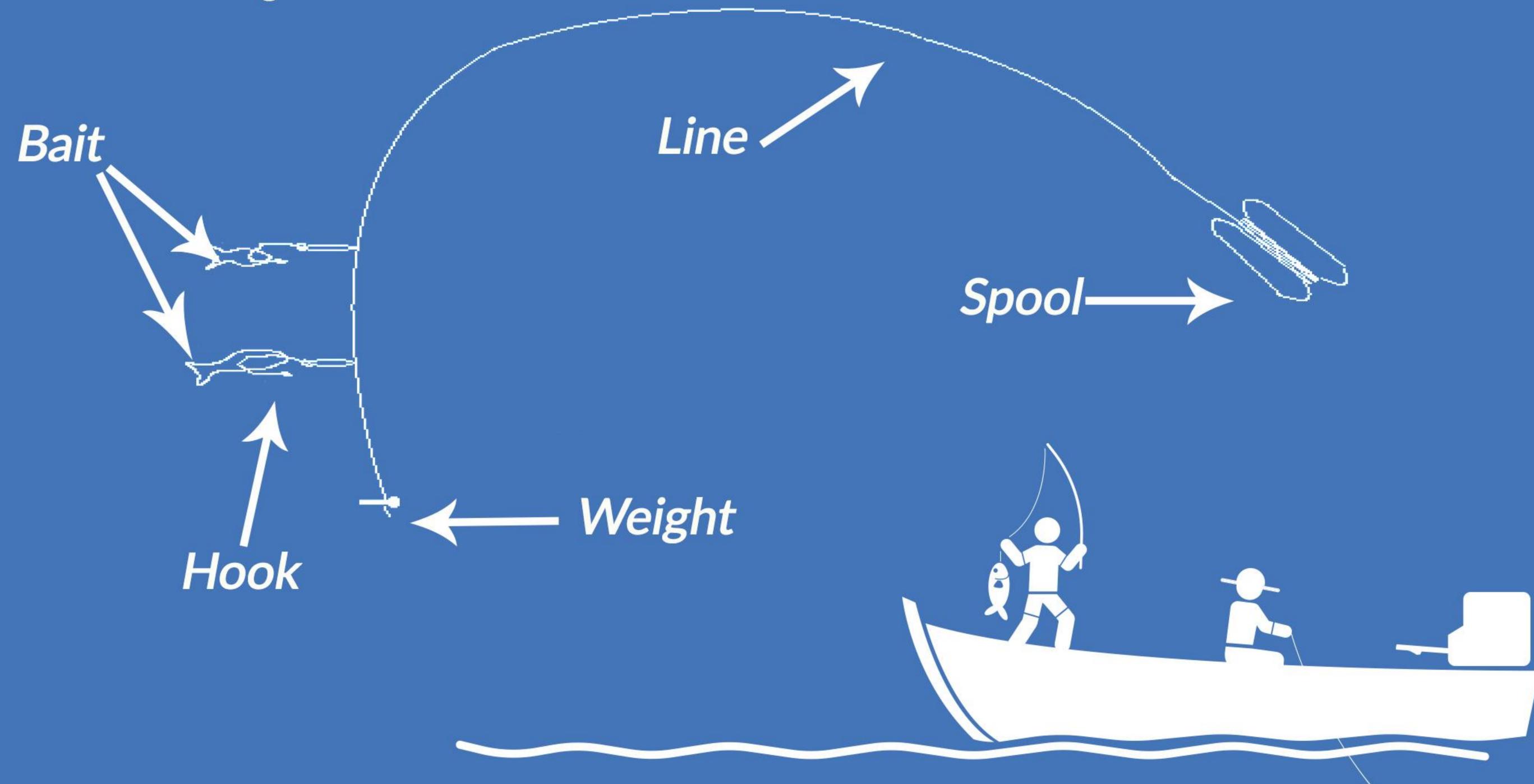
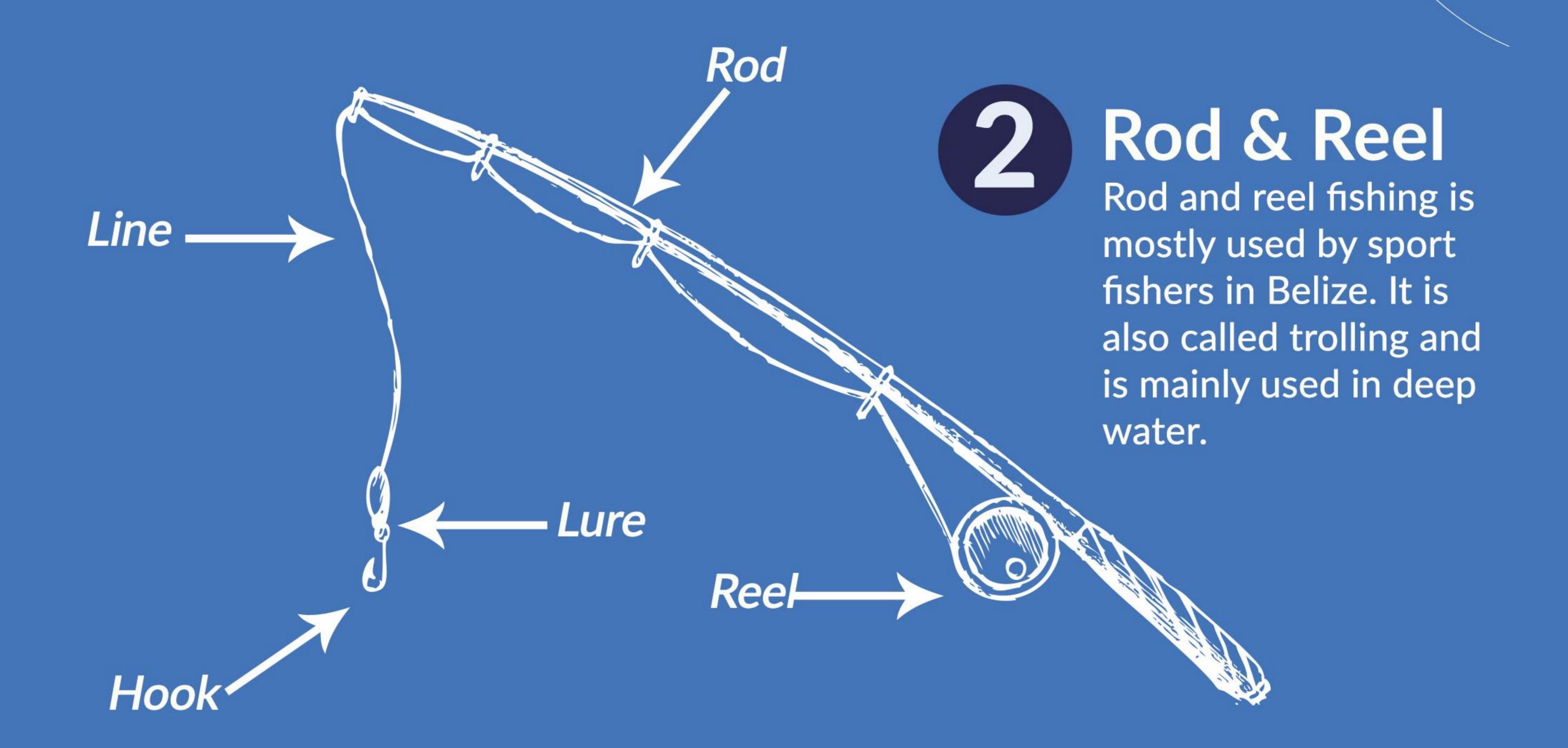


