



# Something Fishy

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**TROPIC FISH**  
HAWAII LLC

## Tropic Fish Maui LLC to Open in 2011

Residents in Maui will soon be seeing the Tropic Fish Hawaii delivery vans in Maui. TFH is pleased to announce that it will be opening Tropic Fish Maui LLC in the first quarter of 2011. The facility, sales and operations staff will be located in the heart of Wailuku, Maui. This expansion will enable the company to improve service to its Maui clientele, provide an inventory of fresh and frozen items frequently ordered by the customer and guarantee delivery in a timely manner through CFI. TFH is seeking a full time General Manager/Sales. Please contact Shawn Tanoue if interested.

## Kauai Shrimp

TFH is pleased to be the exclusive distributor of Kauai Shrimp on Oahu. Sizes range from 16/20 and 26/30. They are available with head on and are not frozen. Naturally grown in salt water on the coastline of Kauai, they are specially fed 100% natural, soybean based feed. Their sweet meat sets this shrimp apart from all others and supports the popular trend of "Buy Local".



## TFH Featuring Tsukemomo

TFH is now offering various tsukemomo made daily at our new, food safe facility. These items were in high demand when we had our retail store, Tropic Fish & Vegetable Center at the Ward Farmer's Market. Many recipes were created by the owner and founder, Mama Katherine Tanoue. Items include Cucumber Kim Chee, Ogo, Kim Chee (Cabbage)

Don't forget our Lomi Lomi Salmon, Dried Aku and fresh, local produce is always available.

## Ahi for the Holidays

Here is what President and COO, Shawn Tanoue, has to say on his prediction on the supply and cost of Ahi for the holiday season.

"The supply of Ahi may change sometime in the middle of November as the boats will have to fish east of the Big Island. It is a longer trip for them and we will see how that will affect the timing of the boats coming in. This will last until the end of the year. On January 1, 2011, the fishing ban will be lifted again and supply should be back to normal. If the supply of tuna decreases, we will definitely see the price of local tuna go up from now until December 31<sup>st</sup>. We will have to see what the change in fishing grounds do to the supply of tuna in the coming weeks."



The National Marines Fisheries Service closed U.S. pelagic longline fishing for Bigeye tuna in the western and central Pacific Ocean effective November 22, 2010 through December 31, 2010 because the fishery reached its 2010 catch limit of 3,763 metric tons. NMFS monitored and retained catches of Bigeye tuna using logbook data submitted by vessel captains and other available information, and determined that the 2010 catch limit is expected to be reached by November 22, 2010.

The good news is that many fishing boats are currently arriving at the pier with an abundance of various, fresh fish. Now is an ideal time to purchase fish caught near the Hawaiian Islands.

Dear Valued Customers and Friends... As 2010 is drawing to a close, we would like to thank you once again for your continued support and trust in TFH, Inc. We have weathered difficult economic times together and we truly appreciate your devotion in us. We anticipate 2011 to be a more mutually beneficial year as forecasts predict a higher economic growth. Please never hesitate to personally contact me with any of your needs. ~Shawn Tanoue, President & COO

**OUR  
CORPORATE  
COMPANIES**



Volume 2, Issue 7

## CHEF ELMER GUZMAN



### POKE STOP—Mililani and Waipahu

#### Steamed Uhu with Mixed Seafood and Vegetable Medley

##### *Ingredients:*

- 2 each Manila Clams
- 3 oz. Uhu fillet (can use any firm fish)
- 1 oz. Portuguese Sausage (optional)
- 10z. raw 16/20 Shrimp
- 2 oz. Bok Choy Cabbage
- 1 oz. sliced Onions
- 1 T. diced Tomatoes
- 1 oz. sliced Shiitake Mushrooms
- 12 oz. Cilantro
- 1 oz. Butter
- Soy Sauce to taste
- Sesame Oil to taste
- Chili Flakes (optional)
- 1 sheet of aluminum foil

##### *Procedure:*

Place foil on a flat surface.  
Place Bok Choy Cabbage, Shiitake Mushrooms, Tomatoes and Onions on the center of the foil. Follow with Manila Clams, Uhu and Shrimp.

Finished off with the remaining ingredients.

Wrap mixture by grabbing the top and bottom of foil and making a crease to seal then fold in the ends. Place on grill for 10 to 12 minutes and serve with Cilantro as a garnish.

## Eat Healthy...Eat Fish

Two servings of fish per week can help prevent heart disease, lower blood pressure, and reduce the risk of heart attacks and strokes. Fish is an excellent source of Omega-3 fatty acids, a fatty acid that our body cannot produce on its own. Omega-3 fatty acids are found in every kind of fish, but are especially high in fatty fish. Good fish choices for Omega-3's include salmon, tuna (can light), trout, sardines, sea bass, oysters, crab, shrimp, and cod.

#### Numerous studies show that Omega-3 fatty acids:

- decrease heart disease
- reduce blood pressure
- help prevent arthritis
- help prevent abnormal heart rhythms promote healthy brain function

People who eat at least one meal of fish per week will be significantly less likely to develop Alzheimer's disease than those who never eat fish. Fish is low-fat and is a good quality protein, filled with vitamins like riboflavin (Vitamin B2), which aids the body in the metabolism of amino acids, fatty acids, and carbohydrates and Vitamin D, which aids calcium absorption to help prevent osteoporosis. Fish is also rich in calcium and phosphorus and a great source of minerals, such as iron, zinc, potassium (a mineral needed for muscles, nerves, and fluid balance in the body), iodine, and magnesium. When people substitute meat for fish, they decrease their intake of these essential vitamins, minerals, and Omega-3 fatty acids. Fish is a good choice for people with diabetes. The high protein supply aids in the regulation of blood sugar. Remember, eating fish is healthy!

## OUR SALES TEAM

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