

Louisiana

HARVEST of the MONTH



Crawfish

Fun Facts About Crawfish

- The crawfish is the official crustacean of Louisiana, abundant in freshwater swamps and marshes of southern Louisiana.
- In Louisiana, crawfish are harvested from December to June, with an annual yield of 120-150 million pounds.
- Crawfish come in a variety of colors. The most common is red, but crawfish also can be blue, white, green and yellow.
- Crawfish walk forward but swim backward! They can swim faster than they can walk.



Crawfish Are Nutritious and Good for You!

- The red-pink flesh is caused by a carotenoid pigment called astaxanthin, one of the most powerful antioxidants on the planet.
- They are a good source of calcium, phosphorus, iron and potassium – important minerals that can be hard to get through your diet.
- Crawfish is a high-protein, low-calorie, low-fat, white meat seafood. One cup of peeled crawfish tails contains about 84 calories.



This publication was funded by USDA through support by the Louisiana Farm to School Program at the LSU AgCenter through an inter-agency agreement with the Louisiana Department of Education.

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MISC-416 (2,000) REV. 2/23
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