

A scenic landscape of a Swedish fjord. In the background, majestic mountains with patches of snow rise against a sky filled with dramatic, grey clouds. The middle ground features a vibrant blue lake that perfectly reflects the surrounding mountains and sky. In the foreground, a lush green valley is dotted with several small, traditional wooden houses with red roofs. The overall atmosphere is serene and picturesque.

Sweden

Han Nguyen

ULL, UNIV 100-001, April 2023

<https://www.miracosta.edu/sites/default/files/2023-04/ULL%20-%20Spring%20Ad%20Campaign%20-%20Final%20-%202023%20-%2004%20-%2001.pdf>

I choose my topic because I find that Sweden in the North, have amazing scenic mountains. As well as in the South, bustling cities with unique building structures.



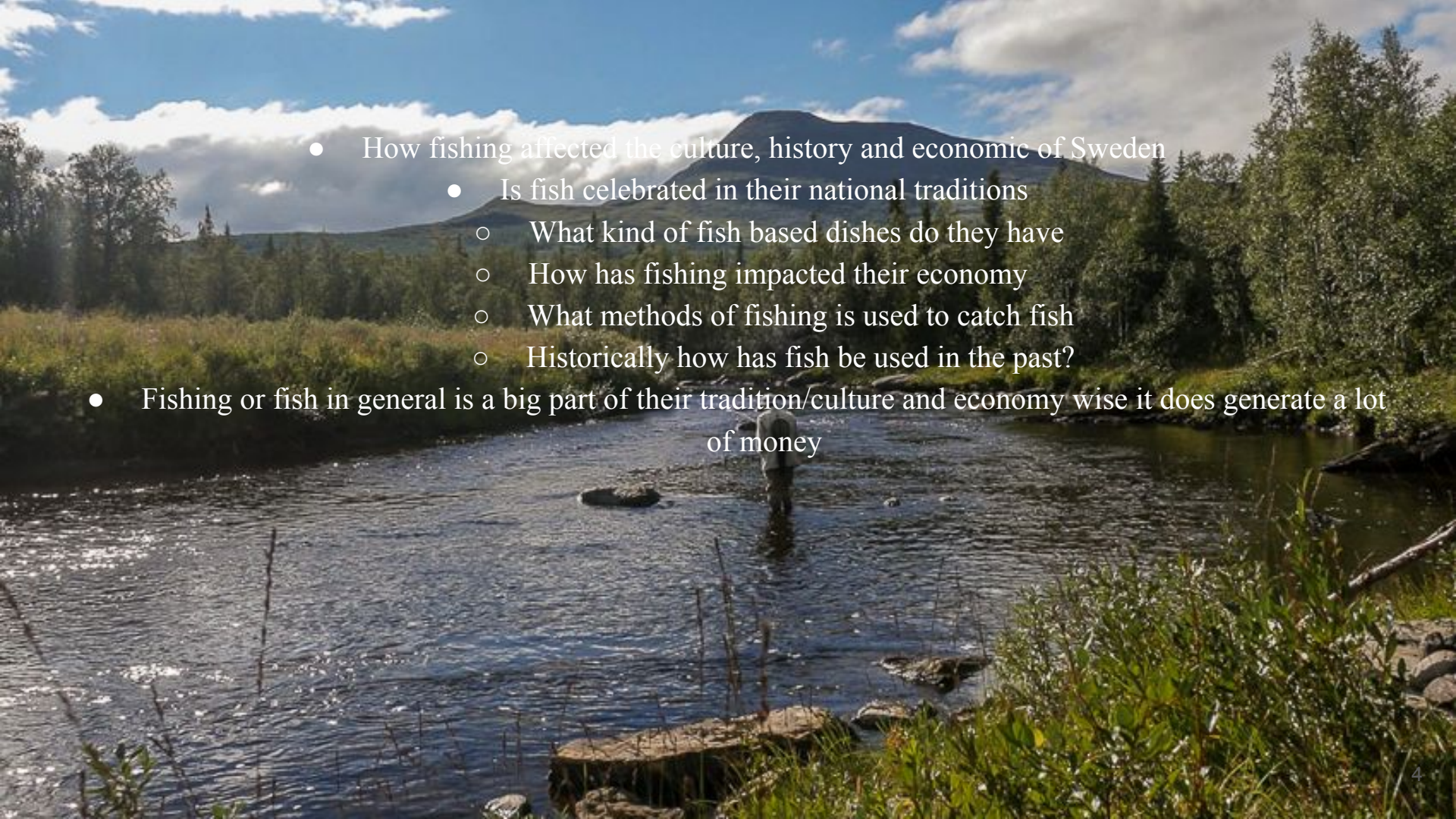
[Dusk in Eben - Sweden's Tallest Mountain Loses Title Due to Global Warming Shrinkage - Matador Network - Matador Network, 16 Aug. 2022. <https://matadornetwork.com/read/sweden-tallest-mountain-loses-titlue-due-to-global-warming-shrinkage/>](https://matadornetwork.com/read/sweden-tallest-mountain-loses-titlue-due-to-global-warming-shrinkage/)



