

Wildlife Express

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Redband Trout



Photos CCBY Bob Wick for BLM and California Fish and Wildlife Service

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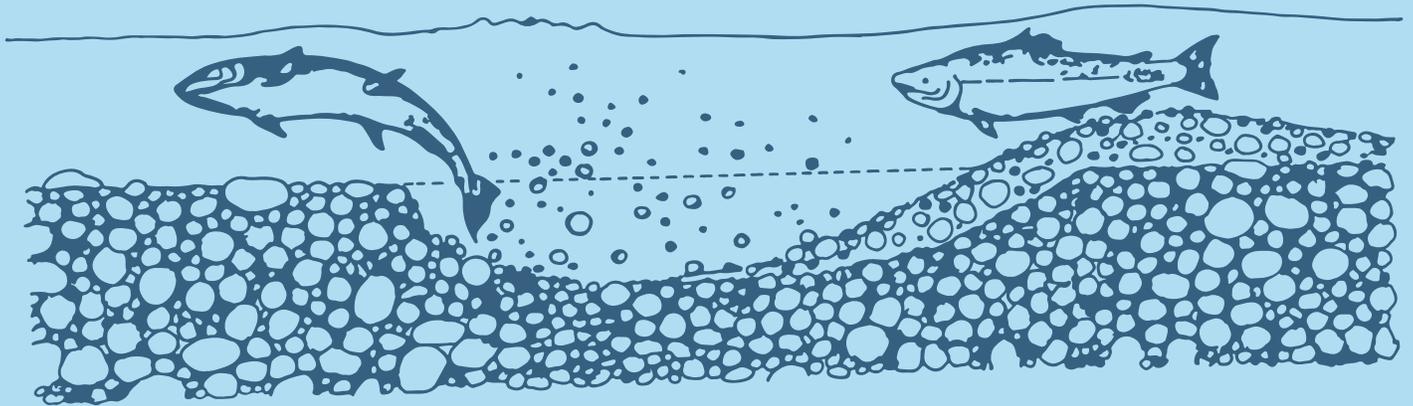
Redband Trout



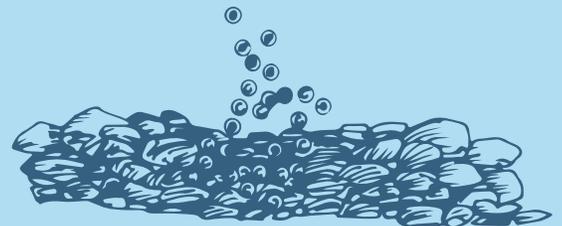
Have you ever heard of a redband trout? What about a rainbow trout? Most people are familiar with a rainbow trout. This is the trout many people think of when they go fishing. Well, a redband trout is a type of rainbow trout that is native to Idaho. They are found in northern and southern Idaho but not eastern Idaho. A native trout is a trout that lived in Idaho before it was settled by European people in the 1860s. The silvery colored rainbow trout with the blush-pink stripe on its side was introduced to Idaho. It wasn't always found here. It is native to the states that touch the Pacific Ocean.

