



WA Local Foods

Salmon (Coho)

Promotional Resources

Fun facts

- 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, Coho salmon develop a hooked jaw and turn bright red on their sides.

Know your farmer

Muckleshoot Seafood Products Seattle, WA

Muckleshoot Seafood Products (MSP) is a Muckleshoot Indian Tribe enterprise. The Muckleshoot Indian Tribe is the successor to Duwamish and Upper Puyallup Peoples who were party to the Treaties of Point Elliot and Medicine Creek. Salmon is an integral part of the Muckleshoot Indian Tribes culture and traditions. MSP's mission is to purchase salmon from tribal fishers, process it, and distribute it locally, domestically, and internationally. Their salmon is sustainable, local, and wild-caught.



Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school spread information about local foods and healthy eating to increase students' knowledge of healthy eating and where food comes from.

- [Pacific Salmon Coloring Book - US Fish and Wildlife Service](#)
- [An Incredible Journey: Educational Resources to Promote Salmon Stewardship - NOAA Fisheries](#)
- [Resources for Teachers and Parents - Watershed Watch Salmon Society](#)
- ["Through Salmon Eyes" \(Video\) - Northwest Indian Fisheries Commission](#)
- [Oregon Salmon For Schools - Food Hero](#)
- [Salmon Basics - Food Hero \(Spanish\)](#)



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