**Metacarcinus Magister**  
*(Cancer Magister)*

**DUNGENESS CRAB**

**PRODUC T S**
- FRESH
- LIVE
- WHOLE COOKED CLUSTERS/SECTIONS
- FROZEN
- WHOLE COOKED CLUSTERS/SECTIONS
- PICKED MEAT / LEG MEAT

**HARVEST PROFILE**

**HARVEST SEASON**

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<td><strong>Southeast Alaska</strong></td>
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<td><strong>Gulf of Alaska</strong></td>
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<td><strong>Bering Sea / Aleutian Islands</strong></td>
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**ECONOMY**

- **Dungeness Crab jobs**: ~400
- **Dungeness Crab vessels**: ~190

**SUSTAINABILITY**

**IN ALASKA, PROTECTING the future of both the stocks and ENVIRONMENT TAKE PRIORITY**

Over opportunities for commercial harvest. State managers use harvest data from previous and ongoing seasons to determine both predicted and actual crab numbers. They compare these, and will shut down the fishery if there are too few crabs in the water. Through these methods, managers **ENSURE ALASKA DUNGENESS CRAB will be AVAILABLE for GENERATIONS TO COME.**

**Most Dungeness crab**

**are 25% meat by volume** making it one of the meatiest crabs available.

**COMPACT CREWS**

Harvesting wild Alaska Dungeness crab is a **SMALL-SCALE AFFAIR**, using small boats crewed by between 2-4 people.
3.0 oz. of DUNGENESS CRAB

19 g PROTEIN (38% DV)

335 mg OMEGA 3s DHA & EPA

8.8 mcg VITAMIN B12 (367% DV)

DV = Daily Value // 3.0 oz = 85g

Source: USDA Standard Reference Release 28

The Wild Alaska Dungeness Crab:

- Hunters and scavengers, Dungeness crab both actively seek prey and opportunistically take what floats down to the seabed.
- A widespread species sticking close to shore that prefers waters 27 meters or shallower.
- Variable in size, though males average 2-3 lbs., crabs of up to 10 lbs. have been caught.
- Wary of danger, it is known to bury itself in sand or roll onto its back to defend itself with its claws if threatened.

SOME FEMALES IN ALASKAN WATERS fast for at least 6 months WHILE CARRYING EGGS, an anomaly not seen in the species elsewhere. Its also only in Alaska that they spawn biennially rather than annually.

Benefits of Vitamin B-12

- Helps form red blood cells and prevent anemia
- Risk reduction of macular degeneration
- Prevents neuron loss
- Supports bone loss and prevents osteoporosis
- Supports healthy skin, hair, and nails

“Dungeness crab is a sweet and savory treat that I like to incorporate in pasta dishes or salads. It has a delicate flavor that is less briny than other crab species. Tender Dungeness crab morsels are always worth the time spent picking”

CHEF SHANE MOORE
South Restaurant + Coffeehouse | Anchorage, Alaska