For more information go to

FISHSMARTeATSMARTNJ.ORG

New Jersey Department of Environmental Protection
call (609) 984-6070
www.fishsmarteatsmartnj.org

New Jersey Department of Health
call (609) 588-3123
njfoodanddrugsafetyprogram

New Jersey Fish Consumption Advisories for the
THE FISH I FISH

2013
Follow statewide and regional fish consumption recommendations to reduce exposure to Dioxin, PCBs and Mercury*

For all freshwater fish without specific advisories,
EAT NO MORE THAN:

<table>
<thead>
<tr>
<th>General Population</th>
<th>High Risk Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Meal/Week</td>
<td>1 Meal/Month</td>
</tr>
</tbody>
</table>

** High Risk is defined as infants, children, pregnant women, nursing mothers and women of childbearing age.

Dioxin, PCBs and mercury may pose greater risk to babies and young children. For this reason it is important for women who are pregnant, or might become pregnant, breastfeeding women, and young children to follow the recommendations found on this page to reduce exposure.

Note: To reduce your exposure, eat those fish with the lowest meal restrictions. Do not combine meal restrictions. (For example, if you eat multiple fish species or catch fish from more than one area, the recommended guidelines for different species and different locations should not be combined.)

Go to FishSmartEatSmartNJ.org for additional information.

Where to get more information:

New Jersey Department of Environmental Protection, Office of Science. Additional copies of this brochure can be printed from the web site: FishSmartEatSmartNJ.org or by calling (609) 984-6070

New Jersey Department of Health and Senior Services, Food and Drug Safety Program. njfoodanddrugsafetyprogram or call (609) 826-4935

Environmental Protection Agency Fish and Wildlife Contamination Program epa.gov/ost/fish

For Information on Commercial Fish: Food and Drug Administration www.cfsan.fda.gov/seafood1.html 1-888-SAFEFOOD
Newark Bay Complex
Blue Claw Crab

**General Population**
DO NOT CATCH, DO NOT EAT!

**High Risk**
DO NOT CATCH, DO NOT EAT!

Regional Advisories

- **America Eel**
  - General Population: 4 meals/year
  - High Risk Population: DO NOT EAT

- **Blue Fish—Greater than 6lbs./24”**
  - General Population: 6 meals/year
  - High Risk Population: DO NOT EAT

- **Blue Fish—Less than 6lbs./24”**
  - Striped Bass
    - General Population: 1 meal/month
    - High Risk Population: DO NOT EAT

- **American Lobster**
  - General Population & High Risk: DO NOT EAT GREEN GLAND (tomalley or hepatopancreas)
Inland

- Largemouth Bass
- Smallmouth Bass
- Chain Pickerel

**General Population**
- 1 meal/ week
**High Risk Population**
- 1 meal/ month

Sunfish
(Includes bluegill, pumpkinseed & redbreast sunfish)

- Yellow Bullhead

**General Population**
- No restriction
**High Risk Population**
- 1 meal/ month

Brown Bullhead

**General Population**
- No Restrictions
**High Risk Population**
- 1 meal/ week

Pineands

- Largemouth Bass
- Chain Pickerel

**General Population**
- 1 meal/ month
**High Risk Population**
- DO NOT EAT

Brown Bullhead

**General Population**
- 1 meal/ week
**High Risk Population**
- 1 meal/ month

Yellow Bullhead

**General Population**
- 1 meal/ week

Sunfish
(Includes bluegill, pumpkinseed & redbreast sunfish)

**General Population**
- 1 meal/ week
**High Risk Population**
- 1 meal/ month

**WARNING**
To prevent chemical contaminants from entering your body, clean crabs thoroughly before cooking. Scrub exterior shells and remove entrails, as chemicals concentrate in the crab’s digestive organs. Be sure to remove the crab’s green gland (tomalley).

**DANGER**
Mercury, polychlorinated biphenyls (PCBs) and dioxins are especially harmful to babies and young children. They can cause cancer, developmental impairments and miscarriage. Women who are pregnant or plan to become pregnant, breastfeeding women and young children should not eat blue crabs from restricted areas* (*see back panel).

**DANGER**
Do not clean or handle crab if you have an open cut, wound, burn or a weakened immune system. Marine waters naturally carry bacteria called vibrios, which can cause life-threatening illness known as sepsis. Seek immediate medical attention if you develop bulbous lesions or other signs of infection after being pinched by a crab or having contact with marine waters.