[Frånad \(80-16-11\) Stockholm, Tours and tickets - Tripadvisor  
\[https://www.tripadvisor.com/Attraction\\\_Products-g189852-a-contentId-1179736143906219-268262286-Stockholm.html\]\(https://www.tripadvisor.com/Attraction\_Products-g189852-a-contentId-1179736143906219-268262286-Stockholm.html\)](https://www.tripadvisor.com/Attraction_Products-g189852-a-contentId-1179736143906219-268262286-Stockholm.html)

# Case Study of Sweden

I've decided to use explanatory case study because it would be much easier to find information compared to descriptive case study.

- 
- How fishing affected the culture, history and economic of Sweden
    - Is fish celebrated in their national traditions
      - What kind of fish based dishes do they have
      - How has fishing impacted their economy
      - What methods of fishing is used to catch fish
      - Historically how has fish be used in the past?
  - Fishing or fish in general is a big part of their tradition/culture and economy wise it does generate a lot of money

# The Value of Fishing in Sweden

- The cost, time and amount spent fishing
- 2013, the cost of fishing
  - \$179 million dollars (1.88 billion krona) spent
  - When equipment was bought, \$678 million dollars spent (7.11 billion krona)
- 2017, people participating in fishing
  - 1.4 million Swedes fished
  - 16 - 80 year old (18% of population in age range)
- 2017, average/total fish caught per person
  - 24 lbs ( 11 kg ) per person
  - 16,000 tons of fish caught



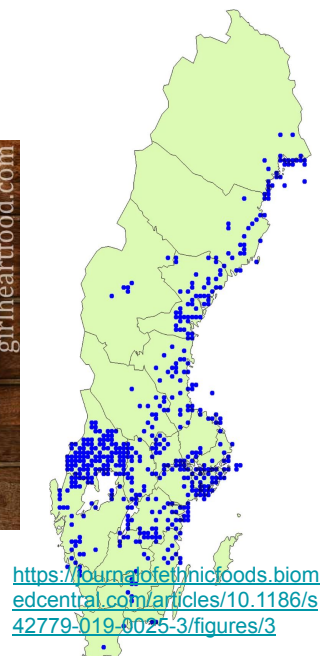
Guided-Fishing.com (2021, January 30). Pike Fishing in Sweden | Guided-Fishing.com | Guided-Fishing.com  
Premium Fishing Guides: <https://www.guided-fishing.com/massive-schweden-bechte/>

RJ/HN: Carlén, Ola, et al. "The Value of Recreational Fishing in Sweden – Estimates Based on a Nationwide Survey." *Fisheries Management & Ecology*

<https://ezproxyprod.ucs.louisiana.edu:2443/login?url=https://search.ebscohost.com/login.aspx?direct=true&AuthType=ip.cookie.uid.url&db=eih&AN=151433060&site=eds-live&scope=site>

# The Importance of The European Smelt

- European smelt historically important to Sweden's history
  - Since 1450's, known as *Nors* in Swedish
  - Smelts majority of fish and species
- Where does it live
  - Sweden, Lithuania, Finland and Norway.
  - In coastal waters, lakes and low sea levels
- It was a food source
  - Poor people's food in pre-industrial Sweden
  - 1950's and 1960's common food in restaurants
- Ways to prepare it
  - Cooked with butter/margarine with potatoes, chives, cowberry jam
  - Smelt pancake with eggs, flour
- Lastly was a use of tourism
  - Smelt Festival popular with visitors, media
  - Arbogan River fishing brought tourists



**RJ/HN:** Ingvar Svanberg, Armas Jäppinen, & Madeleine Bonow. (2019). An endangered regional cuisine in Sweden: the decline in use of European smelt, *Osmerus eperlanus* (L., 1758), as food stuff. *Journal of Ethnic Foods*, 6(1), 1–12 <https://ezproxyprod.ucs.louisiana.edu:2443/login?url=https://search.ebscohost.com/login.aspx?direct=true&AuthType=ip.cookie.uid.url&db=edsdoj&AN=edsdoj.527c4551e045698d5a3240ecda0c7b&site=eds-live&scope=site>

