

The only Duwamish River seafood safe to eat is Salmon.

In the Duwamish River, chemical pollution that you cannot see gets into the bottom fish, shellfish, and crab that spend their entire lives in the river.

These chemicals can harm the growth and development of babies and young children.

Salmon spend only a short time in the river. They are nutritious and good for your heart and brain.



Trained Community Health Advocates partner with the program agencies to conduct community-based health education.

FUN TO CATCH
TOXIC TO EAT

THE ONLY DUWAMISH SEAFOOD SAFE TO EAT IS SALMON
El único pescado del río Duwamish que es seguro para comer es el salmón

Public Health
Seattle & King County



For more information:

www.kingcounty.gov/duwamish-fishing | 206-263-0906 | grupoasesorlatino@gmail.com



GAL
GRUPO
ASESOR
LATINO

Salmon Ceviche

INGREDIENTS (for 10 servings)

2 lbs of Salmon (skinless fillets)

2 c. lime juice

3 onions, finely diced

8 tomatoes, diced

1 bunch of cilantro

Salt and pepper to taste

DIRECTIONS

Dice the salmon in small cubes.

Add salt, pepper, lime juice and onions.

Allow to marinate for at least 2 hours.

Then, add diced tomatoes.

Mix well.

Add chopped cilantro before serving, and it is ready to serve!

* Note: recommended serving on tostadas

**Consuming undercooked fresh fish may increase the risk of illness from parasites and is not recommended, especially for pregnant and nursing women.

Parasites are killed in commercially frozen fish, or fish frozen at -4 °F for longer than 7 days. Most refrigerator-freezers are not cold enough, but many stand-alone freezers are.

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Photos by: Public Health & revealrmedia.com

