

SEA BASS

Common name: Sea bass

Scientific name: Dicentrarchus labrax

White fish with a fusiform body with 7 fins adapted to swimming. Dorsal gray and ventral white are degrading in the rest of the body. It has a marked lateral line longitudinally to the body. It eats both small seafood and other fish.



Gives us
energy for
the whole day



It is fished during the winter, from November to March by hook, either with reeds in the troll, or with surface longline.

It provides us with very important minerals, proteins and vitamins such as **vitamin B3** that will give us energy and others in group B.