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**Regional Advisories (continued)***

**How To Properly Clean A Crab**

1. Stun live blue crab by placing in ice water for five minutes.
2. Grab crab by its legs and under top shell spine (stunned and can be held).
3. Pry off the top shell using the shell’s spine for leverage. This instantly kills the crab.
4. Flip crab over and remove the apron.
5. Using high pressure water, spray out the entrails.
6. Using thumb, twist off the mouth parts.
7. Remove spongy gills from both halves and rinse.
8. Cleaned and ready to cook.

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Brown Trout

- Lamington River
- Raritan River - South Branch @ Flemington
- Raritan River - South Branch @ Long Valley
- Statewide Freshwater

Lake Trout

- Merrill Creek Reservoir @ Stewartsville
- Round Valley Reservoir @ Lebanon
- Statewide Freshwater

Rainbow Trout

- Merrill Creek Reservoir @ Stewartsville
- Statewide Freshwater

Trout Advisories

Rainbow Trout

- Merrill Creek Reservoir @ Stewartsville
- Statewide Freshwater

Bass — One of the most sought after freshwater fish, bass can be found in almost every lake, pond, slow moving water and stream.

Hybrid Bass

- Cranberry Lake @ Byram Lower Delaware River - Tidal Section
- Spruce Run

Striped Bass

- Delaware River
- Jersey City Reservoir
- Lake Tappan
- Lamington River
- Merrill Creek Reservoir
- Monksville Reservoir
- Newark Bay Complex
- Spruce Run Reservoir
- Statewide Freshwater
- Swartswood Lake
- Wanaque Reservoir

Smallmouth

- Delaware River
- Ramapo River
- Raritan River
- Spruce Run Reservoir
- Statewide Freshwater
- Swartswood Lake
- Wanaque Reservoir

Rock Bass

- Clinton Reservoir
- Jersey City Reservoir
- Pompton River
- Ramapo River
- Raritan River
- Rockaway River
- Sheppards Lake

The following section of this booklet is by fish species. The lakes with advisories for that species are listed below the species heading. For the specific consumption advisory for the lake and species, please refer to the full advisory report. The report can be found at fishsmarteatsmartnj.org

How to Properly Clean and Fillet Your Fish

Remember to keep fillets chilled or frozen until cooking. It is a good idea to carry plastic bags to keep your fillets clean and dry in your cooler.

1. LIFT the pectoral fin. Angle the knife towards the back of the head and cut to the backbone.
2. TURN the blade parallel to the backbone. Cut towards tail with a sawing motion. Cut fillet off.
3. REMOVE the rib bones by sliding blade along the ribs. Turn fish over remove second fillet.
4. CUT off the strip of fatty belly fish. Discard guts and belly.
5. SKIN the fillet by cutting into the tail flesh to the skin. Turn the blade parallel to the skin.
6. PULL the skin firmly while moving the knife in a sawing action between the skin and the flesh. Remove dark meat (lateral line) section prior to cooking.

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New Jersey has a wide variety of excellent habitat for largemouth bass including deep clear lakes, shallow stained lakes, lakes with aquatic vegetation, tidal freshwater rivers, and small park ponds.

