

# Land Based Aquaculture

Matorka farms on land the healthiest, highest quality and most sustainable fish on the planet - the Arctic Charr

For a Healthy Planet:

The world population is outgrowing the earth's ability to support itself, while seafood is becoming more popular due to health benefits and related cuisine trends. Unique access to clean water and low energy costs from sustainable geothermal power ensures optimal growing conditions for our fish throughout the year. Land based fish farming represents the only real sustainable means to feed the world's increasing appetite for seafood.

For Discerning Chefs: Arctic Charr and Salmon are undeniably delicious. They have a unique, delicate flavor with a less "fishy" taste than many other fatty fish, such as sardines and mackerel. Extremely versatile, they can be steamed, sautéed, smoked, grilled, baked or poached. It can also be served raw in sushi and sashimi. Matorka's Salmonids provide world class chefs with the most fundamental step in a successful meal, the highest quality ingredient possible.



## Products:

**Fresh Arctic Charr fillets:**

Skin on, Pin bone out

Sizes range: 300-550 gr / 10-20 oz

Styrofoam boxes 10 20 kg / 20 50 lbs.

**Frozen Arctic Charr fillets:**

Skin on, Pin bone out

Sizes range: 300-550 gr / 10-20 oz

Cardboard boxes 10-20 kg / 20-50 lbs.

**Head on / Gutted**

Size Range: 1,0-1,8 kg / 2-4 lbs

Color of 28 plus Roche guaranteed.



Arctic Charr – fresh from Iceland

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# For Personal Health:

- Salmonids are rich in long-chain omega-3 fatty acids, which have been shown to reduce inflammation, lower blood pressure and decrease risk factors for disease.
- Salmonids provides 20 - 25 grams of protein per 3.5-ounce serving.
- A 100-gram serving of salmon or charr provides 60 - 80% of the RDI of selenium, a mineral involved in protecting bone health, improving thyroid function and reducing the risk of cancer.
- Astaxanthin is an antioxidant found in salmonid that may benefit heart, brain, nervous system and skin health.
- Consuming salmonids can help protect against heart disease by increasing levels of omega-3 fats, decreasing levels of omega-6 fats and lowering triglycerides.
- Salmon and Arctic charr can help lower inflammation, which may reduce risk factors for several diseases and improve symptoms in people with inflammatory conditions.
- Frequent salmon and Arctic charr consumption may help reduce symptoms of anxiety and depression, protect fetal brain health in pregnancy and decrease the risk of age-related memory problems

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Matorka Holdings AG • Hlidarsmari 6, 201 Kópavogur • Iceland  
Tel. +354 787 8880 • e-mail: [matorka@matorka.is](mailto:matorka@matorka.is)  
[www.matorka.is](http://www.matorka.is)