

# SALMON



## *Featured Food for Fall*

Salmon is the second most popular fish consumed in the U.S. in part because it fuels the brain and helps stave off heart disease. Depending on their species and diet, salmon color varies widely from red to orange-red, rose, pink and even white.

## *Earth Story*

Wild salmon are anadromous, meaning they can survive in both salt and fresh water. Born in freshwater, wild salmon spend their first few months or years in fresh water before heading out to the ocean. They venture back to fresh water, often to the very rivers in which they were born, when it's time to spawn. Although there are several types of salmon sold commercially, the most widely eaten varieties are Atlantic, chinook, sockeye, coho, pink and keta.

## *Nutritional Benefits*

Salmon is a nutritional powerhouse, known as an optimum source of omega-3 fatty acids and protein, but it is also rich in vitamins B12, D, B6, biotin, selenium, niacin and selenium. Not only does it help prevent heart disease and certain cancers, it also improves brain function and digestive tract health. While there are ongoing debates about whether it is safer to eat farm-raised or wild salmon, both are healthy choices. The best way to ensure you are getting the highest quality fish is to identify and buy from reliable local suppliers.

## *Fun Facts*

Fossils discovered in British Columbia provide evidence that salmon have thrived on the earth for as many as 50 million years. In Native American artwork and literature, salmon are often used as a symbol of determination, renewal, and prosperity. In many Northwest Native American myths, salmon hold a special position of honor and respect because they willingly give themselves to humans for food.



*Ask your chef for specific recipes and share your culinary experience with us.*

