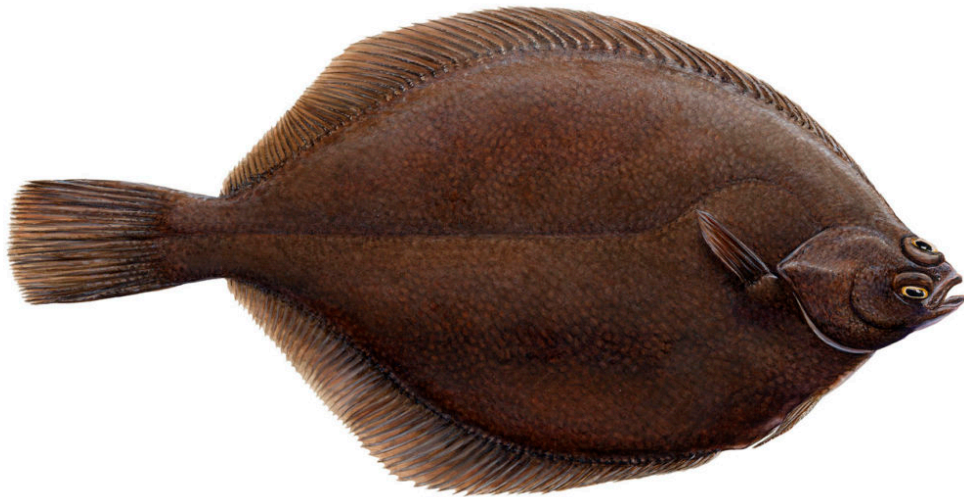
H = High season L= Low season S = Stop

**Specification:**

- W/R → Block frozen
- H/G → J-cut | N-cut → IQF | Block frozen
- Heads | Tails → IQF | Block frozen
- Frozen at sea | Frozen at land

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## Dab (*Limanda limanda*)



Dab are small flatfish, typically 20 to 35cm in length. The world record for the largest dab was found in Icelandic waters and was 48cm long. Dab are shallow-water fish and are rarely found at depths greater than 120m.

They can only be caught by a trawl called the Danish seine, by which almost 40% of all Icelandic flatfish are caught. Females grow faster and live longer than males, typically reaching around 14 years of age.

**Main catching seasons:**

*Dab - Limanda limanda*

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
H	H	H	L	L	L	L	L	H	H	H	L

H = High season L = Low season S = Stop

**Specification:**

- W/R → IQF | Block frozen
- HOG → IQF | Block frozen
- Fillets → IQF
- Frozen at sea | Frozen at land

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## Lemon Sole (*Microstomus kitt.*)



The lemon sole is a thick fish, typically measuring about 30cm long. It is found all around Iceland, but mostly in the warmer waters along the southwest coast. In Icelandic waters, the lemon sole can reach 14 years of age. The lemon sole is among the most valuable species in Icelandic waters per unit weight and is one of the most sought after flatfish species by foreign vessels.

**Main catching seasons:**

*Lemon sole - Microstomus Kitt*

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
L	L	L	L	H	H	L	H	H	H	L	L

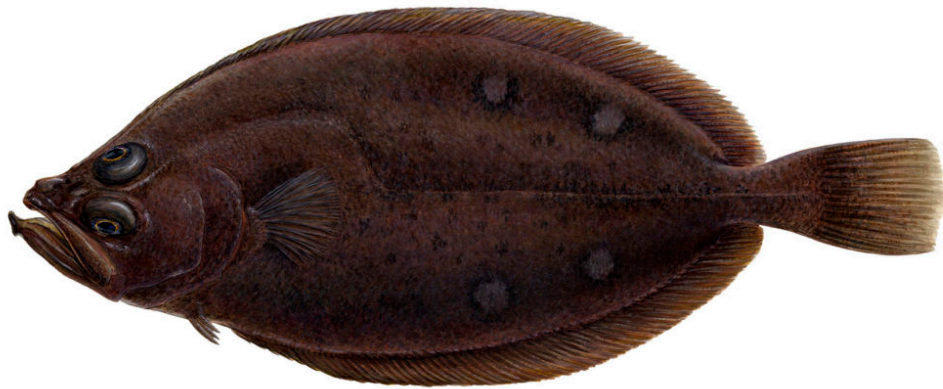
H = High season L= Low season S = Stop

**Specification:**

- HOG → IQF | Block frozen
- Fillets → IQF
- Frozen at sea | Frozen at land

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# Megrim (*Lepidorhombus whiffiagonis*)



