



# A Very Fishy Pie Indeed



# 'Organic' Fishy Pie

by Helen Browning CEO, Soil Association

## Ingredients:

**500g** Soil Association organic certified fresh salmon, skinned and cubed

**200g** Soil Association organic certified sea lice (crispy ones are best)

**100mg** Soil Association organic certified antibiotic Oxytetracycline, should already be inside the salmon

**600g** Soil Association organic certified wild fish caught and fed to the farmed salmon

1 shallot, finely diced / 75g butter / 100g peas / 100g sweetcorn / 75g butter / 2 tbsp plain flour / 1 pint of milk / 100ml cider / 2 bay leaves / 1 tsp Dijon mustard / ½ tsp ground white pepper / ½ tsp grated nutmeg / Pinch of sea salt / Mash (or Smash if you don't like peeling spuds)

[www.oceanrebellion.earth](http://www.oceanrebellion.earth)

## The method:

Set up a non-profit label to label products as organic and sustainable. Fund it by asking members to pay for a 'Soil Association Organic' logo and persuade the public this logo is trustworthy.

Start assuring salmon farms while ignoring the fact that conditions are so appalling that over 17 million salmon died in agony from overcrowding, disease and sea lice infestation in Scottish salmon farms last year. Say it's completely fine because it would be even worse without your endorsement.

Proclaim that salmon farming is necessary even when scientists are telling you salmon farms



**SOILED  
BY  
SALMON**

are polluting lochs, destroying marine habitats, damaging health and the livelihoods of fragile Scottish coastal communities.

Keep raking-in the money while knowing that salmon farming is exhausting wild fish stocks globally, by hoovering them up for salmon feed, and causing starvation in parts of the world where wild fish is the only source of protein.

Stick your Soil Association head in the sand while being told salmon farming is salmon cruelty.

Finally, fake surprise when the fat legacies your work depends on dry up because your benefactors are disgusted by your cruelty.