# Sightings of Pink Salmon in Sweden

- Pink salmon, an invasive species, moved to Sweden
  - From Kola Peninsula, Russia, 1965
  - Adult spawners lay eggs in northern European rivers
- Where have they been observed?
  - Vessingebro, Atran river
  - Hogvadsan, Nyadala river
  - Gota alv, Lilla Edets
  - Kvistrum, Orekilsalven river
- What is the average largest size/weight they can grow to?
  - Average length, 50, largest to smallest 64 - 36 cm



**RJ/HN:** Thomas A. B. Staveley, & Ida Ahlbeck Bergendahl. (2022). Pink salmon distribution in Sweden: The calm before the storm? *Ecology and Evolution*, 12(8).

<https://ezproxyprod.ucs.louisiana.edu:2443/login?url=https://search.ebscohost.com/login.aspx?direct=true&AuthType=ip.cookie.uid.url&db=edsd oj&AN=edsdoj.4890a362d7384a1194f0a1c2a82881ab&site=eds-live&scope=site>

# Fishing Methods in Sweden

- Catching fish by hand
  - Can be collected in low sea levels
  - Many smelt in Varmland can be collected
- Explosive fishing
  - Blasting fish, terrible for environment
  - Fish never return to blasted areas
- Poisoning the Fish
  - Poisoning stunned, stupefied fish to be caught
  - Plant/seed based poison mixed in dough to be fed
- Other outdated methods
  - Stunning fish, hitting it, bludgeon/large hammer
  - Fishing with trained otters, diving birds



**BOOK/HN:** Ingvar, Svanberg Svenska Landsmal Och Svenskt Folkliv, Hand-catching and other lesser-known fishing methods in Sweden, The Royal Gustavus Adolphus Academy For Swedish Folk Culture, Uppsala, Sweden PP 90-96 [\(PDF\) Hand-catching and other lesser-known fishing methods in Sweden \(researchgate.net\)](#)



# More Fishing Methods

- Coarse Fishing
  - Best locations: Varmland, Vastergotland
  - Best time: Cold winters, hot summers
  - Freshwater fish, salmon, trout and pike
- Sea Fishing
  - Baltic Sea, has low salt levels, makes it sea salt and freshwater fishing
  - Year round fishing
  - Cod, sea trout, salmon, pike, perch and walleye
  - Important to be knowledgeable of dead zones and eutrophication (excess amount of plant life)
- Ice Fishing
  - Starts in December
  - Perch, pike, rainbow trout, arctic char, burbot, grayling and whitefish
  - Recommended to hire guide, climate change effects when water freezes over and how thick the ice gets



# Fishing Regulations

- Must have valid fishing license
- Poaching can get your license revoked
- Be sure to double check: Protected areas, minimum size of the catch, private areas and catch limit of the day
- When using net fishing or trolling, need a special permit
- Some bodies of water is privately owned, ask owner before fishing
- Camping near bodies of water is allowed in most areas
- Double check with land owner or authorities before setting up tent



<https://kingofthecatch.com/fly-fishing-sweden/#:~:text=Some%20of%20the%20highlights%20of%20the%20rules%20and,trolling%2C%20you%20need%20a%20special%20permit.%20More%20items>

# Swedish Food Culture

- Pickled Herring ( Sill )
  - Salted and smoked, dry, ferment or pickled
  - Stable for Midsummer, Christmas and Easter
- Swedish Meatballs
  - With pickled cucumber, potatoes and lingonberries
  - Smothered with creamy gravy
- Comfort Foods
  - Pork sausage with cream dill potatoes
  - Root vegetable mash with pork sausage
  - Yellow pea soup with pancakes



# What is a *Smorgastarta*?

- *Smorgastarta*, (layer cake)
  - Layered with: slices of white and rye bread
  - Topped and filled with: cream cheese, mayonnaise, yogurt and garnished with various vegetables
  - Also filled with: caviar, pate, cold cuts, shrimp, smoked salmon, cheese, eggs, vegetables.
- Mostly for parties and celebrations



Author: S. M.- (n.d.). *Smörgåstårter aka Smörgåstarta (swedish sandwich cake)*.  
<https://www.sidscapalmcooking.com/2012/12/smorgastarta-swedish-sandwich-cake.html>

