



Crawfish



Crawfish, also known as crayfish and crawdads, are freshwater crustaceans. There are over 600 species of crawfish worldwide. One of the most well-known species, the red swamp crawfish are native to the southeastern United States and are widely farmed for food. White river crawfish are another commonly farmed species.

Louisiana leads the nation in crawfish production. Smaller harvests of farmed crawfish are produced in Texas, Arkansas, Mississippi, Alabama, California, North Carolina, and South Carolina. Crawfish grow best in shallow ponds (1-2 feet deep) in areas with clay or loamy soils and vegetation such as rice or native grasses that provide food for the crawfish. New ponds are filled with water and stocked with juvenile crawfish in April or May and drained in May or June to encourage the crawfish to burrow into the soil. Crawfish feed on organic matter found in the ponds such as decaying plants, plankton, and small aquatic organisms. If supplemental feeding is necessary, farmers will add formulated feeds to support growth.

Crawfish are ready to be harvested in the spring. Baited traps are left in the ponds overnight and retrieved the next day. This process is repeated regularly throughout the spring and summer while the crawfish continue to grow and reproduce.

Crawfish are low in fat and calories and high in protein and nutrients like vitamin B12, iron, phosphorus, zinc, magnesium, and selenium. They contain omega-3 fatty acids that help reduce inflammation, lower blood pressure, and improve overall heart health. Crawfish support bone and dental health, boost the immune system, promote nerve and muscle function, and help with weight management.

Crawfish are an essential part of Cajun and Creole cuisine. They are used in crawfish boils, étouffée, bisques, stir-fries, and gumbo. Peeled crawfish tails can be added to salads, pastas, po'boys, and pizza.



<https://youtu.be/Uo6KRFh0za0?si=KCr9ivthU-BEBTcN>