For thousands of years, Indians have harvested salmon from the Columbia River for spiritual, physical and commercial sustenance. The salmon were routinely sold to and traded with neighboring tribes, settlers and explorers. Celilo Falls, a former premiere fishing site and epicenter of a vast salmon-based trade network, has been referred to as the “original Wall Street of North America.”

Choosing the Freshest Fish

- The fish's eyes should be clear and bulge a little.
- Flesh should be firm, shiny, and spring back when pressed. Dull flesh may mean the fish is old.
- Fresh whole fish should have bright red gills.
- The fish should smell fresh and mild, with no strong “fishy” ammonia smell.

Fish Color

Skin color can naturally darken a bit when fish enter the river, which is not a flaw. Flesh color and texture are more important. Flesh color varies by type of fish and time of year. Don’t be afraid to ask to see the meat color to make sure you are getting what you expect.

- Bright Spring, Summer and Fall Chinook: look for a deep red-orange to dark pink flesh. An excellent option for barbequeing. Spring and early summer chinook have very high healthy oil content.
- Sockeye: naturally small with very deep red flesh and high oil content; many think are the best tasting fish.
- Coho: pink to pale pink flesh with a milder flavor than the bright chinook. Good value/price.
- Steelhead: pale pink flesh, mild flavor. Good value/price.
- Tule fall chinook: naturally pale pink to nearly white flesh and a lower oil content; these fish are great smoked, dried, and as salmon burgers, but there is nothing wrong with grilling them either.

For more information

www.critfc.org/harvest/
@ColumbiaSalmon
www.facebook.com/critfc
Direct-to-public sales help Indian fishers support their families and make it possible for them to continue this traditional livelihood. We invite you and your family to be a part of this time-honored Northwest tradition.

**Helpful Tips**

- Fresh fish sales almost always include chinook and may include other species as available. Current sales status is available at www.critfc.org/harvest/
- Each fisher is independent; prices are set by fishers.
- Most sales are cash only.
- Please ask for a receipt.
- Bring coolers and ice to keep your fish fresh.
- Bring coolers and ice to keep your fish fresh.

**Sales Schedule**

- Mid-June through early October. Fishing can begin as early as late spring and continue into late fall, but exact fishing schedules can vary. Visit www.critfc.org/harvest, follow @ColumbiaSalmon on Twitter, or call 1-888-289-1855 for current information.
- Fresh fish sales can occur any day of the week.
- Best availability is 10 a.m. to dusk (dependent upon supply and weather)
- Typical sites are along the Columbia River from Bonneville Dam to the Tri-Cities (see map). Look for tribal fishers at your local farmers markets.

Days, times and locations may vary with vendors.

**Conservation Efforts**

The four Columbia River treaty tribes carry on their tradition of stewardship for the salmon and the river. The tribes have become leaders and experts at salmon and ecosystem restoration efforts to restore salmon in the streams and rivers throughout the Columbia River Basin. We are among the region's strongest advocates for changes in Columbia River hydrosystem operations.

Whether you buy Columbia River Indian-Caught Salmon directly from a fisher, from the grocery store or order it in a restaurant, you are saying yes to salmon produced and harvested locally from the Columbia River Basin. It is also an environmentally sound choice, as our salmon are sustainably harvested. A certain number of each run are allocated for harvest, while the rest are allowed to return to spawning areas.

Columbia River fisheries are carefully managed in a co-management process between the tribes, the states, and the federal government to ensure all fisheries affecting Columbia River stocks are managed on a sustainable basis providing access to harvestable groups of fish while ensuring enough of weaker runs pass through fisheries to assist with overall salmon restoration efforts. Regulations, such as limits on fishing days, location and gear are based upon past fish harvests, migration data and current fish counts. The catch is also monitored and sampled for biological information. As long as fishing regulations are carefully crafted and enforced, we will have salmon in our rivers and on our tables.

To learn more about the tribes’ Spirit of the Salmon restoration plan and how you might help, visit plan.critfc.org.

**Tribal Heritage**

Welcome to a part of the majestic Columbia River. For thousands of years, the river and streams of the Columbia Basin have provided sustenance, linking the people and the salmon in an annual cycle of spiritual and physical renewal. The culture and traditions of the Columbia River salmon people endure today.

We invite you to discover our shared heritage and lasting connection between the river, the fish and the people by visiting the following museums and websites:

- **The Museum at Warm Springs**
  Warm Springs, Oregon – (541) 553-3331
  www.museumatwarm springs.org
- **Yakama Nation Cultural Heritage Museum**
  Toppenish, Washington – (509) 865-2800
  www.yakamamuseum.com
- **Tamástslikt Cultural Institute**
  Pendleton, Oregon – (541) 966-9748
  www.tamastslikt.org
- **Nez Perce National Historical Park**
  Spalding, Idaho – (208) 843-2261
  www.nps.gov/nepe