

LINDBLAD EXPEDITIONS & SUSTAINABLE CUISINE



At Lindblad Expeditions, our shipboard chefs use fresh, local ingredients whenever possible, including locally grown produce, sustainably caught or farmed fish, and other local and indigenous products. By adding regional ingredients and flavors to a menu that also includes traditional favorites; we aim to provide our guests with a greater sense of the cuisine and culture in the regions being explored.

Partners

We look to the Chef's Collaborative and the Blue Ocean Institute to provide guidance in helping us to make responsible choices regarding flavorful, healthy, sustainable food.



Chef's Collaborative

With over 1,000 members in the food community, this national network works to promote sustainable cuisine.



Lindblad's membership in the Collaborative reinforces our use of local and seasonal ingredients on board our ships and enables us to engage with local farmers, fishermen and other suppliers who use sustainable practices in an effort to protect the environment. Learn more at <http://chefscollaborative.org>

Blue Ocean Institute

The institute works through science, art, and literature to inspire solutions and a deeper connection with nature. We look to them to share reliable information that enlightens personal choices, instills hope, and helps restore living abundance in the ocean. We distribute their seafood guide to our guests. Sourcing sustainable fish is a continual and ever-changing process which requires continuous monitoring and diligence. Learn more at <http://www.blueocean.org/home>

RECENT INITIATIVES THAT LEX HAS SUPPORTED TO PROMOTE SUSTAINABLE CUISINE INCLUDE:

Seafood For Thought

In over twenty years of traveling the world's oceans, the decline in the world's fisheries has been painfully obvious to even the most casual observer. In most cases it appears that there is very little management of fisheries, and scant awareness of fisheries issues by the general public. Demand for seafood is increasing with little thought for where fish come from and which fish might be threatened.



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Seafood for Thought is an initiative designed to provide both information and inspiration when it comes to helping preserve wild fish stocks world-wide and making informed choices about seafood purchasing. On our vessels, we are working to ensure that seafood offerings are carefully selected not only for flavor, but also for the best fishing practices possible. We research our fish supply to learn where and by what method the catch comes from in order to choose the best available options. We strive to purchase and serve species that are not considered over-fished or caught by practices that have negative environmental impacts. Also, the efforts of responsible fisheries that utilize methods which cause little damage to the ecosystem are rewarded and supported whenever possible. The final result is flavorful, succulent seafood for our guests to savor that supports conservation solutions to help restore living abundance to the world's oceans.



Shrimp Policy

One of our earliest commitments to marine conservation was the removal of shrimp from our fleet menus in August of 2001. Unfortunately, after spending a considerable amount of time searching for confirmable sources of sustainably harvested shrimp to reliably service our entire fleet we have come to the conclusion that almost all shrimp available on the world market today is either too environmentally destructive to continue to serve in good conscience or that emerging suppliers' claims of sustainability have not been credibly and consistently verified.

We acknowledge and applaud those shrimp-farming and harvesting operators who are working towards improving their environmental responsibility and efficiency. However, we have learned that the environmental consequences of shrimp trawling and farming are so alarming that as a company we have decided to err on the side of caution.

