

A SALMON SHOPPER'S GUIDE

*Confused about salmon?
Wondering what fish are healthy
and environmentally sound choices?
Here is some information to make
those decisions easier.*

*There are two kinds of salmon at
your seafood counter:*

Wild and **Farmed**.

Wild salmon are available fresh when they return to coastlines and rivers of the Pacific Ocean. When they are abundant enough for harvest, they are caught in closely regulated commercial fisheries, from California to Alaska. Alaska salmon are especially bountiful and well managed, and have received "sustainable" certification from the Marine Stewardship Council (MSC).

Most wild salmon are flash frozen immediately after harvest, for discerning chefs and knowledgeable consumers to enjoy year around, as whole fish, fillets or steaks. They are also delicious smoked or canned.

Wild salmon have distinct flavors and appearance, and range in size from 3 to 40 pounds. They are like fine wines, each appreciated for their character and regional uniqueness.

The different kinds of salmon are:

King – or Chinook are the largest salmon species and weigh from 5-40 pounds, with occasional fish weighing over 100 pounds. Kings have small black spots on their backs, dorsal and tail fins, and the inside of their lower jaw is black. Most kings have succulent, red flesh that contains high amounts of health-enhancing omega-3 oils. Connoisseurs appreciate rarer Ivory Kings, with buttery mild, white flesh.

Coho – or Silvers are the second largest salmon, averaging about 12 pounds. Coho have small black spots on their backs and the upper lobe of the tail fin, and their gums are white. Coho have orange-red flesh with a firm texture, and are prized for their excellent appearance and flavor.

Sockeye – or Red salmon are known for their beautiful, deep crimson color that is retained after cooking, and high omega-3 oil content. Sockeye salmon have dark bluish-green backs and bright silver sides. They average 5-6 pounds and have been preferred by quality conscious Japanese consumers and knowledgeable chefs and restaurateurs.

Other wild salmon are **Chum** (or Keta) and **Pink** (or Humpy) that are often canned and widely available.

Chum salmon weigh between 7-12 pounds and their lighter flavor and durable texture hold up well in patties and fish dishes. Pink salmon are also abundant, and are the smallest wild salmon, weighing an average of 3-4 pounds. They have light pink flesh and mild flavor, and like Chum salmon are an especially good buy, containing healthy protein, nutrients and omega-3 oils.

Atlantic salmon are farmed in marine pens in Maine and Washington State, or imported from Chile, Canada, Scotland



Aquaculture

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Series

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and Norway. They require colorants to make their flesh pink. Atlantic salmon may become the first genetically engineered animal available for human consumption unless public outcry halts pending Food and Drug Administration approval.

On the perils of feedlot salmon farming and genetically engineered salmon, go to:

<http://www.davidsuzuki.org> and
<http://www.stopgefish.org>

Shoppers have a **Right To Know** that their food is safe and healthy, where it comes from and the environmental and social costs of production.

To be confident about the salmon you are purchasing, insist on accurate labeling. Always ask, and **Go Wild**.

Want more information about sound seafood decisions? Go to the Seafood Choices Alliance page at:

<http://www.seafoodchoices.org>