Wild, Natural & Sustainable

Wild ALASKA

SOCKEYE SALMON

Oncorhynchus nerka

also known as **RED** *or* **BLUEBACK SALMON**

PRODUCTS

FRESH/FROZEN

- DRESSED H&G
- DRESSED
- ROE
- SMOKED *(cold or hot)*
- PORTIONS
- BELLIES
- FILLETS *(skin or skinless, pbi or boneless)*

WILD NATURE

ALASKA'S WILD SALMON belong to the genus *Oncorhynchus*, a name formed by combining two Greek words, '*onco*' (meaning hooked or barb) and '*rhyno*' (meaning nose), a name given due to the hooked or 'kype' nose seen on spawning males.

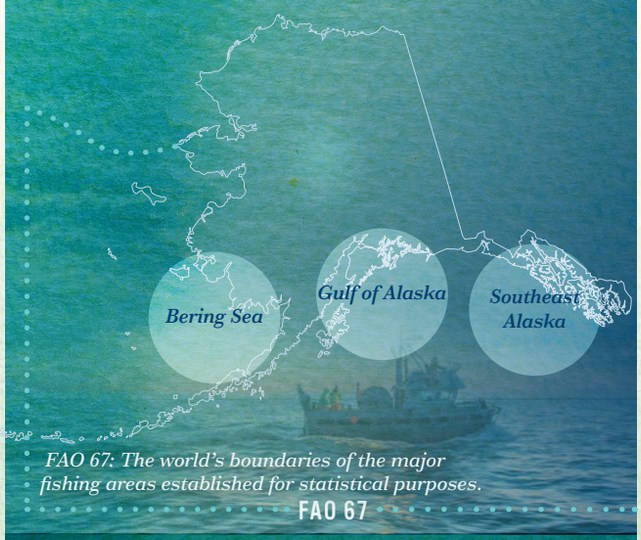
The genus *Oncorhynchus* **DISTINGUISHES WILD PACIFIC** salmon from other fish that have the common name 'salmon' including trout and farmed varieties.

HARVEST PROFILE

HARVEST SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Southeast Alaska
Gulf of Alaska
Bering Sea



FAO 67: The world's boundaries of the major fishing areas established for statistical purposes.

FAO 67

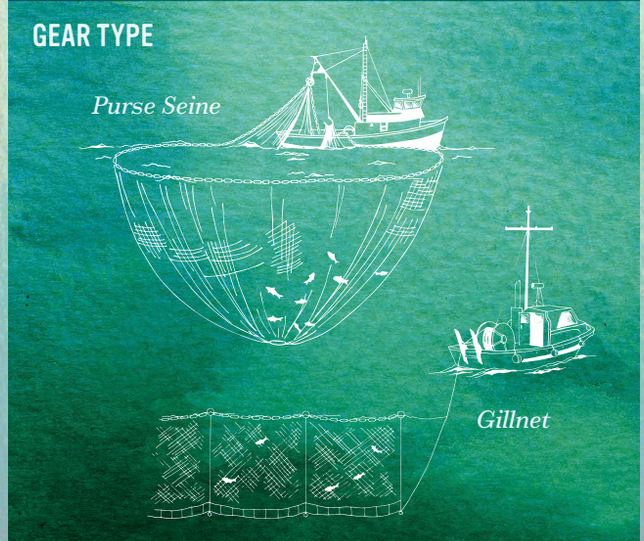
ECONOMY

Sources: NOAA and CFEC
**data includes all salmon species*

*salmon jobs**
~33,000

*salmon vessels**
~9-10 K

GEAR TYPE



SUSTAINABILITY

IN ALASKA, *the future of wild sockeye salmon and the environment are more important than the immediate opportunities for harvest.*

AS A WILD RESOURCE, there is variability in the number of salmon that return to freshwater to spawn annually. Managers in Alaska set **'ESCAPEMENT GOALS'** using the best science available to ensure enough fish return safely to the freshwater spawning grounds to reproduce. Biologists account for natural fluctuations in returns of salmon by managing the fisheries in-season to ensure the sustainability of Alaska's wild sockeye salmon.