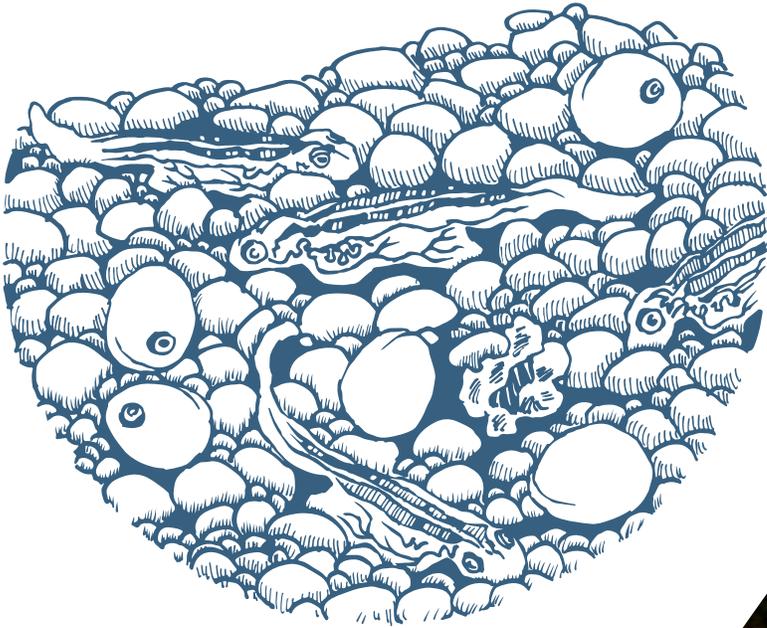
Redbands are very similar to rainbows, but because they evolved in different areas, they have a slightly different appearance. Redbands are an olive-green color on the back with a bit of yellow-orange. They

have smaller black spots from head to tail. The sides of their bodies have large grayish-black spots and a reddish-orange stripe. The lower fins have white tips.



Redbands begin their lives in a gravel nest, called a *redd*. Redbands usually spawn, or lay their eggs, in the spring. What determines when they spawn is the temperature of the water. They usually start to spawn when the water temperature is above 42 degrees Fahrenheit. Females dig their redds with their tail fins. When the redd is complete, they will lay about 2,000 eggs. Males spray milt over the eggs to fertilize them, and then the females flip gravel over the eggs to protect them. Water temperature also plays an important role in how fast the eggs develop. The warmer the water, the faster the eggs grow.





Eggs hatch into *alvevins* or *yolk sac fry*. These tiny fish stay hidden in the gravel. They get the food they need from a yolk sac attached to their bellies. Once the yolk sac has been absorbed, the fish, now called fry, wriggle out of the gravel to look for food.

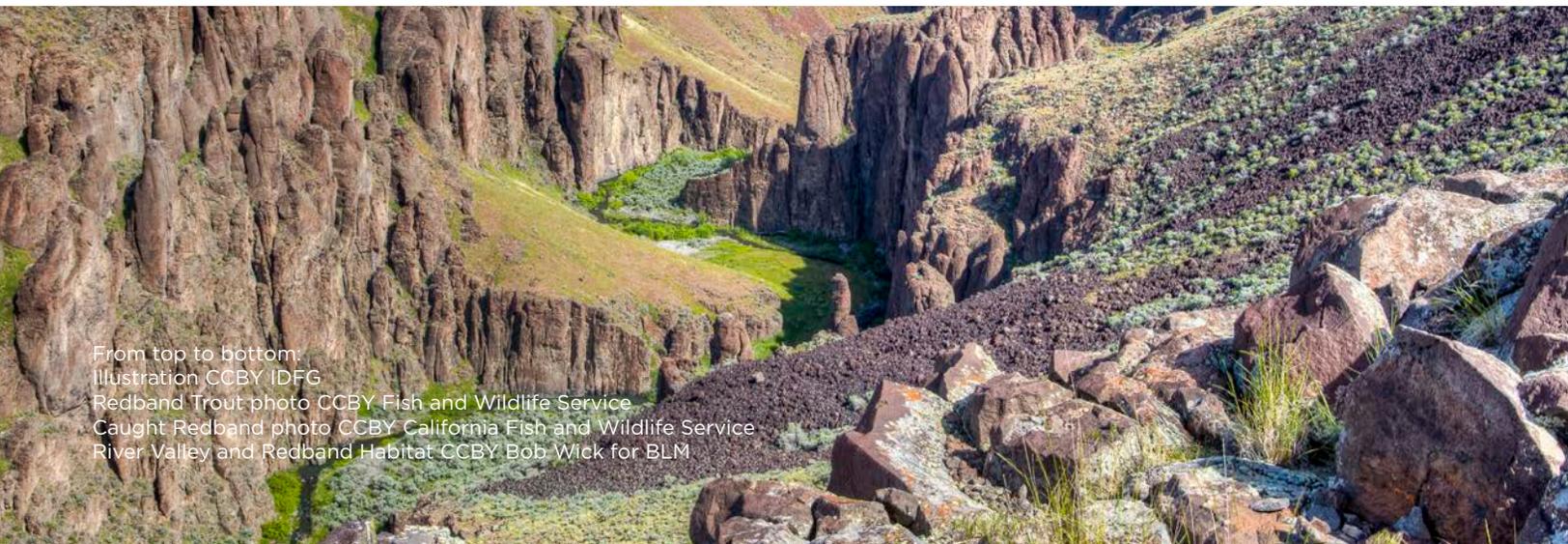
Redbands that live in streams and rivers usually eat insects and other invertebrates.

