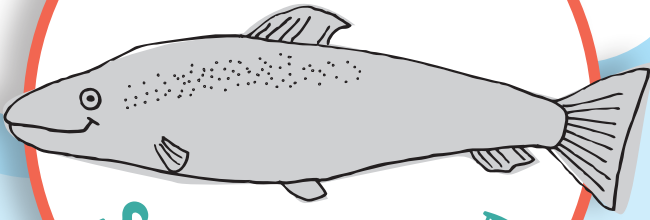


# All About



# Salmon Farming

## Did you know?

Not all farms are on land  
Farming the ocean is done around the world, including in your province. Lots of different fish and plants are grown in the ocean, including salmon, trout, shellfish and seaweed.

Farmers use underwater cameras to watch their fish.

Farmed salmon live in net pens in the ocean.

Farmers take care of the salmon in the water just like farmers do with animals like chickens and cows. Our farmers feed and care for their fish every day – even in the winter when it's icy and cold.

Fish have plenty of room to swim and grow.

Divers swim under water to check the nets regularly.

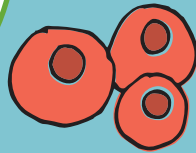


Salmon eat special food made from natural ingredients. Their food changes as they get bigger to help keep them healthy as they reach each life stage.

# HOW FARMED SALMON GROW

## Eggs

Salmon start out as EGGS. The EGGS come from strong, healthy adult salmon called broodstock. The EGGS live inside a freshwater hatchery.



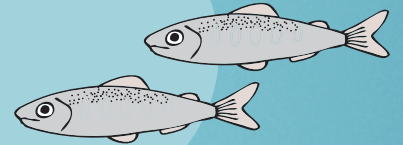
## Alevin

When the EGGS first hatch, baby salmon can't eat food on their own. They feed from a yolk sac. At this stage, baby salmon are called ALEVIN.



## Fry

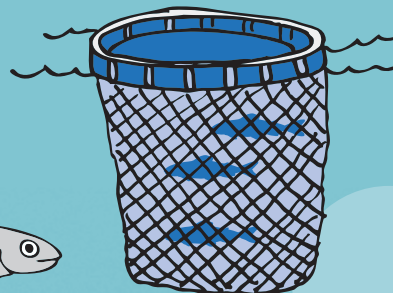
When the ALEVIN have used their yolk sac, they are ready to eat on their own. They are called FRY and are moved into tanks of fresh water in the hatchery and are fed until they grow large enough to be moved to saltwater ocean farms.



## Smolt

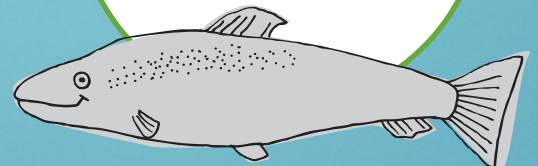
Salmon are AMAZING FISH. They start as eggs and fry in fresh water but when they get older they are called SMOLTS and they can actually live in salt water. They are carefully moved by truck and boat to ocean pens.

The SMOLTS stay in their ocean farms until they are big enough to be harvested (5-6 kg). This takes up to two years.

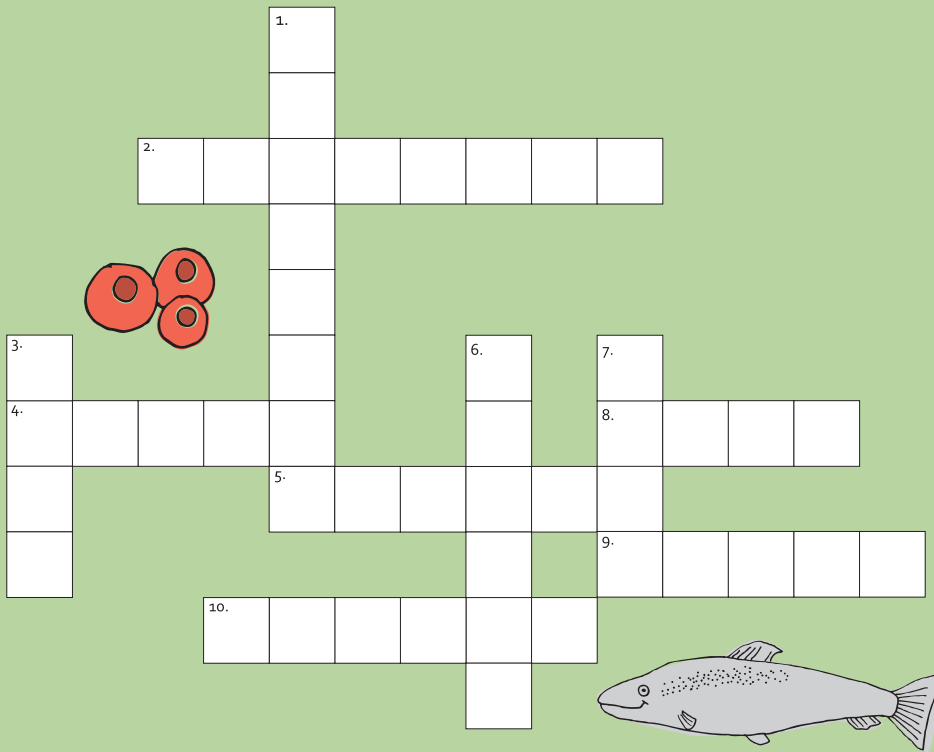


## Adult Salmon

The ADULT SALMON are carried by boat to a processing plant and after processing are shipped by truck to your local store often arriving within 48 hours from the time they left the farm.



