



Wild, Natural & Sustainable®

Wild ALASKA

# DUNGENESS CRAB

*Metacarcinus Magister*  
(Cancer Magister)



## PRODUCTS

### FRESH



LIVE



WHOLE COOKED

CLUSTERS/SECTIONS

### FROZEN



WHOLE COOKED



CLUSTERS/SECTIONS

PICKED MEAT / LEG MEAT



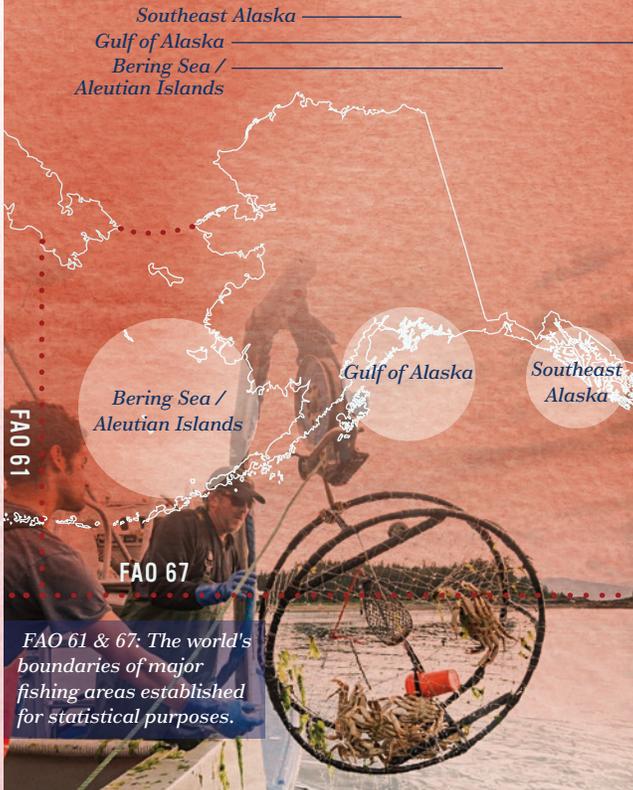
## MOST MEAT

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

## HARVEST PROFILE

### HARVEST SEASON

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



### ECONOMY

Source: NOAA



Dungeness Crab jobs

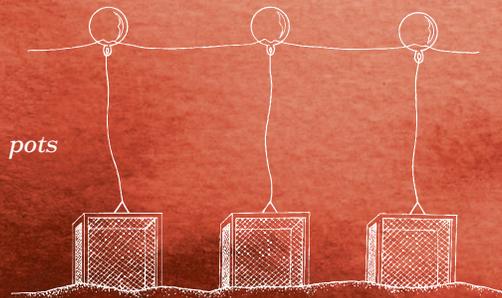
~400



Dungeness Crab vessels

~190

### GEAR TYPE



## 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.**

The Dungeness crab harvest is limited by the 3 S's:

**SIZE, SEX, AND SEASON.**

Only males with a carapace of at least 6.5 inches can be caught, and harvest is not permitted during mating and molting!



## COMPACT CREWS

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



## GASTRONOMY

SWEET • TENDER  
NUTTY • FLAKY



*“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



## AVAILABLE YEAR-ROUND

Although harvested seasonally, **THE HIGH QUALITY STANDARDS** for freezing of wild Alaska Dungeness crab means it can be purchased throughout the year!

## COOKING PROFILE



**METHOD** Boiling, grilling, steaming, baking—the simpler the better!



**PRE-COOKED** Sweet and rich flavor locked-in and ready for re-heating

## WILD HABITAT



### *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.

## NUTRITION

**WILD ALASKA DUNGENESS CRAB IS LOADED WITH HIGH CONTENT OF VITAMIN B-12, HIGH QUALITY PROTEIN, AND OMEGA-3'S.**

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 HIGH PROTEIN CONTENT OF WILD ALASKA DUNGENESS CRAB

is easily digestible, and has all nine amino acids the body can't produce itself – a complete protein of the highest quality.



### 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

## Recipes

Dungeness Mac & Cheese | Alaska Cioppino | Dungeness Crab Provencal | Dungeness Crab Española  
Alaska Dungeness Crab Cake Benedict | Stuffed Avocado with Alaska Dungeness | Lemon Wild Alaska Crab  
Find these and more at [WILDALASKASEAFOOD.COM/RECIPES](http://WILDALASKASEAFOOD.COM/RECIPES)