Redbands that live in larger rivers and lakes often eat other fish. Redbands are considered mature when they are about three years old. Adults living in small streams will average just six to ten inches in length; redbands living in larger rivers and lakes can grow much bigger - up to 30 inches! Redbands may live up to 10 years if they can avoid predators and other dangers.

Redbands are amazing fish! If you catch one while fishing, you will not only know by the fish's coloration if it is a redband, you will also know by how it behaves on your line. They are known for fighting hard and jumping a lot. Redband fishing is a lot of fun. They are a true gem of Idaho!



From top to bottom:
Illustration CCBY IDFG
Redband Trout photo CCBY Fish and Wildlife Service
Caught Redband photo CCBY California Fish and Wildlife Service
River Valley and Redband Habitat CCBY Bob Wick for BLM



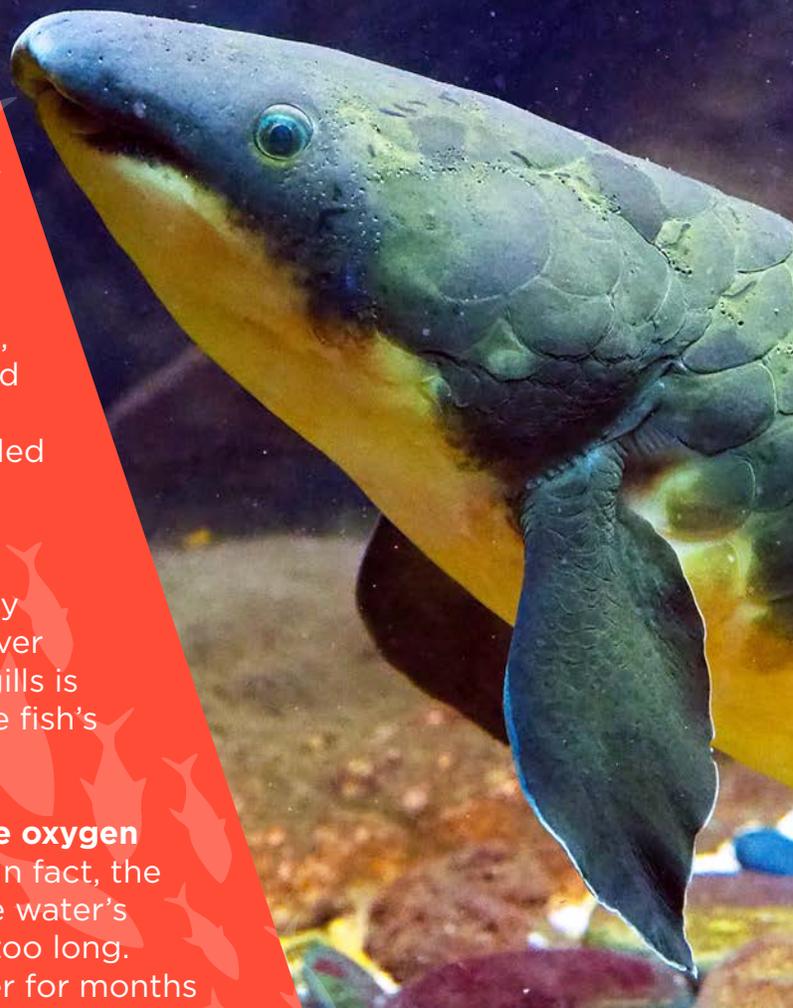
What's a Fish?

