

## Pacific Oysters Student Fact Sheet



### Pacific Oysters

Pacific Oysters have been grown in New Zealand since the 1970's after being introduced according to some sources from Asia when parts of the Auckland Harbour Bridge arrived by ship. The Pacific Oyster is a fast growing shellfish - faster and easier to farm than New Zealand's rock oyster.

Pacific Oysters are predominantly farmed within the Northland/Auckland and Coromandel regions and are grown primarily on intertidal racks and baskets in harbours or estuaries. Growing oysters at the optimum intertidal level is important for pest management and taking advantage of the several spawnings Pacific Oysters have each year.

New Zealand Pacific Oysters can be grown to market size within 12–18 months and are enjoyed as a delicacy throughout the world.

Because of the high water quality in New Zealand coastal environment the New Zealand sector has a distinct advantage over other Pacific Oyster producers, which allows them to be consumed in a natural, raw as well as cooked format.

The New Zealand Pacific Oyster offers a generous serving of succulent plump meat nestled within a deeply cupped shell. As a filter feeder they provide a taste unique to New Zealand and the individual growing areas.

Pacific Oysters are low in fat and cholesterol and rich in vitamins, minerals and essential Omega-3 fatty acids. Oysters are a great natural source of zinc, where a 100g serving will supply more than 100 percent of an adult's daily zinc requirement, which is essential for building a strong immune system.