



Saltwater Shrimp

Saltwater shrimp, also known as marine shrimp, are species of shrimp that thrive in the ocean or other saltwater environments. The most common saltwater shrimp produced in the United States are white, pink, and brown shrimp. Texas is the largest producer of farmed saltwater shrimp in the United States, followed by Florida, Hawaii, and Alabama.

Saltwater shrimp are bred in hatcheries. The larvae grow in a controlled environment until they are large enough to be moved to coastal ponds, tanks, or net pens in the sea. The shrimp are raised in saltwater or brackish water (a mix of fresh and saltwater) and are fed commercial pellets.

After 3-6 months, the shrimp reach market size and are harvested by draining ponds or using nets. After harvesting, the shrimp are transported by truck or boat to facilities where they are sorted, washed, packed, and chilled.

Shrimp are low in saturated fat and high in protein. They are a good source of phosphorous and vitamin B12. Shrimp promote heart and brain health, strengthen bones, and help maintain weight loss.

Shrimp can be boiled, grilled, fried, sautéed, steamed, or served as an appetizer or in ceviche, tacos, skewers, scampi, stir-fries, or sandwiches.



[https://youtu.be/08VTESIVIOw?
si=WV3jUnOjNLLOLmPs](https://youtu.be/08VTESIVIOw?si=WV3jUnOjNLLOLmPs)