Fish are vertebrates. They have backbones, just like you. Fish get the oxygen they need through their gills. They have fins and live in water. That seems pretty simple, right? Well in nature, things aren't always as simple as we would like.

Take the backbone for example. We know what our backbone is like, but in the fish world, not all backbones are created equal. Sharks and sturgeon have a backbone made of the same stuff that supports your nose and ears! It is called cartilage. Cartilage is not hard at all!

Fish need oxygen to survive. Most fish have a special way to get oxygen out of the water they live in – gills. Water, with oxygen in it, passes over the gills when the fish swims. The skin on the gills is thin. Oxygen can pass through the skin into the fish's bloodstream.

Does this mean that all fish use gills to get the oxygen they need? No, some fish actually have lungs! In fact, the African lungfish needs to breathe air above the water's surface. It will “drown” if held under water for too long. The Australian lungfish can survive out of water for months if it is in a wet burrow. Lungfishes are examples of fishes that break the “gill rule.”



We usually think of fish as having fins on each side of their bodies, but what about lampreys?

Lampreys look like eels. They don't have paired fins or jaws, but they are still fish. Lampreys were some of the first freshwater fish to appear on Earth.

As you can see, a simple job like defining what a fish is, is not so simple. Fish have been a part of our planet for at least 450 million years. There are over 20,000 different species or kinds of fishes worldwide. Over time, they have adapted to many underwater (and even out of water) habitats.

Photos top to bottom:
Australian Lungfish CCBY David Ellis Memphis Zoo
Tribal harvest of the lamprey at Willamette Falls, OR
CCBY Michael Durham, Oregon Zoo