The megrim is a large, thick flatfish that typically measures between 40 and 50cm long. Megrim have a large mouth and sharp teeth and eat mostly other fish like blue whiting or capelin. Megrim are commonly found on soft sea beds 100-200m, from the Northeast Atlantic Ocean to Northern Norway, Morocco and the Mediterranean Sea. Iceland is the northernmost part of the megrim's range, where it is only found in the warmest waters along the south coast.

## Main catching seasons:

*Megrim - Lepidorhombus whiffiagonis*

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
L	L	L	L	H	H	H	L	H	H	L	L

H = High season L = Low season S = Stop

## Specification:

- W/R → IQF | Block frozen
- HOG → IQF | Block frozen
- Frozen at sea | Frozen at land

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# Plaice / European Plaice (*Pleuronectes platessa*)



Plaice are a flatfish known for their red and orange spots and smooth skin. Plaice are found all around Iceland and from the Barents Sea down to the Mediterranean. They can tolerate both fresh and salt water. The typical size of plaice is 30 to 50cm long with females growing larger than males, and they can live to be up to 20 years old.

## Main catching seasons:

*Plaice - Pleuronectes platessa*

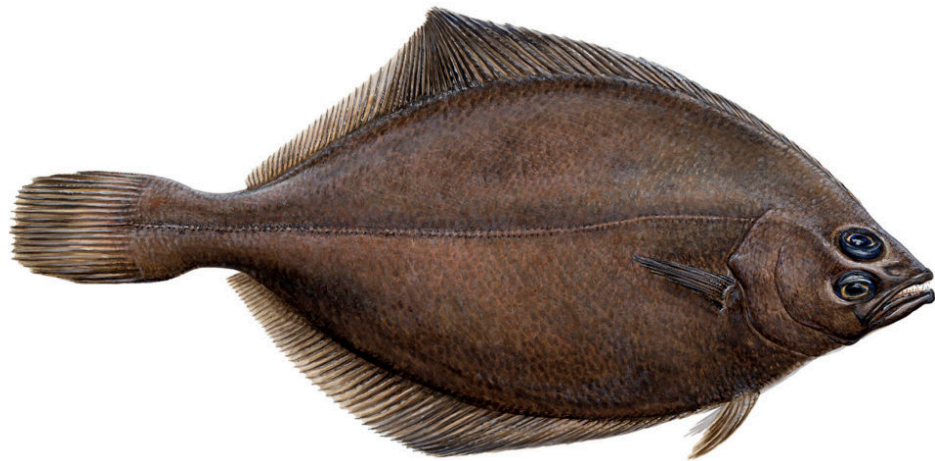
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
L	L	H	L	H	L	L	L	H	H	L	L

H = High season L = Low season S = Stop

## Specification:

- H/G → IQF : Block frozen
- Fillets → IQF

# American Plaice (*Hippoglossoides platessoides*)



American plaice live along the Upper-East Coast of the United States and Canada on the bottom of the continental shelf around 700m deep, though they spend most of their days at around 90-200m. They are slightly larger than plaice found around Iceland and can grow up to 70cm long. Both of their eyes are on their right side.

## Main catching seasons:

*American plaice - Hippoglossoides plate.*

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
L	L	L	L	H	H	L	L	H	L	L	L

H = High season L = Low season S = Stop

## Specification:

- W/R → IQF | Block frozen
- HOG → IQF | Block frozen
- Fillets → IQF

- Frozen at sea | Frozen at land

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