



Wild, Natural & Sustainable®

Jump-Start Summer With the Opening of Wild Alaska Salmon Season Today

Harvest Continues Into Summer With the Annual Alaska Wild Salmon Day on August 10

JUNEAU, Alaska – May 17, 2018 – The harvest season for wild Alaska salmon kicks off today, Thursday, May 17 with the arrival of the first sockeye and king salmon, followed by pink, keta, and coho salmon throughout the summer. Just in time for grilling season, the five species of wild Alaska salmon can be enjoyed fresh through October, as well as fresh-frozen or canned year-round. Alaska’s salmon stocks account for nearly 95 percent of the wild salmon harvested in the U.S., providing an abundance of domestic, sustainable, wild-caught Alaska salmon for home cooks and chefs nationwide. Alaska’s nutrient-rich, glacial waters give Alaska salmon the pure, rich flavor and exceptional quality that make it one of America’s favorite fish.

“Ensuring a sustainable supply of seafood year after year remains the driving force within our fisheries,” said Jeremy Woodrow, communications director, Alaska Seafood Marketing Institute (ASMI). “As the only state with sustainability written into its constitution, Alaska’s fishermen only harvest as much fish as the ecosystem can naturally renew.”

This year’s Alaska salmon harvest is forecasted by the Alaska Department of Fish and Game at nearly 150 million salmon. Additionally, the celebration of Alaska salmon will continue with the third-annual Wild Alaska Salmon Day on August 10, giving another reason to enjoy salmon all summer long.

Packed with nutrients, including essential omega-3 fatty acids and high-quality protein, and easily adaptable to an array of palates and budgets, wild Alaska salmon can be enjoyed in a variety of ways. From grilled to roasted, broiled or steamed, salmon is easy to prepare in as little as 20 minutes. Additional details on each Alaska salmon species, including nutritional values, harvesting methods and recipes can be found online in the [Ultimate Guide to Wild Alaska Salmon](#). Highlights include:

- **Sockeye** – With its rich, traditional flavor and firm texture, sockeye salmon is one of the most popular species and is perfect for almost all preparation techniques, including grilling, broiling, sautéing, roasting, poaching, steaming and smoking.

Recipe suggestion: [Alaska Sockeye Salmon with Molasses Marmalade Glaze](#)

- **King** – The largest of the five species, king salmon has a rich red flesh with high oil content lending itself to most cooking techniques. King salmon’s succulent flavor can be easily enhanced with seafood seasonings and marinades.

Recipe suggestion: [Bronzed Alaska King Salmon In A Butter-Wine Sauce](#)

- **Pink** – The most abundant and affordable of the five Alaska species, pink salmon is known for its mild flavor and tender texture making it an excellent vehicle for sauces. Decreased cooking temperatures are recommended because of its naturally lower oil content.

Recipe suggestion: [Alaska Pink Salmon Chile-Citrus Tacos](#)

- **Keta** – With a firmer texture and mild flavor, keta salmon is great for summer grilling, smoking or roasting. Like pink salmon, it is best to prepare keta at decreased cooking temperatures.

Recipe suggestion: [Alaska Keta Salmon with Vegetable-Bread Stuffing](#)

- **Coho** – The second largest Alaska salmon species after king, coho is known for its orange-red flesh, delicate flavor and firm texture. Many consider coho the best salmon for grilling.

Recipe suggestion: [Alaska Coho Salmon, Fennel and Tomato Salad](#)

For recipe ideas and more information including [Alaska salmon grilling tips](#) and step-by-step guides for how to [grill](#), [pan sear](#), [pan steam](#) and [pan grill](#) Alaska salmon, visit www.wildalaskaseafood.com, and follow Alaska Seafood on [Facebook](#), [Twitter](#), [Instagram](#) and [Pinterest](#).

About Alaska Seafood:

The Alaska Seafood Marketing Institute (ASMI) is a partnership of the State of Alaska and the Alaska seafood industry promoting the benefits of wild and sustainable Alaska seafood and offering seafood industry education. The seafood industry is Alaska’s largest private sector employer with nearly 60 percent of all seafood and 95 percent of wild salmon harvested in the U.S. coming from Alaska. In addition to wild salmon, Alaska is known for its crab and whitefish varieties such as cod, sablefish, halibut, pollock, sole and rockfish – available fresh, fresh-frozen or canned year-round. Alaska has been dedicated to sustainable seafood for more than 50 years and is the only state with a constitution that mandates all seafood be managed under the sustained yield principle. Alaska has taken a leadership role in setting the global standard for precautionary resource management to protect fisheries and surrounding habitats for future generations and leading to an ever-replenishing supply of wild seafood for markets worldwide.

MEDIA CONTACT:

Pheniece Jones

Edelman for Alaska Seafood Marketing Institute

Phone: 206.664.8632

Pheniece.Jones@Edelman.com