**Largemouth Bass**

* Allamuchy Pond
* Alycon Lake
* Assunpink Creek - Windsor
* Batsto Lake
* Big Timber Creek
* Branch Brook Park Lake at Newark
* Budd Lake
* Canistear Reservoir
* Carnegie Lake
* Catfish Pond
* Cedar Lake
* Clementon Lake
* Clinton Reservoir
* Columbia Lake
* Cooper River Park Lake
* Cranberry Lake
* Crosswicks Creek
* Crystal Lake
* Davidson Mill Pond
* Deal Lake
* Delaware Lake
* Delaware River
* Delaware-Raritan Canal
* DeVeoe Lake
* DOD Lake
* Duhernal Lake
* East Creek Pond
* Echo Lake Reservoir
* Enno Lake
* Evans Lake
* Farrington Lake
* Furnace Lake
* Green Turtle Pond
* Greenwood Lake
* Grovers Mill Pond
* Hainsville Pond
* Jersey City Reservoir
* Kirkwood Lake
* Lake Aeroflex
* Lake Carasaljo
* Lake Hopatcong
* Lake Mercer
* Lake Musconetcong
* Lake Tappan
* Lenape Lake
* Lindem Lake
* Little Swartswood Lake
* Little Timber Creek
* Malaga Lake
* Manalapan Lake
* Manasquan Reservoir
* Maple Lake
* Marlton Lake
* Marl Lake
* Maskells Mill Lake
* Maurice River
* Menantico Sand Ponds
* Merrill Creek Reservoir
* Millstone River
* Mirror Lake
* Monksville Reservoir
* Mountain Lake
* New Brooklyn Lake
* Newton Creek
* Newton Lake
* Oak Ridge Reservoir
* Oradell Reservoir
* Overpeck Creek
* Parvin Lake
* Passaic River
* Paulinskill Lake
* Peddie Lake
* Pennsauken Creek
* Pinelands Region
* Pohatcong Lake
* Pompton Lake
* Pompton River
* Rahway River
* Ramapo River
* Rancocos Creek
* Raritan River
* Rockaway River
* Rosedale Lake
* Round Valley Reservoir
* Salem River
* Saw Mill Lake
* Shadow Lake
* Shenandoah Lake
* Sheppards Lake
* Speedwell Lake
* Splitrock Reservoir
* Spring Lake
* Spruce Run Reservoir
* Statewide Freshwater
* Steenkill Lake
* Stewart Lake
* Strawbridge Lake
* Sunset Lake
* Swartswood Lake
* Swimming River Reservoir
* Turn Mill Pond
* Union Lake
* Wanque Reservoir
* Wawayanda Lake
* Weequahic Park Lake
* Weston Mill Pond
* White Lake
* Willow Grove Lake
* Wilson Lake
* Woodstown Memorial Lake

**GOOD ADVICE FOR EATING FISH**

A healthy serving of fish is about 6 inches = 8 ozs.

**Prepare & Clean Fish Correctly**

* Cut off and discard skin, head fat and guts
* Bake, Broil, Steam, Fry or Grill fish and throw away the juices

**Do not eat the whole fish or steak portion—Eat only the fillet**

Women who are pregnant, might become pregnant, breastfeeding women & young children follow the recommendations below:

**Eat a variety (up to 12oz. On average = 2 meals a week) of fish lower in Mercury:**

Shrimp, Canned-light Tuna in water, Salmon, Cooked Shellfish, Fluke/Flounder, Pollack, Cod, Tilapia, Farm raised Catfish.

**DO NOT EAT:**

Eel, Bluefish, Striped Bass, Raw fish, and Crabs from the Newark Bay Complex, Green gland of lobster (tomalley)
**Bullhead** — Native catfish found in numerous waterbodies, large and small throughout the state. It is a bottom dweller.

- Assunpink Lake
- Batsto Lake
- Big Timber Creek
- Budd Lake
- Butterfly Bogs Pond
- Carnegie Lake
- Cooper River
- Cranberry Lake
- Crater Lake
- Crystal Lake
- Delaware & Raritan Canal
- DeVoe Lake
- Duhernal Lake
- East Creek Pond
- Evans Lake
- Farrington Lake
- Furnace Lake
- Grovers Mill Pond
- Jersey City Reservoir
- Lake Aeroflex
- Lake Hopatcong
- Lake Musconetcong
- Lefferts Lake
- Little Swartswood Lake
- Little Timber Creek
- Manasquan Reservoir
- Maskells Mill Lake
- Merrill Creek Reservoir
- Mirror Lake
- Monksville Reservoir
- Mullica River
- Newton Creek
- Newton Lake
- Oak Ridge Reservoir
- Overpeck Creek
- Passaic River
- Pinelands Region
- Rahway River
- Raritan River
- Rockaway River
- Saw Mill Lake
- Shepards Lake
- Splitrock Reservoir
- Statewide Freshwater
- Stewart Lake
- Strawbridge Lake
- Toms River
- Union Lake
- Wading River
- Wanaque Reservoir
- Weequahic Park Lake
- Weston Mill Pond
- Willow Grove Lake
Chain Pickerel
Advisories

Pickerel — Chain Pickerel live in a wide range of habitats. The majority of the year pickerel can be located in shallow bays and near shorelines.

