

Hunting and Gathering for Cruising Sailors



A Coral Coast 2019 Seminar

Presenter Neil Edwards

March 2019



Agenda - What we will be covering



Coconuts



Oysters



Fish



Squid



Crabs



Beware of Danger



Regulations

Coconuts

A tender young green coconut is deemed to be nature's healthy tonic - a perfect sports drink that is very high in minerals

BUT

Beware !!! 250 people are killed each year from falling coconuts

coconut water		Coconut-inner edible solid part, raw (fresh kopra)	
Nutritional value per 100 g (3.5 oz)		Nutritional value per 100 g (3.5 oz)	
Energy	19 kcal (79 kJ)	Energy	354 kcal (1,480 kJ)
carbohydrates	3.71	Carbohydrates	24.23
- sugars	2.61	- Sugars	6.23
- dietary fibre	1.1	- Dietary fiber	9
Fat	0.2	Fat	33.49
Protein	0.72	Protein	3.33 g
Water	95	Water	47
Thiamine	0.03 mg (3%)	Thiamine (vit. B ₁)	0.066 mg (6%)
Riboflavin	0.057 mg (5%)	Riboflavin (vit. B ₂)	0.02 mg (2%)
Niacin	0.08 mg (1%)	Niacin (vit. B ₃)	0.54 mg (4%)
Vitamin B ₄	0.032 mg (2%)	Pantothenic acid (B ₅)	1.014 mg (20%)
Vitamin C	2.4 mg (3%)	Vitamin B ₆	0.05 mg (4%)
Calcium	24 mg (2%)	Vitamin C	3.3 mg (4%)
Iron	0.29 mg (2%)	Calcium	14 mg (1%)
Magnesium	25 mg (7%)	Iron	2.43 mg (19%)
Phosphorus	20 mg (3%)	Magnesium	32 mg (9%)
Potassium	250 mg (5%)	Phosphorus	113 mg (16%)
Zinc	0.1 mg (1%)	Potassium	356 mg (8%)
		Zinc	1.1 mg (12%)

How do you get them down?





Climbing is not recommended



A good days gathering of tender young coconuts



Battery drill and a straw is best



Very Refreshing

Oysters

Oysters are great nutritional value.

An excellent source of zinc, iron, calcium,
selenium and vitamin A





Not Recommended

Recommended

Beware: Oysters are razor sharp

Where To Find Oysters

Most Islands

Rocky Headlands

Low tide when rocks are exposed





**Substantial Oysters from Falcon Island
North of Magnetic Island on the way to Palm Island Group**

Fish- How do you catch them?

