FRESH/FROZEN IN ALASKA, the future of wild coho 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 coho salmon.

RENEWABLE BY DESIGN: Sustainability is written into Alaska’s state constitution. FISH ARE TO BE ‘UTILIZED, DEVELOPED, AND MAINTAINED ON THE SUSTAINABLE YIELD PRINCIPLE,’ ensuring wild coho salmon inhabit Alaska waters for generations to come.

The sustainability of coho salmon harvested in Alaska is an INTERNATIONAL EFFORT. Alaska coho harvest levels follow the Pacific Salmon Treaty implemented by the Pacific Salmon Commission.

CERTIFIED

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

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

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.

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

**GEAR TYPE**

- Troll
- Gillnet
- Purse Seine

**WILD NATURE**

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**HARVEST PROFILE**

**HARVEST SEASON**

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Southeast Alaska

Gulf of Alaska

Bering Sea

**FRESH/FROZEN**

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

**PRODUCTS**

**ECONOMY**

- salmon jobs*: ~33,000
- salmon vessels*: ~9-10 K

Sources: NOAA and CFEFG *data includes all salmon species

**SUSTAINABILITY**

**GEAR TYPE**

- Troll
- Gillnet
- Purse Seine

**HARVEST PROFILE**

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PICTURE PERFECT PORTIONS
Cohos are a favorite among chefs and restaurateurs due to its mid-level size among the salmon species, meaning that each fillet is often perfectly portioned for an individual serving. Add in its medium oil content, which lends flavor and versatility while keeping the taste light, and you have an ideal salmon for most palates.

COOKING PROFILE

METHOD Broiling, grilling, poaching, sautéing, smoking, sushi/sashimi, roasting, steaming

MEDIAN OIL CONTENT Versatile and adaptable

GASTRONOMY

- DELICATE FLAVOR
- FIRM ORANGE-RED FLESH

“The Wild Alaska coho salmon:

- Eager breeders, some male coho return after only 6 months at sea as young “jacks”.
- Voracious predators, eating plankton, insects, amphipods and other crustaceans while juvenile and primarily other fish and squid once mature.
- Territorial when young, coho fry establish boundaries they defend vigorously from other salmon.

WILD COHO SALMON PROVIDE MARINE DERIVED OMEGA-3 fatty acids, essential to the human body. DHA and EPA in wild Alaska coho 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

NUTRITION

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

3.0 oz. of ALASKA COHO SALMON

- 20 g PROTEIN (40% DV)
- 4.3 mcg VITAMIN B12 (180% DV)
- 900 mg OMEGA 3s DHA & EPA
- 383 iu VITAMIN D (64% DV)

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

Recipes

Alaska Salmon and Goat Cheese Tart | Moroccan-Spiced Wild Alaska Salmon | Mustard Maple Salmon with Roasted Vegetables
Coconut-Crusted Wild Alaska Salmon with Matcha Cream | Smoked Salmon Pot Pie with Chive Drop Biscuits

Find these and more at WILDALASKASEAFOOD.COM/RECIPES