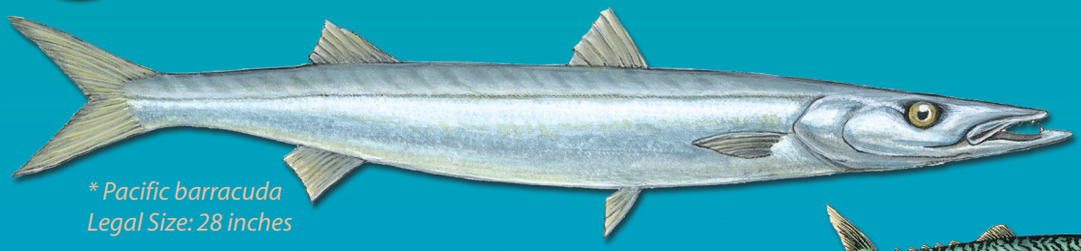
Common Subsistence and Sport Fish of Southern California



* Pacific barracuda
Legal Size: 28 inches

Jacksmelt

Pacific (Chub) mackerel

* Yellowtail

Pacific sardine

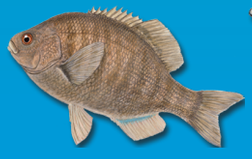
Topsmelt

* Pacific bonito

* Copper rockfish

* Kelp (Calico) bass
Legal Size: 12 inches

* Opaleye

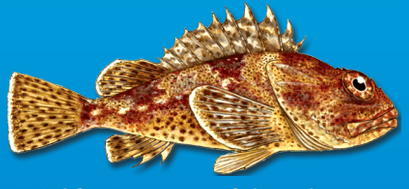


* Black perch

* Barred sandbass
Legal Size: 12 inches

* Barred surfperch

* Sargo



* California scorpionfish, sculpin
Legal Size: 10 inches

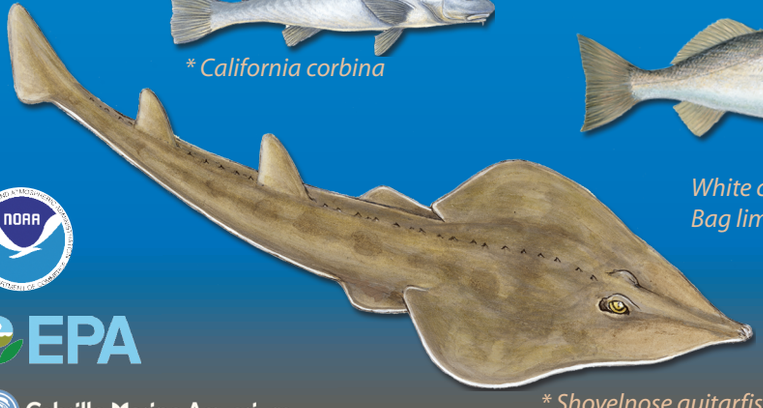
* Yellowfin croaker

Queenfish

* Spotfin croaker

* Black croaker

* California corbina



* Shovelnose guitarfish

White croaker, kingfish, tomcod
Bag limit 10 per day

* White seabass
Legal Size: 28 inches

* California halibut
Legal Size: 22 inches

EPA

Cabrillo Marine Aquarium

* Additional bag or size limits or other restrictions apply to these species. Please see California Department of Fish and Game Sport-Fishing Regulations for more information .

July 2009

Montrose Settlements Restoration Program

Restoring natural resources injured by DDTs and PCBs

1 What are DDTs and PCBs?

DDTs and PCBs are toxic mixtures of chemicals that break down very slowly in the environment.

DDT was once a widely used pesticide. One of the largest DDT factories in the United States, Montrose Chemical Corporation, was located in Torrance, CA.

PCBs are a group of chemicals that are resistant to heat and pressure. They were used by many companies for things like making paints and cooling electrical parts.

2 Where did they come from?

Most of the DDTs and PCBs contaminating the marine environment near Los Angeles came from companies that dumped their waste products into the local sewer system many years ago.

Wastewater from these factories was discharged into the ocean through outfall pipes offshore of White Point, between San Pedro and Palos Verdes.

Although releases of DDTs and PCBs ended in the 1970s, over 100 tons of these chemicals still contaminate the sediments, water, and living organisms of Southern California.

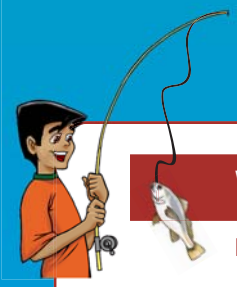
3 What is being done?

Cleaning up the environment
The U.S. Environmental Protection Agency (EPA) is studying ways to cap, clean or remove the contaminated sediments. For more information, visit www.epa.gov/region9/features/pvshelf/, or call (800) 231-3075.

Survey of contaminated fish
The Montrose Settlements Restoration Program (MSRP) and EPA conducted an extensive survey of contaminated fish along southern California. Results have been used to update local fishing advisories. The data will also be used to plan restoration projects, and will serve as a basis for EPA cleanup decisions. For information about local fish advisories visit www.oehha.ca.gov/fish.html

Public outreach and education
MSRP has joined with EPA, government health agencies, and local community groups to give the public accurate information about the contaminated fish in the Los Angeles- Orange County area. Find out more at www.pvsfish.org or by calling (800) 231-3075.

Restoring healthier fishing
MSRP has developed several projects to provide anglers with more opportunities to fish for clean fish. Find out more at www.montroserestoration.gov or by calling (562) 980-3236.



What can I do?

Reduce your exposure to DDTs and PCBs!

Fish Smart!

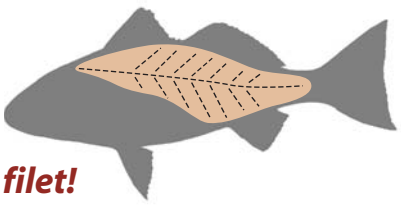
Some of the common fish along the Los Angeles and Orange county coasts are contaminated with the toxic chemicals DDTs and PCBs. The State of California has issued advisories to limit consumption of certain species in parts of the coast.

- Use this card to know the fish you catch.
- Look for signs posted at local piers.
- Talk to the members of community groups distributing information about contaminated fish at fishing areas, health clinics, and community events.
- Visit www.oehha.ca.gov/fish.html. The Office of Environmental Health Hazard Assessment offers information in English and in many other languages.

Cook Smart!

DDTs and PCBs build up in the fatty parts of fish. Try to cook in ways that reduce your exposure to these chemicals.

- Before cooking, remove and throw away the head, guts, kidneys, liver, skin, fat and belly area.
- Eat only the filet, especially when making soups, stews or chowder.
- Bake, broil, steam or grill fish, instead of frying.
- Throw away the cooking juices, which can contain higher concentrations of these chemicals.



Eat only the filet!

The Montrose Settlements Restoration Program is a multi-agency effort to restore natural resources injured by past releases of DDTs and PCBs into the southern California marine environment. Projects include efforts to restore bald eagles, peregrine falcons, seabirds, fishing, and fish habitat. The agencies include the National Oceanic and Atmospheric Administration, U.S. Fish & Wildlife Service, National Park Service, California Department of Fish and Game, California State Parks, and the California State Lands Commission..