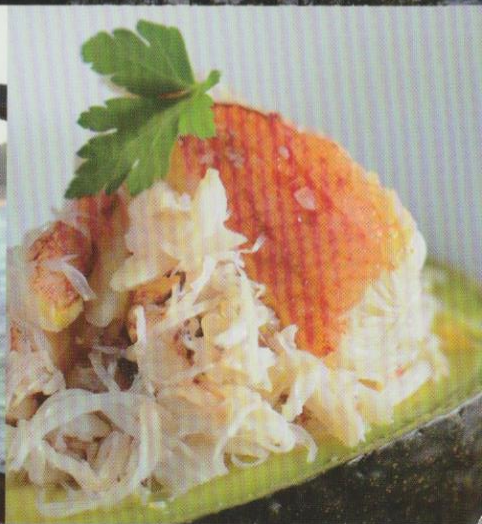
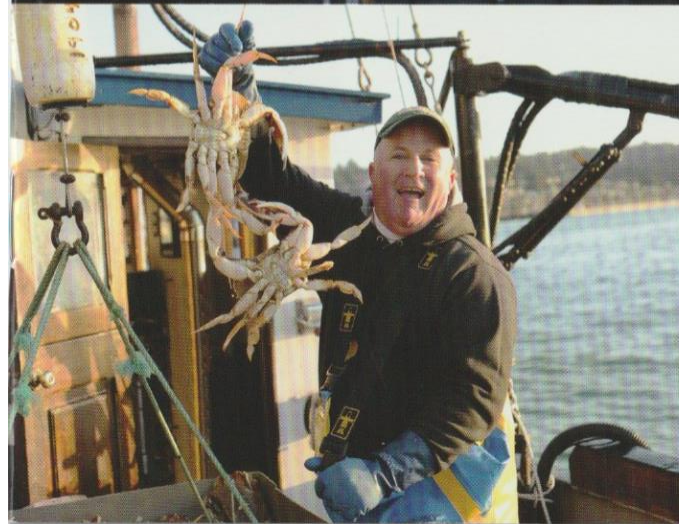



OREGON DUNGENESS CRAB

LOCAL PRIDE, GLOBAL DELICACY





OREGON *isn't like other places...*



Oregon
DUNGENESS
CRAB
WILD CAUGHT

LOCAL PRIDE ~ GLOBAL DELICACY

WE APPRECIATE THE CONNECTION BETWEEN NATURAL SPLendor, CULTURAL HERITAGE, AND ADVENTUROUS CHOICES IN FOOD. THERE'S AN ALMOST SACRED RELATIONSHIP BETWEEN THE COOL, MISTY FISHING COMMUNITIES ON THE OREGON COASTLINE AND THE FOOD WE CHOOSE TO PUT ON OUR—AND YOUR—TABLE.

MORE THAN 400 MILES OF RUGGED, UNDEVELOPED COASTLINE MAKES THE PERFECT HOME FOR A THRIVING HARVEST OF OREGON DUNGENESS CRAB.





CRABBING *season starts only when shells are hardened and filled with meat.*

On the floor of the Pacific Ocean off the coast of Oregon you'll find a delicacy served at the top restaurants around the world: Oregon Dungeness Crab. Why is Oregon Dungeness Crab so sought after? Because Oregon fleets catch only the meatiest, tastiest Dungeness crab.

OUR FLEET SELECTS ONLY THE BEST

When selecting crab for market, we closely adhere to the "Three S's": Size, Sex, and Season.

Size: Oregon harvests only mature crabs that measure 6¼ inches across. This guarantees the crab is well-developed before being caught.

Sex: We harvest only matured male crabs, returning female and juvenile crabs to the ocean to ensure a healthy future for the population.

Season: Oregon crab season starts when crab shells have hardened and filled out with the most meat. We send out boats for preseason catches and open crabbing season only when we're sure shells are hardened, filled with meat, and ready to be harvested.

Wild OREGON DUNGENESS

IS ONE OF THE
MEATIEST CRABS



*Wild Oregon Dungeness Crab
Male, 6 1/4" shell*

The Oregon fleet is made up of independent family fishermen who've chosen crabbing as a way of life. They're men and women from local families who've set out on Oregon's coastal waters for generations. From the small wooden trawlers and their two-person crews to large steel vessels capable of round-the-clock fishing, an Oregon crab fisherman is driven by adventure, ready for stormy days on the ocean where they drop their crab pots.

They've embraced a life where hard work and a rugged spirit are rewarded by the beauty of the ocean, wind, and sky, and the pride of bringing one of Oregon's natural treasures—and a global delicacy valued for freshness and quality—to our tables.

OUR FLEET IS PROUDLY LOCAL

EVERY POT IS PRIZED

Members of Oregon's Dungeness crab community feel personally accountable for the wholesomeness of our crab, the long-term sustainability of our fishery, and the health of our oceans. In the same way that local farmers and ranchers strive to deliver the finest fresh vegetables and meats, local Oregon fishermen are proud to deliver the very best Dungeness crab to restaurants and home chefs.

