

# Indigenous Food Hubs

## 2025 Harvest of the Month



### MAY: SALMON

#### CULTURAL SIGNIFICANCE

Tribes across the continent have relied on salmon as a staple of their diet for thousands of years, especially the Pacific Northwest. Some hold First Salmon Ceremonies each year, honoring the first salmon caught of the season. Others hold Salmon Feasts where their community can come together to celebrate the harvest.

#### AT-HOME ACTIVITY

Learn more about salmon at home with these fun activities!

- Try salmon! Never had salmon before? It's a healthy food with delicious flavor.
- Watch documentaries about salmon and their life cycle.
- Visit a salmon hatchery (if there is one close to you).
- Volunteer for river clean up!

#### SALMON FACTS

- Salmon can leap up to 12 ft high to get over rocks and waterfalls.
- They live in both fresh and salt water but are born in fresh.
- Salmon can smell their way back to their birth place.

#### NUTRITION AND FUN FACTS

- Salmon is a great source of omega 3 fatty acids, which can be beneficial for heart health and blood lipid levels.
- Salmon is also a good source of vitamins B12 and D, selenium, protein, phosphorus, potassium, and niacin. An amazing fish!
- Those nutrients are important for building and repairing tissue, thyroid function, strong bones, a healthy immune system and red blood cell production.
- The Dietary Guidelines for Americans recommend eating 8 ounces of seafood per week as part of a balanced diet.



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## SALMON AND WILD RICE BOWL



#### PREP TIME

15-20 Minutes



#### SERVINGS

2

#### DIRECTIONS

- Season the salmon with salt and smoked paprika.
- Heat olive oil in a pan and cook salmon for 4-5 minutes per side.
- Assemble the bowl with wild rice, sautéed greens, squash, and dried berries.
- Top with the cooked salmon and sprinkle with pumpkin seeds.



#### DIFFICULTY:

☒ EASY ☐ MEDIUM ☐ HARD

#### INGREDIENTS

- 2 salmon fillets
- 1 cup cooked wild rice
- 1 tbsp olive oil
- ½ tsp sea salt
- ½ tsp smoked paprika
- 1 cup sautéed greens (spinach or dandelion greens)
- ½ cup roasted squash or sweet potatoes
- 2 tbsp dried cranberries or chokeberries
- 1 tbsp pumpkin seeds (optional)

#### NUTRITION FACTS

- Calories: ~450 kcal
- Protein: ~42g
- Fat: ~16g
- Saturated Fat: ~3g
- Carbohydrates: ~38g
- Sugars: ~6g (berries and squash)
- Fiber: ~5g
- Sodium: ~400mg
- Omega-3s: ~2.2g



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