Sustainable Fishing Methods

1 Hand Line

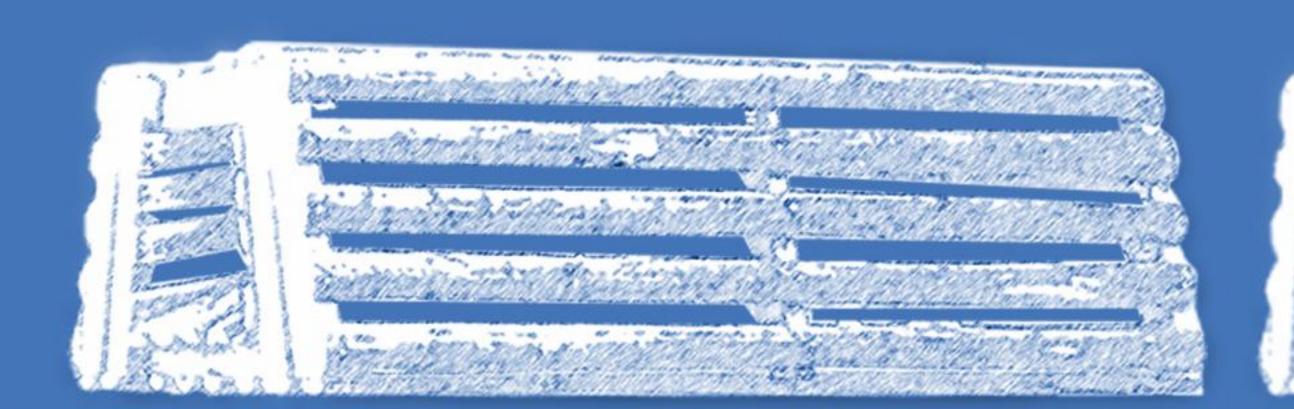
Hand line fishing or drop fishing consists of tying a hook to a line with a weight on the end, baiting the hook with sprat, shrimp, or small fish, and throwing the line in the water.





3 Traps

Lobster traps are hand built traps that are used to lure lobster. Fishers will put bait inside the traps (coconut, chicken, beef, or anything "stinky") to attract lobster.





4 Spears

Slings, hook sticks and spear guns are traditionally used to catch a variety of fish and lobster.

