

# Most fish caught in Kansas are safe to eat

You may have heard stories about Kansas waters being polluted and have questions about eating fish caught from them. The good news is that it's safe to eat most fish caught in Kansas.

Fishing in Kansas is a wonderful tradition and family activity, and it also provides nutritious, low-fat table fare with cardiovascular benefits. If you've caught fish from one of the dozens of Kansas reservoirs, hundreds of state fishing and community lakes, tens of thousands of farm ponds or miles of rivers, you can rest assured they are safe to eat.

There are some advisories on fish, but they are limited to small sections of rivers and streams near urban areas and a couple of waters in the Mined Land Wildlife Area in Cherokee County.

However, conditions are getting better each year. As long-lasting but long banned chemicals decay, waters get cleaner, and as other chemicals are more cautiously used because of education efforts, waters get cleaner still.

Fish consumption advisories are simply guides so people can make choices about their health and diet. Advisories identify species that should be eaten in limited quantities or avoided.

The Kansas Department of Health and Environment and the Kansas Department of Wildlife and Parks recommend that consumption of bottom-feeding and bottom-dwelling fish (carp, blue catfish, channel catfish, flathead catfish, freshwater drum, bullhead, sturgeon, buffalo, carpsucker, and other sucker species) be avoided due to levels of the insecticide chlordane, PCBs, or perchlorate if caught at:

- The Kansas River from Lawrence (below Bowersock Dam) downstream to Eudora at the confluence of the Wakarusa River.
- Antioch Park Lake (south) in Antioch Park, Overland Park/Merriam (Johnson

County).  
 • Horseshoe Lake located in Cherokee County. This includes all forms of aquatic life.

• The Spring River from the confluence of Center Creek to the Kansas/Oklahoma border in Cherokee County. This includes shellfish such as mussels, clams and crayfish.

The state recommends eating no more than one 8-ounce meal per month of bottom-feeding fish caught at:

• The Arkansas River from the Lincoln Street dam in Wichita downstream to the confluence with Cowskin Creek near Belle Plaine in Sedgwick and Sumner counties.

• Cow Creek in Hutchinson and downstream to the confluence with the Arkansas River in Reno County.

The state recommend a limitation of one 8-ounce meal per week for adults or one 4-ounce meal per week for children 12 or younger of any fish caught at:

• The Little Arkansas River from the Main Street bridge immediately west of Valley Center to the confluence with the Arkansas River in Wichita in Sedgwick County).

• The main stem of the Blue River from U.S.69 to the Kansas-Missouri state line in Johnson County.

For more information, call the Kansas Department of Health and Environment, (785) 296-5571.

From farm ponds to state fishing lakes to federal reservoirs, Kansas has some excellent fishing. Fish tend to be safe, are generally low in pesticides and make excellent eating with many health benefits when all advisories are followed.

This season, if you have put your rod and reel in storage for fear of the quality of the fish meat you might catch, dust them off and head to the lake. Your favorite pastime is waiting for you.

## Fishing Tournaments

Location	Start Date	End Date	Organization	Launch Site	Start Time
Prairie Dog State Park	June 26	June 26	American Bass Anglers No. 55	East Leota Cove	5:30 a.m.
Prairie Dog State Park	June 26	June 26	American Bass Anglers	East Leota Cove	5:30 a.m.
Prairie Dog State Park	July 9	July 10	Denver Bassmasters	East Leota Cove	5 a.m.
Prairie Dog State Park	July 9	July 9	Denver Bassmasters	East Leota Cove	5 a.m.
Prairie Dog State Park	Sept. 11	Sept. 11	Angling Nebraska	East Leota Cove	5 a.m.
Prairie Dog State Park	Oct. 8	Oct. 9	Colorado Bass Anglers Association	East Leota Cove	4 a.m.



Jonah Ruder and his big brother Jace held up Jonah's first two fish, which were caught with nightcrawlers on May 22.

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