* Assunpink Lake
* Atlantic City Reservoir
* Batsto Lake
* Butterfly Bogs Pond
* Canistear Reservoir
* Catfish Pond
* Cedar Lake
* Cedarville Ponds
* Clementon Lake
* Columbia Lake
* Cranberry Lake
* Davidson Mill Pond
* Delaware-Raritan Canal
* DeVoe Lake
* Double Trouble Lake
* East Creek Pond
* Echo Lake Reservoir
* Farrington Lake
* Green Turtle Pond
* Grovers Mill Pond
* Hainsville Pond
* Harrisville Lake
* Horizon Lake
* Lake Aeroflex
* Lake Carasaljo
* Lake Hopatcong
* Lake Hopatcong
* Lake Manahawkin
* Lake Musconetcong
* Lake Nummy
* Lake Oswego
* Lefferts Lake
* Lenape Lake
* Little Swartswood Lake
* Malaga Lake
* Manasquan Reservoir
* Maskells Mill Lake
* Mirror Lake
* Monksville Reservoir
* Mullica River - Green Bank to Batsto
* New Brooklyn Lake
* Oak Ridge Reservoir
* Parvin Lake
* Pinelands Region Freshwater
* Rockaway River
* Shenandoah Lake
* Speedwell Lake
* Splitrock Reservoir
* Stafford Forge Main Line
* Statewide Freshwater
* Steenkyll Lake
* Success Lake
* Swartswood Lake
* Tom's River - Ridgeway Branch
* Union Lake
* Wading River
* Wanapae Reservoir
* Wawayanda Lake
* Weston Mill Pond
* White Lake
* Whitesbog Pond
* Willow Grove Lake
* Wilson Lake

Muskellunge
Advisories

The muskellunge is the largest member of the pike family. Muskellunge can be found in areas near structure and cover are ideal habitat for muskies. Shallow weedy areas of lakes warm up first in the spring and are a good bet for early season. Weed beds are consistent areas throughout the summer.

* Delaware River- Water Gap to NY Borderline
* Mountain Lake

Common Carp
Advisories

Generally, carp are well distributed and can be found in almost every reservoir, lake, pond, river or stream in New Jersey.

* Branch Brook Park Lake
* Cooper River Park Lake
* Cooper River
* Delaware & Raritan Canal
* DOD Lake
* Kirkwood Lake
* Lake Tappan
* Marlu Lake
* Millstone River
* Mountain Lake
* Newton Lake
* Oradell Reservoir
* Overpeck Creek
* Passaic River
* Paulinskill Lake
* Pennsauken Creek
* Pompton Lake
* Pompton River
* Rahway River
* Rancocas Creek
* Raritan River
* Rosedale Lake
* Salem River
* Speedwell Lake
* Spring Lake
* Spruce Run Reservoir
* Stewart Lake
* Strawbridge Lake
* Weequaugh Park Lake

American Eel
Advisories

Adult eels primarily eat fish, but will feed upon anything they find. In lakes and reservoirs, they reside in shallow coves with muddy bottoms. Eels are most active at night and spend the winter months buried in the mud. In streams and rivers, they can be found in pool areas with plenty of cover in the form of fallen trees and branches, as well as undercut banks where they prefer clear water, but will tolerate moderately cloudy conditions.

* Allamuchy Pond
* Atlantic Coastal Tributaries
* Columbia Lake
* Davidson Mill Pond
* Deal Lake
* Delaware Estuary & Delaware Bay
* Delaware Lake
* Delaware River
* Delaware-Raritan Canal
* East Creek Pond
* Enno Lake
* Green Brook
* Horizon Lake
* Hudson River
* Lake Aeroflex
* Lake Manahawkin
* Lake Mercer
* Lake Oswego
* Lamington River
* Lenape Lake
* Manalapan Lake
* Manasquan Reservoir
* Maple Lake
* Menantico Sand Ponds
* Metedeconk River
* Mirror Lake
* Mullica River
* Oradell Reservoir
* Overpeck Creek
* Parvin Lake
* Passaic River
* Peddie Lake
* Pohatcong Lake
* Raccoon Creek
* Raritan Bay Complex
* Ratiran River
* Saw Mill Lake
* Shenandoah Lake
* Statewide Estuarine & Marine Waters
* Steenkyll Lake
* Stow Creek
* Swartswood Lake
* Swimming River Reservoir
* Turn Mill Pond
* Weston Mill Pond
* White Lake
Northern pike are a very aggressive hard fighting cool water species. They prefer relatively shallow weedy areas of lakes and slow moving rivers. There is a marked tendency for movement to deeper, cooler water during the summer when water temperatures are highest, especially for the larger fish.