Trolling while on passage

- Pelagics – Tuna, mackerel, mahi mahi

From the dinghy using lures and bait

- Reef Fish – Coral trout, Stripey perch

From the yacht while on anchor or in the dinghy

- Estuary Fish – Bream, flathead, barramundi, estuary cod



Best Set Up for Pelagics

Alvey reel attached to back rail





Best Lures

Deep Divers and Christmas Tree Lures



Mahi Mahi



Blue Fin Tuna



Yellow Fin Tuna



Filleting





Yellow Fin - Sashimi



Spanish Mackerel



Towing Spotted mackerel after bleeding





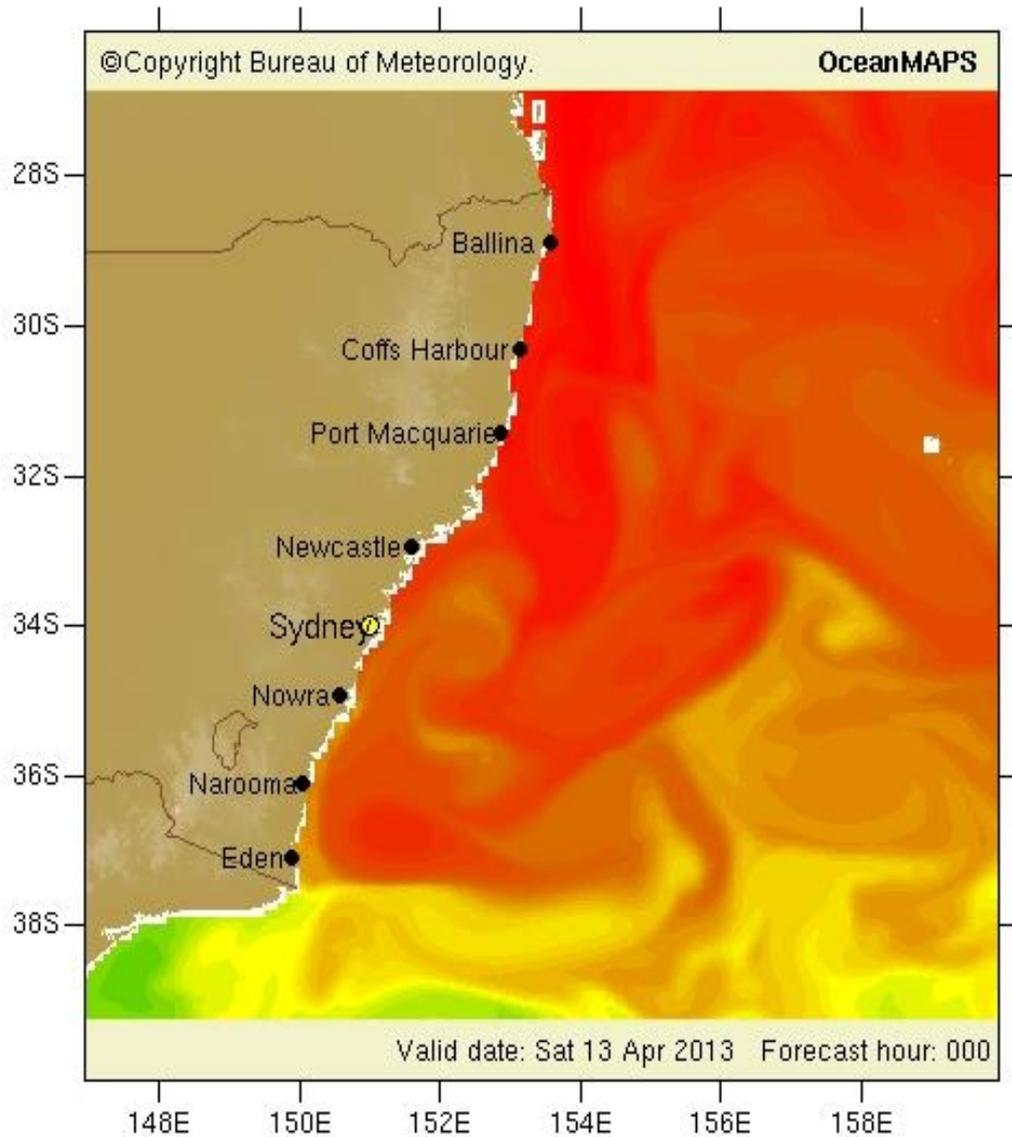
Cobia



Can get messy!!!



It's worth it



Sea Temperature plays a big part in where about of Pelagic Fish



Coral Trout



Estuary Cod



Stripey Perch







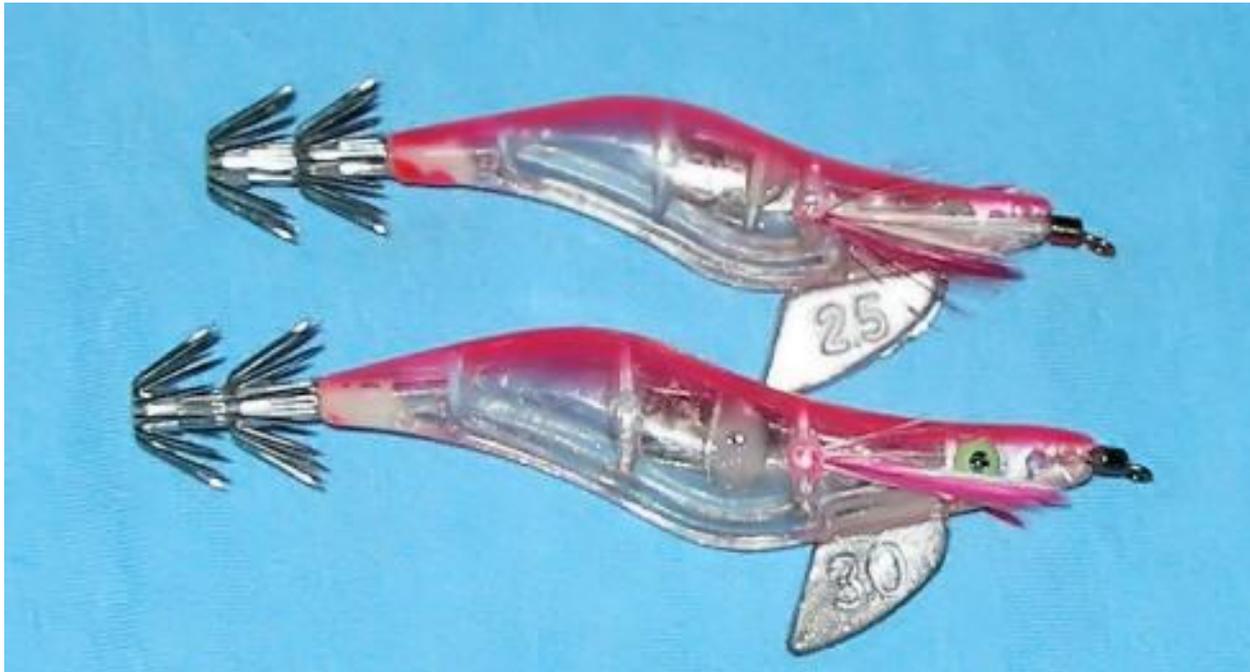
Chinaman Cod



The shark ate my dinner!!