# Swedish *Surstromming*

- An infamous Swedish delicacy
  - A fermented Baltic sea herring
  - Caught between Sweden and Finland
  - Heads are removed and the fish stored in salted water
  - After two month it's transferred into airtight tins
- How does it taste
  - Rich umami flavor
  - Taste, far better than the odor
  - Strong, savory and ends with taste with rotten fish
- Ways to consume it
  - Thin bread, soft or crispy
  - Condiments: onion, sour cream and chives
  - Drank with: Snaps and beers



[Nielsen-Bobbit, J. \(2023b, March 4\). \*Swedish Surströmming: The World's Smelliest Food\*. Scandinavia Standard. <https://www.scandinaviastandard.com/everything-you-need-to-know-about-swedish-surstromming/>](https://www.scandinaviastandard.com/everything-you-need-to-know-about-swedish-surstromming/)

# How Swedes Celebrate Midsummer

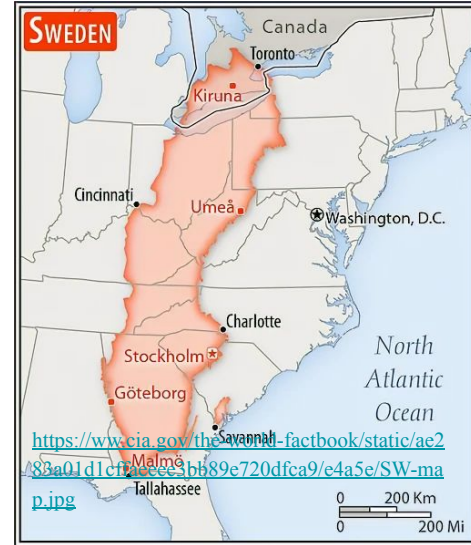
- Celebration of summer solstice
- Event held outside in the evening
  - Celebrated with maypole dancing and seafood buffet
- Sweden, work places are closed
  - If abroad, travel home for midsummer
- Must have floral maypole to celebrate
  - Two circles and cross
- Must have for seafood buffet
  - *Smorgasbord*, has multiple dishes
  - A lot of fish, sauces, potatoes, chives and shrimp
  - Fresh strawberries on a cake
  - *Schnapps*, distilled with dill or caraway



**NEWS/HN:** [Nikel, D. \(2021b, June 21\). How Scandinavians Celebrate Midsummer Eve. Forbes.](https://www.forbes.com/sites/davidnikel/2021/06/21/how-scandinavians-celebrate-midsummer-eve/?sh=220505c74369)  
<https://www.forbes.com/sites/davidnikel/2021/06/21/how-scandinavians-celebrate-midsummer-eve/?sh=220505c74369>

# Facts About Sweden

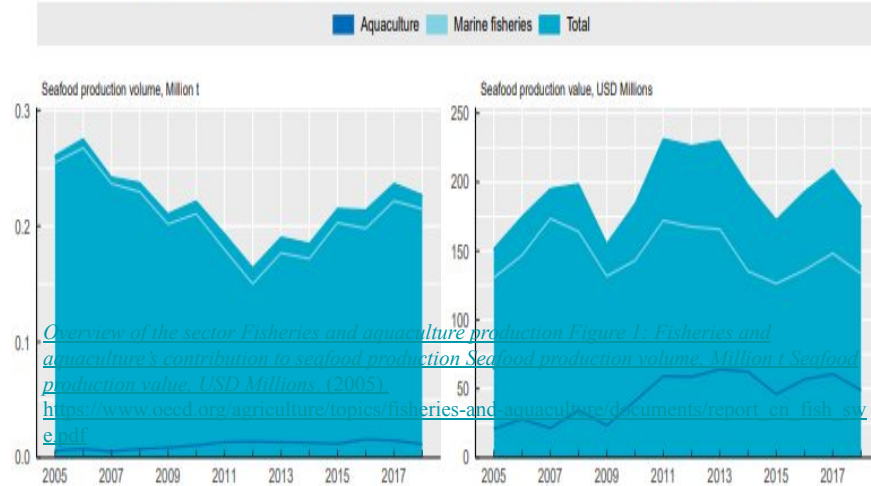
- Language - Swedish
- Population - 10.5 million
- Population Distribution - Most are south, being connected to Europe, while few live north
- Climate - Subarctic in North, South cold, cloudy winters, cloudy summers
- Median Age - Total - 41 years, Male - 40 years and Female - 42 years (America - total, 39 years, male - 37 years, female - 40 years)
- Life Expectancy - Total - 83 years, male - 81 years, female - 85 years (America - total, 81, male - years 79, female - 83 years),
- Religion - Lutheran 58%, other 8.9% and unspecified 33.5% ( America - Protestant 47% and Roman Catholic 21%) (11% other and unspecified - 24%)
- Alcohol consumed per Capita - 7.1 liters of pure alcohol (America - 9 liters of pure alcohol)
- Tobacco use - Total - 24% (America - 23%), Male - 30% (America 28%), Female - 18% (America 18%)
- Real GDP per Capita - \$54,000 ( America - \$64,000)
- Total Area - 280,000 sq. miles (450,295 km)
- Larger than California