CULTURAL SIGNIFICANCE:

Wild Alaska sockeye salmon are not only important ecologically, they are intrinsically tied to subsistence fishing in rural Alaska. Families in Alaska's coastal communities DEPEND ON SUBSISTENCE SALMON fishing to survive. In Alaska's salmon fisheries management, subsistence has priority before sport, commercial or personal use fishing.

CERTIFIED

The Alaska sockeye salmon fishery is certified under two independent certification standards for sustainable fisheries:

- ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)
- MARINE STEWARDSHIP COUNCIL (MSC)

GASTRONOMY

FIRM • SMOOTH TEXTURE
ROBUST FLAVOR • VIVID COLOR

"Alaska sockeye salmon is my favorite type of salmon because it's flavor shines through no matter how I prepare it; baked, sautéed or poached in our ramen noodle bowls."

CHEF MANDY DIXON
La Baleine Café | Homer, Alaska

BOLD & BRIGHT

Wild Alaska sockeye salmon are well known for the brilliant red hue their fillets possess both raw and after cooking. This is DUE TO THEIR NATURAL DIET of krill and plankton which possess a carotenoid pigment called astaxanthin. This powerful compound not only provides a deep color and strong (but not fishy) flavor, but also is an antioxidant, may help prevent cancer, promotes skin and heart health, and can alleviate joint pain.

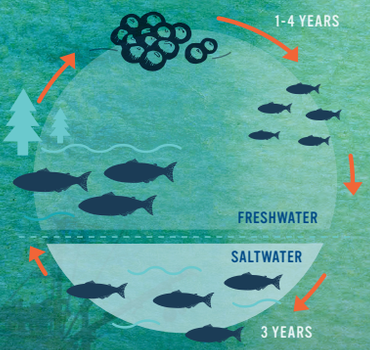
COOKING PROFILE

METHOD *Baking, broiling, grilling, poaching, sautéing, smoking, sushi/sashimi, roasting, steaming*

HIGH OIL CONTENT
Difficult to overcook

LIFE CYCLE

SOCKEYE SALMON *have a complex life cycle; hatching and living in fresh water for 1-4 years and spending 3 years in the ocean before returning to fresh water to spawn.*



The Wild Alaska Sockeye Salmon:

- Well traveled, sockeye salmon spend their time in salt water swimming and feeding in the Alaska Gyre in the Gulf of Alaska before returning to their natal streams to spawn.
- Choosy eaters, the sockeye eats more crustaceans and plankton than other species, which leads to its darker colored meat.
- To better serve their dietary habits, sockeye filter zooplankton and small crustaceans from the water using their thin filamentous gills.
- As a wild-capture fishery, Alaska sockeye salmon are harvested from the open ocean. The fish are then transported to processing facilities located in small fishing communities scattered along Alaska's coastline.

Sockeyes

NUTRITION

ALASKA SOCKEYE SALMON IS
CHOCK-FULL
OF THE HEALTHY
LONG CHAIN
OMEGA-3 FATTY ACIDS
DHA & EPA.

3.0 oz. of ALASKA SOCKEYE SALMON
23 g PROTEIN (46% DV)
3.8 mcg VITAMIN B12 (158% DV)
730 mg OMEGA 3s DHA & EPA
14.2 mcg VITAMIN D ((71%) DV

DV = Daily Value // 3.0 oz = 85g
Source: USDA Standard Reference Release 28

WILD SOCKEYE SALMON PROVIDE MARINE DERIVED OMEGA-3 fatty acids, essential to the human body. DHA and EPA in wild Alaska sockeye salmon are the most studied, beneficial, and readily usable healthy fats for the body.

Benefits of DHA & EPA Omega 3s

- *Improved heart health*
- *Improved brain function*
- *Vital nutrient for growth and development of prenatal babies and infants*

Recipes

Grilled Alaska Sockeye Salmon with Compound Butter | Alaska Sockeye Salmon with Herbs and Garlic
Alaska Sockeye Salmon with Northwest Spiced Coffee Rub | Alaska Sockeye Salmon Bites
Find these and more at WILDALASKASEAFOOD.COM/RECIPES