- Buddy Lake
- Passaic River
- Spruce Run Reservoir
- Pompton River
- Saw Mill Lake

White perch are caught in the deeper pools of lakes, rivers and streams. In tidal areas, good locations to focus in on are small feeder creeks that dump into the main part of a river.

- Big Timber Creek
- Carnegie Lake
- Crosswicks Creek
- Deal Lake
- Delaware River & Estuary
- Greenwood Lake
- Hudson River
- Pennsauken Creek
- Mullica River
- Maudice River
- Newark Bay Complex
- Oldmans Creek

White perch are smaller than channel catfish and are native to New Jersey waters. Of all the catfish, white catfish are the most tolerant of salt water. White catfish are bottom feeders eating some plant material, but mostly animal life such as midge larvae and other aquatic insects, crustaceans and fish. As with other catfishes, the white catfish feeds mostly at night. Their habitat preference is midway between the channel catfish, which uses firmer bottoms and swift currents, and bullheads, which live in slow water over soft, silty bottoms.

- Big Timber Creek
- Budd Lake
- Crosswicks Creek
- Delaware Estuary & Delaware Bay
- Delaware River
- Hudson River
- Jersey City Reservoir
- Maurice River
- Mullica River
- Newark Bay Complex
- Pennsauken Creek
- Rancocas Creek
- Raritan River
- Round Valley Reservoir
- Wading River
- Wanaque Reservoir

The channel catfish is the largest member of the catfish family found in New Jersey. Channel cats are avidly sought after sport fish that grow to trophy proportions. Channel cats are generally bottom feeders, feeding on nearly all aquatic life forms including fish, insects and crustaceans.

- Big Timber Creek
- Carnegie Lake
- Crosswicks Creek
- Delaware Estuary & Delaware Bay
- Delaware River
- Delaware-Raritan Canal
- Lake Mercer
- Little Timber Creek
- Mantua Creek
- Maurice River
- Newton Creek
- Oldmans Creek
- Pennsauken Creek
- Rancocas Creek
- Raritan River
- Round Valley Reservoir
- Spruce Run Reservoir

Named for their distinctive eyes, walleye are very sensitive to light and are most active in low light conditions. Overcast days, choppy water, dawn, dusk and at night are prime fishing times. Walleye usually relate to the bottom and some type of structure, however, they will suspend even in the middle of the lake to follow schools of herring.

- Columbia Lake
- Delaware & Raritan Canal
- Delaware River
- Greenwood Lake
- Lake Hopatcong
- Monksville Reservoir
- Swartswood Lake

White sucker are native to New Jersey waters. They are cold water species that prefer shallow, weedy areas of lakes and slow moving rivers. White sucker are bottom feeders eating some plant material, but mostly animal life such as midge larvae and other aquatic insects, crustaceans and fish. As with other catfishes, the white sucker feeds mostly at night. Their habitat preference is midway between the channel catfish, which uses firmer bottoms and swift currents, and bullheads, which live in slow water over soft, silty bottoms.

- Big Timber Creek
- Carnegie Lake
- Crosswicks Creek
- Delaware Estuary & Delaware Bay
- Delaware River
- Greenville Lake
- Hudson River
- Raritan Bay Complex
- Clinton Reservoir
- Delaware River
- Hudson River
- Raritan Bay Complex

- Little Timber Creek
- Mantua Creek
- Maurice River
- Monksville Reservoir
- Mullica River
- Newark Bay Complex
- Oldmans Creek
- Pennsauken Creek
- Raritan Bay Complex
- Raritan River
- Union Lake
- Wanaque Reservoir
- Weequahic Park Lake
**Yellow Perch**

Yellow perch are one of the premier species targeted each winter by ice fishermen. Known for their excellent fight on light tackle yellow perch are a fish for all seasons. Anglers that prefer to fish the open waters after the ice melts will find immediate action. The weeks following ice out can be even better than ice fishing.