# Salmon Crossword



## DOWN

1. Keep you healthy
3. What alevin eat
6. Farmers use this to watch the fish underwater
7. Where salmon live

## ACROSS

2. Where salmon eggs live
4. Where salmon farms are
5. Healthy and tasty fish to eat
8. How salmon begin life
9. What salmon are called when they move to the ocean
10. These people check nets underwater

ANSWERS 1. Vitamins 2. Hatchery 3. Yolk 4. Pens 5. Salmon 6. Camera 7. Divers 8. Eggs 9. Smolts 10. Fish

Do you know which food comes from nearby and which is grown very far away?

When it comes to choosing food to eat, closer to home means it is fresher. Did you know that healthy and tasty salmon is grown on farms right here in our province? **Test your knowledge by circling the foods farmed close to home.**



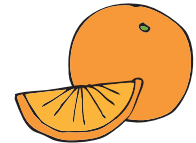
pineapple



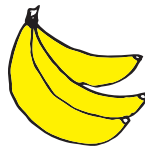
honey



milk



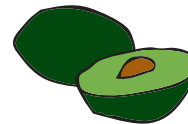
oranges



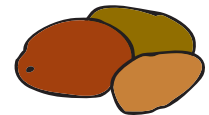
bananas



salmon



avocados



potatoes



coconuts



lettuce



peanuts



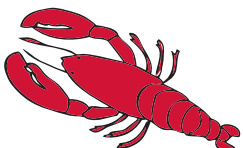
tomatoes



eggs



chicken



lobster



almonds



beef



coffee beans



mangoes



apples

ANSWERS: honey, milk, salmon, potatoes, lettuce, tomatoes, eggs, chicken, lobster, beef, apples

# COOL JOBS IN SALMON FARMING

Salmon farming creates lots of jobs in your community and in your province.

Some people work in the hatchery or on the farms looking after the salmon while others drive trucks, captain boats and work in processing plants. Veterinarians take care of the fish. Marine biologists check the water and ocean floor. Engineers build hatcheries and design net pens.

Underwater divers check the net pens. Scientists find new ways to farm salmon and salespeople sell the salmon to stores and restaurants.

Salmon farming offers lots of interesting job choices.

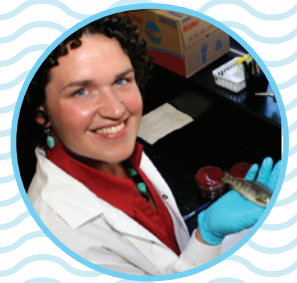


Farm Worker

Veterinarian

Truck Driver

Salesperson



## What is my job?

Draw a line and match the correct job title with the picture.

Underwater Diver

Processing Plant Worker

Boat Captain

Scientist

# Salmon = Superfood

Eating healthy food gives you the energy and strength you need to run, play and have fun. It can also help your eyesight and prevent you from getting sick and being tired when you'd rather be enjoying time with friends or at activities.

Eating farmed salmon helps make sure your body is getting what it needs to keep you healthy and growing.

Strong heart and lots of smarts



Strong bones and teeth



High energy and strong muscles



Phosphorus – Strong bones and teeth



Overall good health



Healthy skin, strong bones and teeth

## WHAT'S COOKING?

### Grilled Atlantic Salmon Fillet served with Maple Mustard Dill Sauce

So simple to make and always a hit with kids and teens.

#### Ingredients

Serves: 2

- Grilled salmon or planked
- 2 8oz (250 g) salmon fillet
- 2 oz (57 g) olive oil
- 2 pinch sea salt
- 6 turns ground pepper

#### Method

In a cast iron pan on high heat, place the oil until it starts to get hot, then place the salmon in the pan and sear on both sides for 2 minutes. Move to a pre heated oven at 350°F (180°C) for 6 to 8 minutes. Take out of oven and rest for a few minutes. Serve with your favorite sides and drizzle the salmon with the maple mustard dill sauce.

You can also slow roast it on the barbeque or in the oven on a cedar plank and serve the sauce on the side.



#### Mustard Dill Sauce

- 1 Tbsp. butter
- ½ cup shallots diced
- ¼ cup fresh dill
- ½ cup prepared mustard
- 1 cup maple syrup

#### Method

Melt the butter in a small saucepan, sauté the shallots and dill until soft, then add the mustard and maple and bring to a boil, reduce the heat and simmer for 10 minutes.

# Bon appétit.

Farmed Salmon:  
Good for you.  
Good for community.