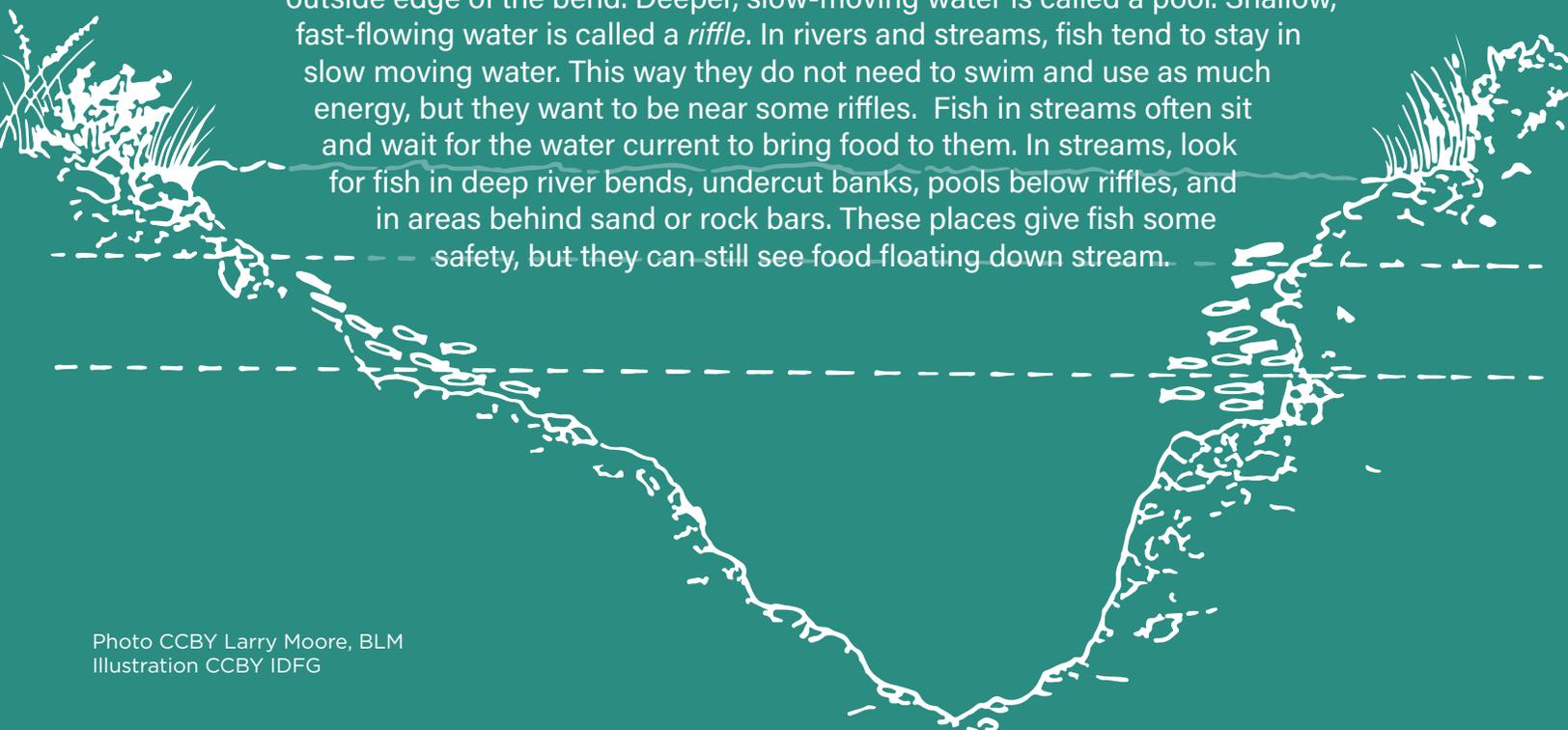


Where are the Fish?

Have you ever been fishing and just seemed to have no luck? No matter how hard you tried, a fish just would not grab your hook? Well it probably wasn't all the fish's fault. To catch fish, you need to know a bit about their watery habitat and think like a fish.

Idaho has 26,000 miles of streams and rivers and all are special in their own way. Here are some things to keep in mind when fishing in streams. There

is less current in a river near the bottom of the streambed. In a straight stretch of river, the deepest and fastest water will be in the middle of the river. When a river makes a sharp bend, the strongest current and deepest water will be at the outside edge of the bend. Deeper, slow-moving water is called a pool. Shallow, fast-flowing water is called a *riffle*. In rivers and streams, fish tend to stay in slow moving water. This way they do not need to swim and use as much energy, but they want to be near some riffles. Fish in streams often sit and wait for the water current to bring food to them. In streams, look for fish in deep river bends, undercut banks, pools below riffles, and in areas behind sand or rock bars. These places give fish some safety, but they can still see food floating down stream.





In lakes and ponds, fish tend to gather around cover. Cover can be anything that hides and protects a fish. Fallen trees, rocks, weeds, docks, and plants along the shore will all give fish places to hide. Hungry fish seem to like places where the habitat changes. This is why the edge of a drop-off may be a good place to look for fish.



At the stream or pond, look around to see what the fish are eating. Do you see insects hatching or schools of minnows? Look for slashing water or rings on the water. These are all signs of feeding fish and good places to cast your line.

Visit the Idaho Fish and Game website <http://idfg.idaho.gov/fish> for more information about fishing in Idaho. The website has lots of information. You can even find a video on how to clean a fish! The Idaho Fish Planner has detailed information. You

will find maps and directions to Idaho's waters. You can discover what fish live in a certain river, stream, pond or lake; if fish were stocked; and the rules for the site. Facilities are listed, like boat ramps, campgrounds and toilets.