# Sweden's Economy of Fishing

- Produced .2 million tons of fish
  - 23% farmed and 73% caught wild
- Generated \$184 million dollars
- Between 2008-2018
  - Exports increased 154%
  - Imports increased 104%
- Accounted for 1911 jobs
- 1215 Vessels active
  - 87% are 39 feet (12 meters)
  - 13% are 39 feet + (12 meters +)

Figure 1: Fisheries and aquaculture's contribution to seafood production



Overview of the sector Fisheries and aquaculture production Figure 1: Fisheries and aquaculture's contribution to seafood production Seafood production volume, Million t Seafood production value, USD Millions. (2005). [https://www.oecd.org/agriculture/topics/fisheries-and-aquaculture/documents/report\\_cn\\_fish\\_sv\\_e.pdf](https://www.oecd.org/agriculture/topics/fisheries-and-aquaculture/documents/report_cn_fish_sv_e.pdf)

Figure 3: Employment by sub-sector

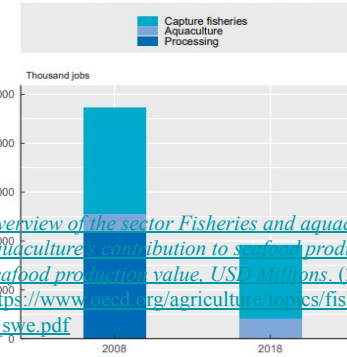
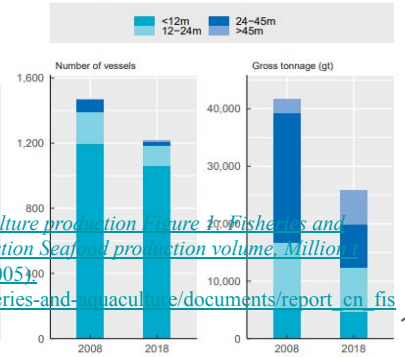


Figure 4: Fleet size by fleet segment



Overview of the sector Fisheries and aquaculture production Figure 3: Fisheries and aquaculture's contribution to seafood production Seafood production volume, Million t Seafood production value, USD Millions. (2005). [https://www.oecd.org/agriculture/topics/fisheries-and-aquaculture/documents/report\\_cn\\_fish\\_sv\\_e.pdf](https://www.oecd.org/agriculture/topics/fisheries-and-aquaculture/documents/report_cn_fish_sv_e.pdf)



# Brief History and Background of Sweden

- Founded in 11th century
- Gustav Vasa won Sweden's freedom from Denmark in the 16th century
- 17th century Sweden emerged as a great power after the Thirty Years' War against: Denmark-Norway, Russia and Polish-Lithuanian Commonwealth
- 1700s Sweden lost its great power status against the secret alliance against: Denmark-Norway, Russia and Polish-Lithuanian Commonwealth
- Last war was Swedish-Norwegian War (1814)
- Neutral in WWI and WWII
- Declined to join NATO during the Cold War
- 1995, joined the European Union
- 1990's, high unemployment and several banks and companies going bankrupt
- 2000's, unemployment was low, economic growth high and inflation low



**WIKI:** [Wikipedia contributors. \(2023, March 7\). History of Sweden. Wikipedia. https://en.wikipedia.org/wiki/History\\_of\\_Sweden](#)

All together I've founded that there are many ways there are to prepare and consume fish.

Seafood is commonly used for celebratory occasions

Fishing is common activity in the country.

Commercial fishing or just fishing is very beneficial to their economy.



A scenic landscape of a lake in Sweden. The foreground is filled with numerous dark, rounded rocks of various sizes scattered across the water's surface. The water is calm and reflects the sky and the surrounding environment. In the background, there are dense evergreen forests on the left and right sides. Further back, a range of mountains is visible, with some peaks covered in snow. The sky is a mix of light blue and white, suggesting a clear or slightly overcast day. The overall atmosphere is peaceful and natural.

## Conclusion

- Fish/Fishing has a great presence in Sweden's culture.
- Fishing contributes a great portion of Sweden's economy.
- Fish has been a historically important their lives.