- Atlantic City Reservoir
- Blue Mountain Lake
- Canistear Reservoir
- Catfish Pond
- Cedarville Ponds
- Cranberry Lake
- Crater Lake
- Delaware & Raritan Canal
- East Creek Pond
- Farrington Lake
- Green Turtle Pond
- Lake Hopatcong
- Lake Nummy
- Lefferts Lake
- Manasquan Reservoir
- Merrill Creek Reservoir
- Monksville Reservoir
- Paulinskill Lake
- Pohatcong Lake
- Pompton River
- Splitrock Reservoir
- Weston Mill Pond
- Wilson Lake

**Black Crappie**

Though two species of crappie are present in New Jersey (black and white), the black crappie is more widespread and sought after. A schooling fish, crappie fishing can be faced paced when located.

- Alycon Lake
- Cooper River Park Lake
- Crystal Lake
- Manalapan Lake
- Manasquan Reservoir
- Maskells Mill Lake
- Merrill Creek Reservoir
- New Brooklyn Lake
- Newton Lake
- Passaic River
- Pompton River
- Ramapo River
- Rockaway River
- Rosedale Lake
- Strawbridge Lake
- Weston Mill Pond
- Woodstown Memorial Lake

**Redbreast Sunfish**

- Clinton Reservoir
- Lamington River
- Passaic River
- Pompton River
- Ramapo River
- Raritan River
- Sheppards Lake

**Sunfish Advisories**

The sunfish is one of the most widespread and abundant freshwater fish species in New Jersey. They are found throughout the state in water bodies ranging from small farm ponds to the state’s largest lakes and reservoirs. There are several species of sunfish, but in New Jersey there are three most commonly fished for species: Bluegill (Lepomis macrochirus), Pumpkinseed (Lepomis gibbosus) and the Redbreast (Lepomis auritus).

**Bluegill Sunfish**

- Alamacuy Pond
- Assunpink Lake
- Batsto Lake
- Branch Brook Park Lake
- Budd Lake
- Canistear Reservoir
- Carnegie Lake
- Cooper River Park Lake
- Cooper River
- Davidsson Mill Pond
- Delaware Lake
- Delaware-Raritan Canal
- DOD Lake
- Duhernal Lake
- Echo Lake Reservoir
- Farrington Lake
- Furnace Lake
- Green Turtle Pond
- Greenwood Lake
- Kirkwood Lake
- Lake Aeroflex
- Lake Hopatcong
- Lake Mercer
- Lake Tappan
- Manalapan Lake
- Manasquan Reservoir
- Merrill Creek Reservoir
- Millstone River
- Monksville Reservoir
- Mountain Lake
- New Hope Lake
- Oak Ridge Reservoir
- Oradell Reservoir
- Overpeck Creek
- Passaic River
- Peddie Lake
- Pennsauken Creek
- Pompton Lake
- Rahway River
- Ramapo River Lake
- Rockaway River
- Rosedale Lake
- Round Valley Reservoir
- Salem River
- Saw Mill Lake
- Speedwell Lake
- Splitrock Reservoir
- Stewart Lake
- Strawbridge Lake
- Swartswood Lake
- Union Lake
- Wanauke Reservoir
- Wawayanda Lake
- Weequahic Park Lake
- Weston Mill Pond
- White Lake

**Pumpkinseed Sunfish**

- Allamuchy Pond
- Assunpink Lake
- Batsto Lake
- Branch Brook Park Lake
- Budd Lake
- Canistear Reservoir
- Carnegie Lake
- Cooper River Park Lake
- Cooper River
- Davidsson Mill Pond
- Delaware Lake
- Delaware-Raritan Canal
- DOD Lake
- Duhernal Lake
- Echo Lake Reservoir
- Farrington Lake
- Furnace Lake
- Green Turtle Pond
- Greenwood Lake
- Kirkwood Lake
- Lake Aeroflex
- Lake Hopatcong
- Lake Mercer
- Lake Tappan
- Manalapan Lake
- Manasquan Reservoir
- Merrill Creek Reservoir
- Millstone River
- Monksville Reservoir
- Mountain Lake
- New Hope Lake
- Oak Ridge Reservoir
- Oradell Reservoir
- Overpeck Creek
- Passaic River
- Peddie Lake
- Pennsauken Creek
- Pompton Lake
- Rahway River
- Ramapo River Lake
- Rockaway River
- Rosedale Lake
- Round Valley Reservoir
- Salem River
- Saw Mill Lake
- Speedwell Lake
- Splitrock Reservoir
- Stewart Lake
- Strawbridge Lake
- Swartswood Lake
- Union Lake
- Wanauke Reservoir
- Wawayanda Lake
- Weequahic Park Lake
- Weston Mill Pond
- White Lake