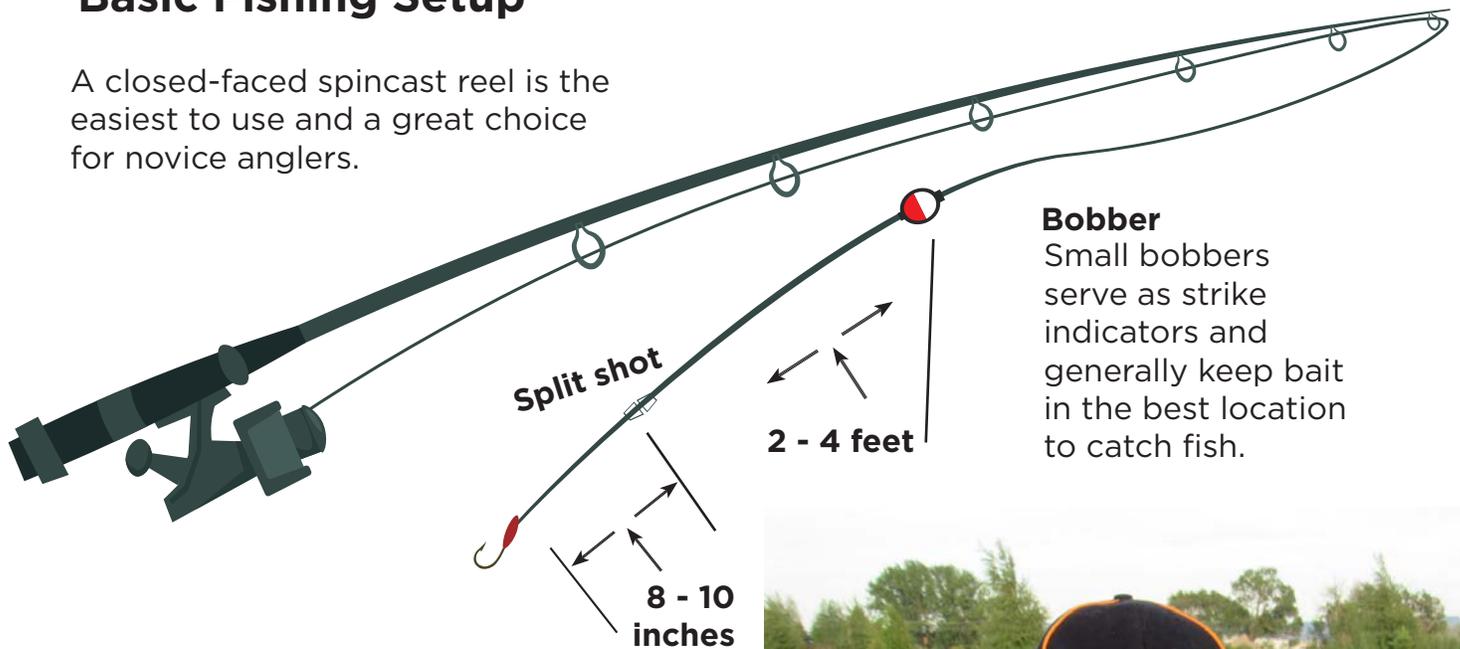
Visit Idaho Fish and Game's website to discover a new fishing place. Once you are there, think about the habitat. Are you fishing in a stream or pond? Do you see places where the habitat changes and areas where fish are feeding. Looking for these signs will help you find fish and hook into a big one!

Basic Pole Setup

You don't need anything fancy to go fishing. Here is a simple and inexpensive pole setup that works great when fishing along the shoreline of a pond. Start with a five to six foot rod and reel combination. A closed-faced reel with a thumb button to release and stop the line is easy to use. Most rod and reel combinations will already have fishing line on the reel. All you need to add is a hook, bait, weight and bobber. Now you are ready to fish!

Basic Fishing Setup

A closed-faced spincast reel is the easiest to use and a great choice for novice anglers.

