

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.



**FUN TO CATCH
TOXIC TO EAT**

THE ONLY DUWAMISH SEAFOOD SAFE TO EAT IS SALMON

Loại hải sản an toàn nhất để ăn từ sông Duwamish là cá hồi

El único pescado del río Duwamish que es seguro para comer es el salmón

ត្រីដែលចាប់ពីស្ទឹងឡូមមីស្ទូ មានតែត្រីសាលម៉ុនមួយគត់ដែលមានសុវត្ថិភាពសំរាប់បរិភោគ

Public Health
Seattle & King County



For more information:

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



LARC

Lao American Resource Center

Lao Larb Salmon Recipe



Photos by: Public Health

INGREDIENTS (for 4 servings)

- 1 lb salmon fillet
- 5 tbsp lime juice
- 1 tbsp galanga root, finely diced or blended
- 5 kaffir leaves, finely diced or blended
- 2 tbsp of toasted ground rice
- 1 tsp of toasted ground dry chili
- 4 tbsp fish sauce (or fermented fish sauce)
- ½ tsp MSG (optional)
- 1 ½ cup mixed fresh herbs: cilantros, scallion, mints – all washed and chopped

Recipe by: Souriya
Kongmanivong

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

Parasite 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.

DIRECTIONS

1. Bake salmon at 350 degrees for 15 minutes. Once it is cooked, then remove salmon from oven and let cool for 10 minutes.
2. Transfer salmon into big bowl, shred salmon into small pieces.
3. Add lime juice. Mix well.
4. Add galanga, kaffir leaves, toasted ground rice, toasted ground dry chili, fish sauce, msg (optional). Mix well.
5. Add mixed fresh herbs. Mix well.
6. Serve with sweet sticky rice and fresh vegetables (Asian eggplants, lettuce, cucumber, and long green beans).

****Larb is a national dish of Laos. Larb means “luck / good fortune”. Therefore, besides it’s nutritious value many Laotians like to serve or eat Larb on every special occasion/holiday to bring luck to them and their family and to wish good fortune to their guests.**