

Fun Facts about

SALMON

- Salmon is rich in vitamins B6, B12, D, phosphorus and omega-3 fatty acids.
- Salmon are born in freshwater, migrate to the sea as adults, and then return to freshwater to reproduce.
- Salmon play an important role in the culture, diet, economy and religion of several Northwest Tribes.
- Some salmon can jump almost 6 ½ feet and they can swim upstream!
- When spawning Pink salmon change from blue and silver coloring to a pale grey.
- When spawning Coho salmon develop a hooked jaw and turn bright red on their sides.

