



# Something Fishy

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**TROPIC FISH**  
HAWAII LLC

## Meet Our New Sales Team Members

Tropic fish Hawaii, LLC is delighted to introduce two new members to our sales team, Christal Wong and Nicole Thurman.

*CHRISTAL* is a 26-year-old dynamo that loves to roam the world. Her travels have taken her throughout the U.S. mainland all the way to New York and to Europe and Asia. During her travels, she resided on the "ninth island", Las Vegas for two years. She graduated from the University of Hawaii with a degree in speech, has four dogs and loves Italian food. Prior to working for TFH, she was a full time waitress at the Hilton Hawaiian Village and still works there part time so she can enjoy meeting new people from around the world. Christal states that both jobs involve customer service and "I really love meeting people!" Christal is part of the Retail Sales Team.



*NICOLE* is another energetic and ambitious addition to the sales team. Her warm and friendly personality is a reflection of growing up in "Cajun Country" off the Gulf Coast of Louisiana and Mississippi. Her strong sales abilities are due in part to her education in which she earned a Bachelors Degree in Marketing in 2008 from a liberal arts school in the Appalachian Mountains of Asheville, North Carolina and worked in outside sales for two years prior to joining Tropic Fish Hawaii. She has been residing on Oahu since January and in her free time, she loves to participate in high energy sports such as mountain biking, kayaking and most recently surfing. Her interests include sustainability and natural foods and her favorite food is shellfish of any sort...a perfect fit for a seafood salesperson! Nicole is part of the Food Service Sales Team. (And yes, she is related to actress Uma.)

## Dried Aku in Vacuum Pack Bags Available!

TFH is now offering dried Aku in which the FDA approved fish is being seasoned, dried and packaged at our Auahi street facility. The Aku is seasoned, dried in a sterile environment, cut



**Aku - Skipjack Tuna**

into Poke sized pieces then sealed in vacuum pack bags. Mackerel is also available and made to order. TFH is also in the process of experimenting with a variety of flavors for the fish such as Teriyaki Aku. For more information or to order these products, please contact your sales person or Matt Ma at 808-591-2936.

## More Fresh Fish

To offset the inconsistent supply of fresh fish available at the fish auction, TFH has implemented a strategy to work with west coast mainland fishmongers to import whole fish and fillets to Hawaii. Shortages occur for several reasons such as the seasonal weather patterns in the Pacific Ocean that force local fishermen to sometimes



**Ahi - Yellow Fin Tuna**

limit their catch and cannot meet the ever present demand for the freshest product such as Blue and Yellow Fin Tuna in particular. Please contact Toby Arakawa for a list of items.

## Ready Made, Fresh Lomi Lomi Salmon

Customers can now order ready made, fresh Lomi Lomi Salmon from TFH which is made daily at our facility. Also available



is a variety of produce that is packaged to make items such as Poke or your own Lomi Lomi Salmon. The packaged produce include chopped green onions, diced tomatoes and sliced round onion.

## Status of Bottomfish Fishing Ban

The Western Pacific Regional Fishery Management Council will consider the total allowable catch (TAC) of bottomfish for 2009-2010 at its July 2009 meeting. We will provide an update in our August issue.

**OUR  
CORPORATE  
COMPANIES**



Volume 1, Issue 2

## CHEF ROY YAMAGUCHI



### Roy's Restaurants

Roy's Seared Soy-Marinated Ahi  
with Maui Onion-Fennel Salad

Serves 4

- 1 Cup Homemade or store bought Teriyaki Sauce
- 2 Each 8 ounce Ahi Tuna Steaks

Maui Onion or Sweet White Onion  
Fennel Salad~

- 1 Large Fennel Bulb, trimmed and thinly sliced (1 cup)
- ½ Cup Maui Onion, thinly sliced
- 2 Each Naval Oranges, peeled and sectioned
- ½ Cup Radicchio, shredded
- 1 Head Belgian Endive, thinly sliced
- 2 Tbsp Olive Oil
- 1 Tbsp Lemon Juice, freshly squeezed
- Salt and Ground Black Pepper

Method~

Prepare a medium-hot fire in a charcoal grill or preheat a gas grill to 450 degrees F. Pour the teriyaki sauce into a shallow bowl and add the ahi. Marinate in the refrigerator for 10 to 15 minutes, turning once or twice.

To prepare the salad, combine the fennel, onion, orange segments, radicchio and endive in a bowl. In a separate bowl, combine the oil, lemon juice and salt and pepper.

Remove the tuna from the marinade and grill for about 1 ½ minutes on each side for medium-rare or to desired doneness. Cut the tuna into slices. Pour the dressing over the salad and toss thoroughly. Arrange the salad on each plate and place the tuna slices on top of the salad.

## Informational Bite—Sustainable Seafood

Eating sustainable seafood is an easy way to help support the environment just by choosing wisely. Sustainable seafood is that which comes from places that do not harm the long-term survival of fish species and their ecosystems. It has benefits for the environment, health, and the world's poor.

BENEFITS for the environment:

Overfishing is causing 70% of fish species to be fished close to or at their capacity. Certain methods of fishing pollute and degrade entire ocean ecosystems. In fact, if current trends continue, the populations of almost all seafood will collapse by 2048. Eating sustainable seafood alleviates some of these stresses on the environment.

BENEFITS for your health:

Seafood is great for your health, and the American Heart Association recommends eating fish at least twice a week. Fish caught unsustainably tends to be from a species higher up on the food chain, which absorb higher concentrations of toxic pollution.

BENEFITS for the world's poor:

Over 120 million people worldwide rely on the fishing trade for all or part of their income. Plus, fish is the primary source of protein for one in five people worldwide. However, with overfishing and environmental degradation, the quantity and quality of fish able to be farmed is much lower across the planet than it once was. Sustainable seafood ensures the long-term survival of the millions of people tied to the industry.

## Moi Harvest Twice a Week

Moi (Threadfin) is being harvested twice a week on Monday and Thursday, per Randy Cates, CEO of Hukilau Foods, Inc., the company that raise and harvest the Moi from underwater net cages off of Ewa Beach, Oahu. It is 100 % natural with no growth hormones, medications, chemicals or genetic tampering.



Moi Harvesting

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