**FRESH**

- FRESH
- LIVE WHOLE CRAB

**FROZEN**

- COCKTAIL CLAWS
- MEAT
- LEGS
- CLUSTERS/SECTIONS
- WHOLE

**HARVEST PROFILE**

**HARVEST SEASON**

- JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
- Bering Sea & Aleutian Islands
- Southeast Alaska
- Kodiak
- Prince William Sound

**ECONOMY**

- Snow Crab jobs: 420
- Snow Crab vessels: 60

**GEAR TYPE**

- pots

**SUSTAINABILITY**

**IN ALASKA, PROTECTING the future of both the stocks and ENVIRONMENT TAKE PRIORITY over opportunities for commercial harvest. State and federal agencies collaborate to determine each year's harvest limits, and monitor the season in real-time to determine when these limits have been met. Additional measures, such as the catch share programs and a stringent on-board observer program ensure sustainably harvested wild Alaska bairdi crab will be available for generations to come.**

**The bairdi crab harvest is LIMITED BY THE “THREE S’S” - SIZE, SEX, AND SEASON.**

- Only males with a carapace length that is dependent on population specific life-history traits can be caught, and harvest is not permitted during mating and molting.

**CERTIFIED**

The Alaska bairdi crab fishery is certified to an independent certification standard for sustainable fisheries:

**ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)**

**KNOW YOUR SNOW**

**THERE ARE 2 SPECIES OF CRAB MARKETED AS SNOW CRAB, Chionoecetes bairdi & Chionoecetes opilio. They are both brachyuran crabs, or short-tailed crabs. C. bairdi is also recognized under the common name Tanner crab.**
**GASTRONOMY**

**DELICATE • VERY SWEET • TENDER**

“I like featuring bairdi crab on my rotating menu because it is sweet, rich, tender and sustainable. My customers enjoy tasting this delicate variety of crab, and I like sharing something they’re not as familiar with.”

**CHEF TAICHI KITAMURA**

Sushi Kappo Tamura | Seattle, WA

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**COOKING PROFILE**

**METHOD** Boiling, grilling, roasting, baking, steaming

**LEAN, SWEET MEAT** Preps and pairs easily!

---

**CRAST SHELL QUALITY**

Shell color varies with the age of the crab but has no effect on meat quality.

- **BAIRDI**
  - 2-4 lbs
  - wider body
  - red eyes

- **OPILIO**
  - 1-2 lbs
  - rounder body
  - green eyes

---

**HIGH-Demand HYBRIDS**

*C. opilio* and *C. bairdi* are able to CROSSBREED and there are specific regions in the Bering Sea that contain high numbers of hybrids. These mix-breed individuals display a blend of physical traits that are typically attributed to either of the two species.

**OPILIO**
- 'M' shaped epistome margin
- 1-2 lbs
- rounder body
- red eyes

**BAIRDI**
- 'O' shaped epistome margin
- 2-4 lbs
- wider body
- green eyes

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**Recipes**

Lemon Wild Alaska Crab | Alaska Seafood Cioppino | Stuffed Avocado with Alaska Crab

Alaska Crab Cakes with Spicy Aioli | Chai Grilled Alaska Tanner Crab

Find these and more at WILDALASKASEAFOOD.COM/RECIPES

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**NATURALLY WILD**

**WILD ALASKA BAIRDI CRAB IS PACKED WITH SHELL-SHOCKING LEVELS OF PROTEIN, OMEGA-3’S AND VITAMINS.**

- 3.0 oz. of BAIRDI CRAB
  - 20 g PROTEIN (40% DV)
  - 405 mg OMEGA-3’s DHA & EPA
  - 8.8 mcg VITAMIN B-12 (367% DV)
  - 40 mcg VITAMIN D (267% DV)

DV = Daily Value // 3.0 oz = 85g

Source: USDA Standard Reference Release 28

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**WILD ALASKA BAIRDI CRAB** is easily digestible, and has all nine amino acids the body can’t produce itself – a complete protein of the highest quality.

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**BENEFITS OF Vitamin B-12**

- Promotes bone mineralization
- Ensures muscles, heart, lungs, and brain function properly
- Plays neuroprotective role
- Acts as a hormone

---

**LEAN, SWEET MEAT**

Preps and pairs easily!

---

**FAMOUS (SHELL)FISH!**

**THE BERING SEA BAIRDI CRAB FISHERY IS PROMINENTLY FEATURED AS PART OF THE DISCOVERY CHANNEL’S HIT REALITY SHOW “Deadliest Catch.”**

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**RECIPE INDEX**

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**THE HIGH PROTEIN CONTENT OF WILD ALASKA BAIRDI CRAB**

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**LEARN MORE**

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**Source:** USDA Standard Reference Release 28

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