



Wild, Natural & Sustainable®

Wild ALASKA

COHO SALMON

Oncorhynchus kisutch
also known as SILVER SALMON



PRODUCTS

FRESH/FROZEN



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



ECONOMY

salmon jobs* ~33,000

salmon vessels* ~9-10 K

Sources: NOAA and CFEC
*data includes all salmon species

GEAR TYPE

SUSTAINABILITY

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)





GASTRONOMY

- DELICATE FLAVOR •
- FIRM ORANGE-RED FLESH •



"With coho, the thing is consistency. You always know you're getting a great quality fillet when using wild coho. As far as prep, I really like to use vinegar based dressings and sauces because they bind easily with the more porous fillets, while not overwhelming the already oily fish."

CHEF TRAVIS LARSEN
Salt | Juneau, Alaska



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



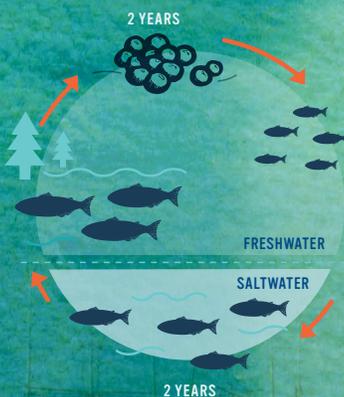
METHOD Broiling, grilling, poaching, sautéing, smoking, sushi/sashimi, roasting, steaming



MEDIUM OIL CONTENT
Versatile and adaptable

LIFE CYCLE

COHO SALMON have a complex life cycle; hatching and living in fresh water for 2 years and spending 2 years in the ocean before returning to fresh water to spawn.



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.

Cohos



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

9.6 mcg VITAMIN D (48% DV)

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



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

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