



Menhaden Harvest, a 140-year-old fishing tradition in Virginia



Menhaden jump from the water as fishermen of the Cockrells Creek begin to raise a seine net Tuesday morning September 3, 2019. The 15 fishermen of the 185-foot long Cockrells Creek are part of the Omega Proteins fleet that fish for menhaden in the Chesapeake Bay and Atlantic Ocean. The oil of menhaden is full of omega-3 fatty acids that makes them a valuable source of nutritional supplements and at Omega's plant in Reedville the fish are processed for fish oil and fishmeal. (Jonathon Gruenke / Daily Press)

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Virginia's 140-year old menhaden fishery, these days shrunken to one company with eight vessels operating out of a tiny port in one of the most rural corners of the state. (Dave Ress)