Squid

To catch Squid you will need a squid jig





How to catch Squid

<http://www.youtube.com/watch?v=fO58SQQ66Ho>

<http://www.youtube.com/watch?v=5ven1qNHmrl&feature=fvwp>



Crabs

You will need the following

- Crab trap
- Nylon rope
- Float
- Bait Holder



Tie bait in bottom centre of pot



Set crab traps up creek near mangroves close to bank



**How to tell the difference between a male and female
- The male is on top**



<http://dreamfish.com.au/wordpress/how-to-articles/how-to-clean-and-cook-mudcrabs-and-blue-swimmers/>

Expect the unexpected



Beware of Danger

Hooks

Fish Spikes

Poisonous Fish

Man Overboard

Watch where you are going

Crocodiles

Beware of hooks





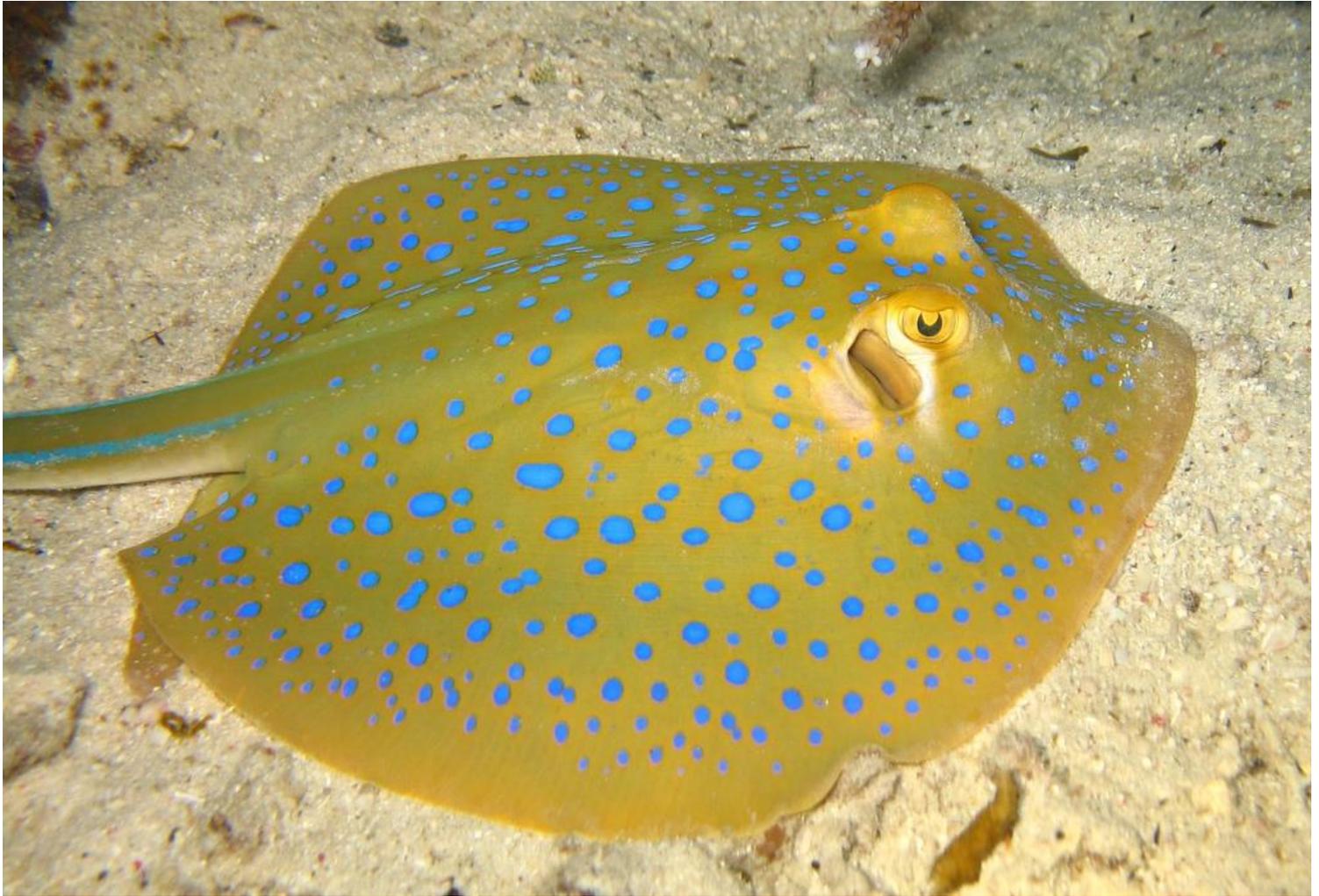






“Happy Moments “ - Smudgespot Spinefoot

Stingray



Man Overboard



Watch Where Your Going



Crocodiles



Know the Regulations

NSW – Fishing License, Species, Bag limits, Boat Limits, Marine Parks

<http://www.dpi.nsw.gov.au/fisheries/recreational/regulations>

QLD - No fishing license required. Marine Parks, Bag Limits, Boat limits and regulations keeping catch on board.

<https://www.daf.qld.gov.au/fisheries/recreational/rules-regulations>

Questions?

