



# Four Flies Flash

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## **Specials**

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**Rainbow trout**



**Brown trout**



**Golden trout**

***"Come, follow me,"  
Jesus said, "and I will  
make you fishers of  
men."***

*-Matthew 4: 19*

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## Freshwater Trout

Trout, a member of the Salmonidea family, originated in the Northern Hemisphere. Since trout were excellent for fishing, they quickly became very popular, and were exported and transported around the world. Today trout can be found in both the Northern Hemisphere and in the cooler regions of Australia, New Zealand and South America. In South Africa trout areas are mainly on the eastern highlands of Mpumalanga, KwaZulu Natal Midlands and the high mountains in the Western Cape. The most common trout species in South Africa are the rainbow, brown and the hybrid golden trout.

Rainbow Trout can be distinguished by the rainbow effect of their colours. The upper body is a pale olive brown, whilst the lower body is silver-like. The fish has black spots on the head, body, dorsal fin, and around the tail. The head is blunt with a short jaw. The rainbow has a reddish or pink streak that runs along the mid-line, and a red tinge around the gill cover. The tail is gently forked. The anal fin has from 10 to 12 anal rays running across. Rainbow trout are big eaters and strong swimmers and a healthy trout can have incredible bursts of speed for short distances.

The Brown Trout is dark or olive brown on the back and silver on the lower body. Large black spots can be found around the head, body, and dorsal fin, and red or orange spots around the midline. Sometimes spots are surrounded by a halo effect. Brown trout has a square tail, a long jaw, and a slightly more pointed head than the rainbow trout. The anal fin also has 10 to 12 anal rays. Brown trout has a longer life expectancy than the rainbow trout, averaging around 10 years. Often called the "fisherman's fish", catching brown trout can be a challenge. Due to their keen sense of awareness, brown trout can outsmart predators and therefore tend to live longer.

Golden Trout in South Africa are Rainbow Trout that display unusual colours. It is due to a recessive gene which occurs in nature from time to time. They are sexually fertile. However, when breeding with two Golden Trout the progeny often revert back to normal Rainbows.

Trout are amongst the most sought-after freshwater fish in the world. They are classified as an oily fish like sardines and salmon. Not only are they good for health, but they also make a delicious meal. Follow our series for more interesting facts about this beautiful fish.

*Info from [treeferns.co.za](http://treeferns.co.za) and [duluthstreams.com](http://duluthstreams.com)*

## Editorial

Recently I decided to make a study of cattle. If you live on a farm, I thought, you should know something about cattle. How interesting it was! I learned about size: Small, medium and large framed cattle. I also gained knowledge about breeds: The popular Brahman, the improved Bonsmara, the hardy Tuli and many others. Farmers even prefer certain colours like the black

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Drakensberger, the red Angus, the different colours of the Simmentaler or the beautiful patterns of the Nguni. However, what I found most interesting was that all cattle eat grass and produce milk and meat. And, when we walk into a supermarket, we don't know or care what the animal looked like or what breed it belonged to. We only buy beef and milk.

That reminded me of our people, the Rainbow Nation of South Africa. We do have different skin colours, we are from different ethnic groups and speak different languages, but in the end we are all just people with mostly the same needs, wants and dreams. Let us keep that in mind, and maybe then we can have a great future in our remarkable country.

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## Four Flies News

- 1. Our dams were stocked again with 1kg – 1.5kg rainbow trout.**
2. Visit us at [www.4flies.co.za](http://www.4flies.co.za) to check availability online. You can also conveniently book online.

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