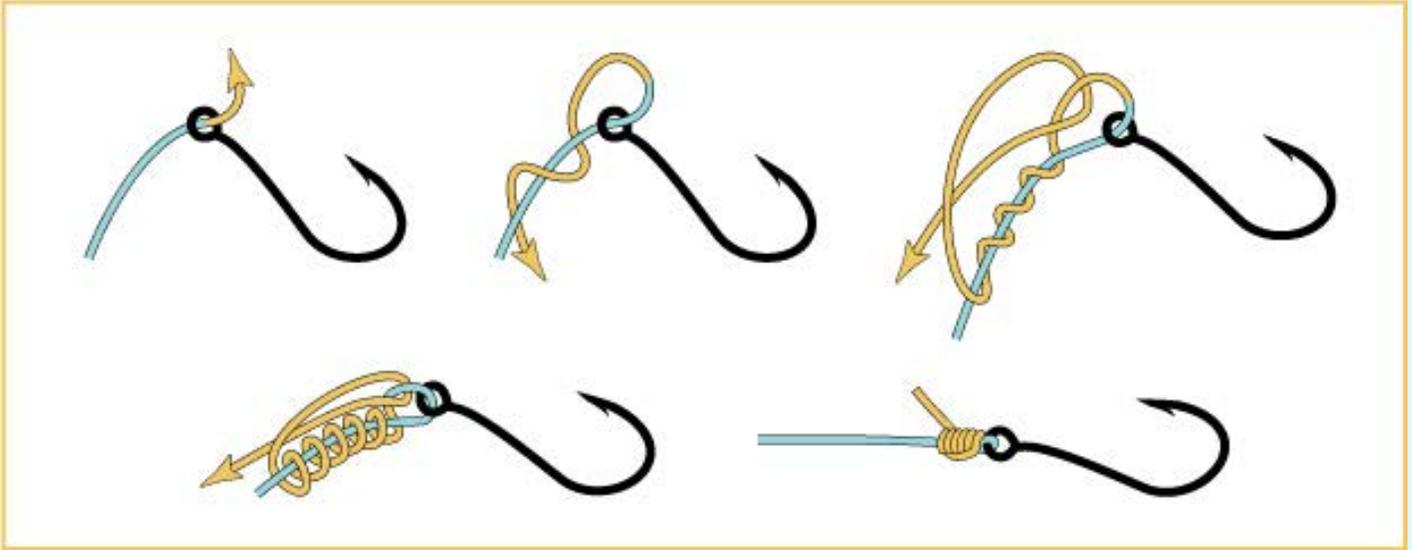


Fishing Supplies You'll Need

- Pole setup
- Bait
- Pliers for getting hooks out of fish
- Stringer or bucket of water to keep fish cold and fresh while fishing
- Knife to clean fish
- Ruler to measure fish
- Fingernail clippers for clipping line
- Cooler with ice to keep fish cold during the trip home



Know Your Knots



Without a good knot you could lose your gear or your fish. The improved clinch knot is a good knot for beginning anglers. It is strong and easy to learn. The line coming from the reel is the standing line (blue). The end of the line is the tag end (yellow).

1. Pass line through the eye of the hook.
2. Make five turns around the standing end of the line.
3. Pass the tag end through the “tear drop” loop above the eye.
4. Pass the tag end through the “big loop”.
5. Moisten line and pull knot tight against the eye. Clip tag end.





BE OUTSIDE
IDAHO CHILDREN IN NATURE

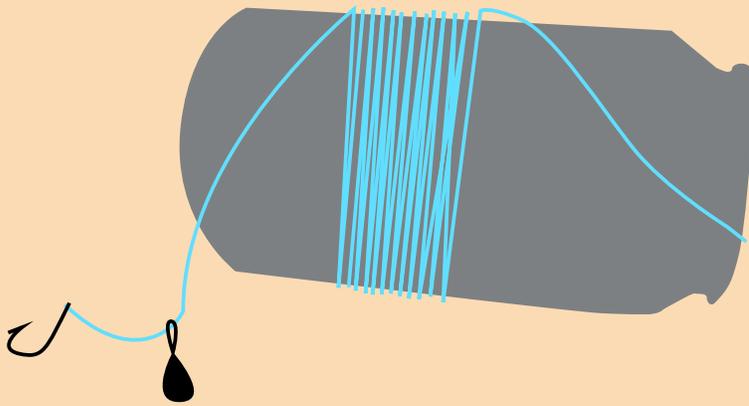
Be Outside!

