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# SALMON



**Atlantic Salmon**  
*Salmo salar*

**Keta (Chum) Salmon**  
*Oncorhynchus keta*



**Pink Salmon**  
*Oncorhynchus gorbuscha*

## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



**PORTIONS & FILLETS, CLEAR IVP**

**METHOD OF HARVEST:** Farm-Raised; Cages, pens  
**COUNTRY OF ORIGIN:** Chile  
FAO 87

### FARMED ATLANTIC SALMON

Red to pinkish meat, Atlantic salmon is moist and oily. The taste is delicate and is an excellent source of Omega-3 polyunsaturated fatty acids, which have been proved to be great for the heart. The fish is also favored by many smokers for the quality of product it allows. It looks attractive in a retail display as a dressed fish or as steaks and fillets.

Atlantic salmon is the only salmon species whose natural home is in the waters of the Atlantic Ocean, as all other salmon species are native to the Pacific. The Romans were first to give Atlantics their familiar vernacular "salmon." Their Latin name, *Salmo salar*, literally means "leaping salmon." A fish that once thrived in the wild, today is the most important farmed salmon species. Wild stocks used to extend from New England up through Ungava Bay in Canada and from the White Sea in Russia down through Portugal. Remaining stocks are now reserved for recreational anglers.

**FUN FACT:** More than 3 billion pounds of farmed salmon is produced worldwide each year, far more than the total amount of wild salmon caught.



**PORTIONS & FILLETS CLEAR IVP**

**METHOD OF HARVEST:** Wild Harvest; Purse Seine/Gillnet  
**COUNTRY OF ORIGIN:** Japanese Harvested, FAO 61  
Processed in China

### KETA (CHUM) SALMON

With the lowest oil content and a less full-bodied taste than the other Pacific salmon species, chums enjoy an import niche in the retail/foodservice sector. The mild flavor and firm texture makes it an easy option for casseroles and other dishes involving moisture. With a long freezer life and a less "fishy" taste, Chums are a less expensive choice for salmon connoisseurs.

Hokkaido Keta Salmon, like all other Pacific salmon species, are anadromous. They can live about six years at sea before returning to their freshwater spawning grounds; Keta Salmon spend more time out at sea than any other Pacific salmon species. Keta Salmon are caught from June until November or December, with peak supplies in July and August. The low fat content and lighter color of the Keta Salmon are why it's the less-prized salmon, although for these reasons it has a longer shelf life. Hokkaido origin Keta Salmon are known in the market as a great alternative to the higher priced salmon species.

**FUN FACT:** Chum salmon take their name from the Chinook term meaning "spotted" or "marked," while pink salmon are named for the color of their flesh.



**PORTIONS, CLEAR IVP**

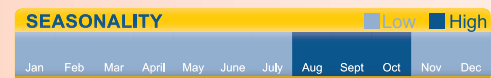
**METHOD OF HARVEST:** Wild Harvest; Purse Seine  
**COUNTRY OF ORIGIN:** Russian Harvested, FAO 61, Processed in China

### PINK SALMON

The meat of the pink salmon is leaner, paler, and smaller flaked than most other salmon species. They also have a less oily taste than other salmon species. It is optimal for canning and further processing. Grilling or frying could dry out this lean fish, its manner of preference in most dishes is marinated or cooked.

Pink salmon are the most abundant of the Pacific salmon species. The smallest of the salmon, these easily distinguishable fish possess the smallest scaled of the species. They range in size from 3 to 5 lbs, and can be found as far south as the Puget Sound in Washington state and as far north as the Mackenzie River in Canada. They are also very abundant in Asia, throughout Russia, China and Japan.

**FUN FACT:** Pink salmon are the smallest Pacific salmon found in North America.



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