



CANADIAN FISHING COMPANY



Wild Pacific Salmon Fresh & Frozen

As one of the largest harvesters of wild Pacific salmon in North America, Canfisco offers one of nature's healthiest and purest foods, and is an excellent source of protein that is low in saturated fat. Salmon also contain highly unsaturated oils, called omega-3 polyunsaturated fatty acids, which are unique to fatty fish like salmon that has been linked to numerous health benefits. All five species of wild Pacific salmon are available as fresh or frozen steaks, fillets or portions. We offer portion and unit controlled sizing and will work with you to ensure that the product is packaged to your specifications. Sold fresh (in season) or frozen; dressed with head off; Canfisco can also supply custom processed and /or custom packaged fresh or frozen steaks, portions or fillets.





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Product	Fresh or Frozen	Sold As	Availability
Sockeye	Frozen, Fresh	Headed and Dressed, Fillets	Jun, Jul, Aug
Pink	Frozen, Fresh	Headed and Dressed, Fillets	Jul, Aug, Sep
Chum	Frozen, Fresh	Headed and Dressed, Fillets	Jul, Aug, Sep, Oct
Spring	Frozen, Fresh	Headed and Dressed, Fillets	Jun, Jul, Aug, Sep, Oct
Coho	Frozen, Fresh	Headed and Dressed, Fillets	Jun, Jul, Aug, Sep, Oct

Sockeye or Red (*Oncorhynchus nerka*)

A blue-tinged silver in colour, sockeye salmon live four to five years, weigh up to 7 lb. (3.2 kg), and are the slimmest and most streamlined of the five species of Pacific salmon. It is the most sought-after salmon species due to its rich flavour and firm, deep red flesh.

Pink (*Oncorhynchus gorbuscha*)

Living only two years, pinks are the smallest of the Pacific salmon, weighing up to 5 lb. (2.3 kg). They have heavily spotted backs over silver bodies. Pink salmon are the most plentiful of the five species. They have a delicate flavour and light flesh colour.

Chum (*Oncorhynchus keta*)

Resembling sockeye, chum (or keta) salmon have black specks over their silvery sides and faint grid-like bars. They live three to five years, and weigh up to 10 lb. (4.5 kg). Chum salmon offers a milder, more delicate flavour with a creamy pink to medium red flesh colour.

Spring, Chinook or King (*Oncorhynchus tshawytscha*)

Lightly spotted on their blue-green back, chinook salmon live from five to seven years, and weigh up to 120 lb. (55 kg). Also known as springs or kings, they are the most prized game salmon for sport fishers. Chinook is the largest species, with richly flavoured, firm flesh ranging from ivory white to deep red in colour.

Coho (*Oncorhynchus kisutch*)

Bright silver in colour, coho salmon live two to four years, weigh up to 15 lb. (6.8 kg), and are a popular game fish for sport fishers. Coho's versatile full flavour is coupled with fine-textured, consistently red flesh.