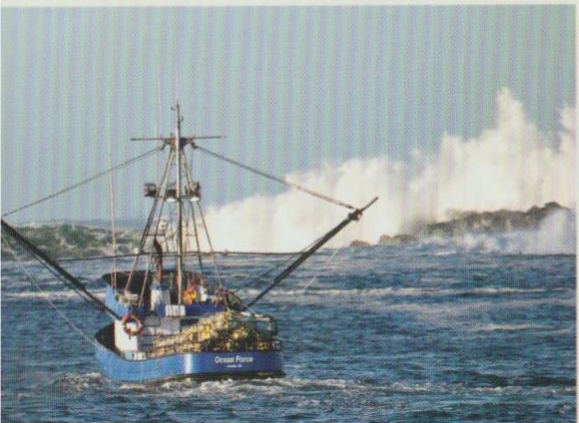


WE ARE *men and women from local families who care about good food and good crabbing.*



HARVESTING NOW AND FOR A BRIGHT FUTURE

The sustainable crabbing practices of its coastal crews are a source of pride for Oregonians. We're continuously researching and studying the Dungeness population and its environment to help us plan today for a renewable resource in the future. Crab season usually lasts from December to August, yet 75% of the harvest occurs in the first eight weeks of the season. We cap the number of permits to prevent over-harvesting



Oregon Dungeness Crabs are caught by small crews using steel enclosures landed and hauled from the bottom of the Pacific.

and enact limits later in the season to protect soft, post-molt crabs, and ensure better-quality product.

And before opening the season, we work hand-in-hand with health agencies to make sure Oregon Dungeness Crabs are clear of toxins and pollutants, and are safe for consumers to enjoy.

LANDING THE CATCH

Dungeness are caught in circular steel enclosures commonly called "pots." The pots are baited with squid or clams to attract the bottom-dwelling crabs, and set on the ocean floor, carefully following the contour of the adjacent coastline. The average boat sends 300-500 pots into depths of 30-600 feet of water.

After they're brought to the surface, crabs are sorted and kept alive onboard in circulated seawater until they're delivered to shore-side processing plants.

Oregon fishermen take conscientious steps to protect sea life and the Dungeness crab's natural environment. They see themselves as stewards of the industry and the sea, from participating in extensive entanglement programs to prevent by-catch of other fish, to using gear that allows females and undersized males to escape, and eventually free all crabs if the pot is lost, to participating in programs to clear lost or damaged gear that could hurt fish, boats, and the ocean environment.



OREGON DUNGENESS CRAB IS SWEET & HEALTHY

Oregon Dungeness Crab is as nutritious as it is tasty. It's low in fat and calories, as well as cholesterol and carbohydrates. Yet, a 3 ounce portion of cooked crab meat has 19g of protein and contains important minerals and amino acids.

One of the most prevalent is Omega-3s, which are compounds in seafood that have powerfully positive effects on your health: decreasing triglycerides, increasing levels of "good" cholesterol, lowering blood pressure, strengthening immunity and even improving arthritis symptoms. They reduce inflammation, which is key to lowering the risk of heart disease and stroke. **The American Heart Association** recommends adults eat two servings per week of seafood high in Omega-3s.

OREGON DUNGENESS CRAB

AN EXTRAORDINARY SHELLFISH

When you want something truly special, feature Oregon Dungeness Crab

There are many ways to make Oregon Dungeness Crab the perfect centerpiece ingredient for any meal.

LIVE

Ideal for showcase entrees, live crabs are shipped to domestic and foreign markets carefully and responsibly.

WHOLE-COOKED AND READY-TO-EAT

Perfect for "crab feeds" and simple to prepare, just clean before serving.

FRESH-FROZEN

Fresher than other processed crab, it's literally frozen in an ice cube to preserve freshness and still provide the "cracked" experience that makes eating crab so much fun.

PICKED MEAT

Fully cooked and picked meat saves time and labor. It's a combination of leg and body meat and is perfect for adding distinctive flavor to any chef's favorite recipe.

FROZEN SECTIONS

A cooked and cleaned crab, split in half and without the back shell—ideal for the "crack the shell" experience with minimal preparation.

SHELLS FOR STOCK

Perfect for adding the rich flavor of Dungeness crab to soups, sauces, and other dishes.

Visit OregonDungeness.org for more purchasing information and recipes.



Oregon
DUNGENESS
CRAB COMMISSION
WILD CAUGHT

LOCAL PRIDE ~ GLOBAL DELICACY

**THE OREGON CRAB FLEET
HAS 424 BOATS.**

We work out of 6 major ports running the length of the Oregon Coast, from Astoria to Brookings.

**CRAB SEASON TYPICALLY RUNS
FROM DECEMBER TO AUGUST.**

Visit our website and our Facebook page to see all the latest news and pictures and to learn much more about Oregon Dungeness crab.

OREGONDUNGENESS.ORG

Find us on Facebook



OREGON
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COMMISSION

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FOR MORE INFORMATION ABOUT THE HEALTH BENEFITS
FROM EATING OREGON DUNGENESS CRAB, AND SUSTAINABILITY PRACTICES,
PLEASE VISIT WWW.OREGONDUNGENESS.ORG