Fishing – A Great Activity Right Now

Many of you might be a bit tired of staying at home. If you are looking for a new activity to try with your family, how about fishing! You can fish and still maintain social distancing during these stressful times of COVID-19.



Esthers Pond, Boise



Visit Idaho Fish and Game’s website and locate the Fish Planner to find a fishing water close to your home. Many of Idaho’s cities and towns have fishing ponds or are close to rivers and streams.

Can’t find a fancy fishing rod? No problem if you can find a bit of line, hook, stick or pop can. Attach the line to a pop can or stick with a strong piece of tape at one end of the pop can or stick. Wrap the line around the can about 30 times, more if you are using a stick. Tie the hook onto the end of the line. You might want to weight down the end of the line a bit. To cast this setup, aim the end of the pop can or stick where you want to cast your line. Carefully hold onto the end of the line where the line is tied to the hook. Throw the line out with an underarm throw, allowing the line to unwind from the can or stick. It may take a few practice casts to get it right. This setup works best when fishing a pond.



Kleiner Pond, Meridian

If you don’t want to go to the store to buy bait, just look around your home. You can dig up worms around the yard. Look in the cupboard for canned corn or marshmallows. A bit of corn and marshmallow can catch a surprising amount of fish. No toasting required!

So grab your gear and go fishing! Just remember to stay six feet apart from others, wash those hands and have fun!

Redband Trout Word Search

Find these words associated with redband trout in the puzzle.

ALEVIN
 COLORATION
 EGG
 FIGHTING
 FISH
 FISHING
 FRY
 GILLS
 INSECTS
 JUMPING
 LAKES
 NATIVE
 RAINBOW
 REDBAND
 REDD
 RIVERS
 STREAMS
 TROUT
 VERTEBRATE
 WATER

Z	M	F	X	T	N	K	G	R	Z	W	G	X	O	S
R	E	T	A	W	O	R	N	D	I	I	N	K	T	E
M	N	M	I	Q	I	A	I	D	N	V	I	R	T	I
F	R	Y	C	X	T	I	H	E	A	Z	E	A	G	K
S	W	R	A	A	A	N	S	R	M	A	R	R	Q	O
D	L	E	Q	Y	R	B	I	H	M	B	C	E	S	K
G	P	L	F	V	O	O	F	S	E	O	B	E	B	E
R	N	A	I	T	L	W	K	T	S	D	G	S	V	H
U	E	I	F	G	O	K	R	Y	B	V	O	I	S	W
M	G	D	P	N	C	E	F	I	G	H	T	I	N	G
M	K	M	B	M	V	H	K	H	B	A	F	S	L	T
O	Q	T	P	A	U	F	A	W	N	W	B	A	O	R
A	L	E	V	I	N	J	B	E	W	N	K	P	O	O
W	F	O	G	P	A	D	S	T	C	E	S	N	I	U
E	N	N	C	G	N	E	X	B	S	N	R	G	X	T

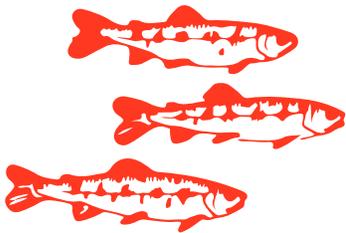


Illustration CCBY IDFG

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WE WOULD LIKE TO HEAR FROM YOU!

If you have a letter, poem or question for Wildlife Express, it may be included in a future issue! Send it to:

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or

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