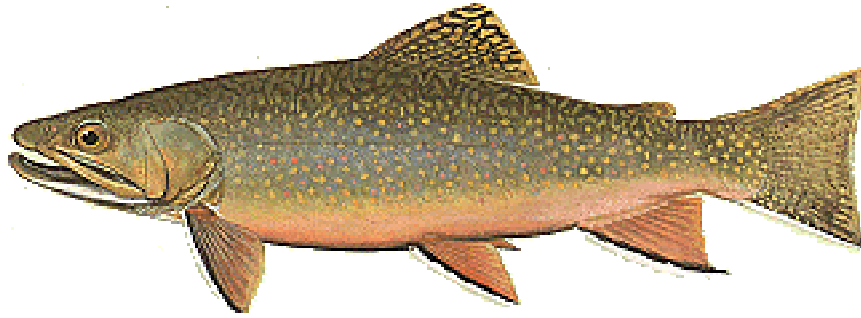


Eastern Brook Trout



Eastern brook trout (*Salvelinus fontinalis* Mitchill). Although technically the eastern brook is a char and not a trout, the “brookie” will be considered a trout for this discussion. It is well adapted to mountain lakes and streams. Very prolific, in some lakes it becomes so abundant that there is not enough food, and stunting results. In some overpopulated eastern brook lakes, ten-year-old fish may be only six inches long. When this happens, the species is removed by chemical treatment of the water and the lakes replanted with a less prolific species. Because of its prolific nature, eastern brook may occasionally crowd out other species, generally in lakes where adequate spawning conditions are not available for the other fish. The brookie is unique among eastern Sierra trout in that it spawns successfully in lakes, where other species require flowing streams; it spawns in streams also, when they are available. Eastern brook and brown trout spawn in the fall; other trout here spawn in spring. The brookie is one of the most flavorful of all trout. It is found commonly throughout the back country and in the upper reaches of many roadside streams.

Text excerpt from the *Deepest Valley* by the Sierra Club.