



Atlantic Salmon

Salmo salar

Salmon is found in the North Atlantic, the White Sea, off Greenland, and along the entire Norwegian coast. Salmon is an anadromous fish species, which means it spawns in freshwater and lives most of its life in the ocean. Spawning takes place in the late fall and eggs remain buried in river gravel until hatching in April-May.

After 2-5 years in the river, salmon fry undergo changes which enable them to live in salt water. This process is called "smolting". When the young salmon become smolt, they leave their native rivers and enter the sea. A salmon migrates extensively in the ocean in pursuit of food and grows quickly. After 2-4 years, it matures and migrates back up its native river to spawn.

The salmon's delicate, reddish-coloured meat is a result of the crustaceans that it eats. It varies with age, habitat and spawning. The male can be 1.5 metres long and weigh 40 kg. The largest female is barely more than 1.2 metres and 20 kg.

As a coastal and export industry, the salmon industry has become very significant for the development of housing settlements and economy in Norway. Salmon is sold fresh, frozen, smoked and marinated. Salmon roe is a choice delicacy.

Nutritional content

Salmon is an outstanding nutritional product. It is an excellent source of Omega 3 fatty acids and particularly rich in the oil soluble vitamins A and D. It also features a high content of the water soluble vitamins B₁₂ and pyridoxine.