FRESH

FROZEN

Chionoecetes opilio
also known as OPILIO, OPIES, or QUEEN CRAB

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 opilio crab will be available for generations to come.

The opilio 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.

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

ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)

**HARVEST PROFILE**

**HARVEST SEASON**

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

Bering Sea & Aleutian Islands

**ECONOMY**

Source: NOAA

*figures include both opilio and bairdi crab

Snow Crab jobs ~420

Snow Crab vessels ~60

**GEAR TYPE**

pots

**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.

**SUSTAINABILITY**

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

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**ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)**

**ALASKA SEAFOOD MARKETING INSTITUTE | WWW.ALASKASEAFOOD.ORG**

1-026
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
- Green eyes

**BAIRDI**
- 2-4 lbs
- Wider body
- Red eyes

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

**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.

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

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

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**COOKING PROFILE**

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Alaska Snow Crab Tortilla Soup | Alaska Snow Crab Salad with Goat Cheese and Gochujang Vinaigrette
Lime Chipotle-Roasted Alaska Snow Crab | Chai-grilled Alaska Snow Crab
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Find these and more at WILDALASKASEAFOOD.COM/RECIPES

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

3.0 oz. of OPILIO 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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**Benefits of Vitamin B-12**

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

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**FAMOUS (SHELL)FISH!**

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