THE LOUISIANA CRAWFISH FARMERS' ASSOCIATION

Proud sponsors of the SECOND INTERNATIONAL CRAWFISH TASTING & TRADE SHOW

March 9-10, 1985

Lafayette, Louisiana
Crawfish, crayfish, or "petits homards" ("little lobsters") have their place in Louisiana's folklore as well as on the table. There's an old legend which says that when the Acadians were expelled from Nova Scotia, the lobsters couldn't bear to see their friends leave, so they followed them down to Louisiana. As the trip got longer and longer, the lobsters' legs got shorter and their bodies smaller — until finally they became the size of crawfish.

Through the years, the "Cajuns" and the crawfish have become inextricably linked. As a symbol, the crawfish stands for "the good times" that these hard-working people love; as an industry, the crawfish business is the fastest growing in the state. Last year, Louisiana alone harvested close to 100,000 pounds of the tasty crustaceans!

The International Crawfish Tasting & Trade Show celebrates both aspects of the crawfish — it is an extravaganza of crawfish cookery put on by some of Louisiana's best chefs, and it is a trade show sponsored by the foremost industry association in the state. Together, we hope to develop a national interest in "Louisiana's Lobster" so that our industry can thrive at the same time as people around the country can taste and appreciate the variety of ways crawfish can be served and prepared.

Some Facts About Crawfish

Crawfish in Louisiana have two seasons. The harvest of pond crawfish, the product of careful aquaculture and controlled conditions, begins in November and continues through until April when fishermen start bringing out the wild crop from the great swamplands of the Atchafalaya Basin. The wild crop is what gives Louisiana its abundance of crawfish. The pond crawfish are the cornerstone of the industry and its guarantee of a stable supply to out-of-state markets.

New techniques for preserving crawfish and improving shelf life make these delectable treats available all year round — fresh, frozen, or peeled. These forms of packaged crawfish can be used interchangeably in most crawfish recipes, and are an excellent substitute for other forms of seafood which are available only on a seasonal basis. Ease of preparation provides a challenge to the amateur chef and gourmet alike. Fresh tail meat can be held up to two weeks, while the vacuum packed meat can be frozen for up to a year.

Crawfish are good for you too. A rich source of protein and other essential nutrients, they are also low in fat and calories. A 3-1/2 ounce serving of crawfish contains 16 grams of protein, 0.5 grams of fat, 0.0 grams carbohydrates, 76 calories, and 170 milligrams cholesterol. Crawfish also contains trace elements of copper, manganese, iron, zinc, calcium, and magnesium — and no iodine. This makes them excellent diet foods for the weight conscious.

Crawfish are making news around the country. Chef Paul Prudhomme (founder of the famous K-Paul's Kitchen in New Orleans) has been traveling the nation spreading the word about crawfish, most recently gaining prominence and recognition as the winner of the Crawfish Culinary Cook-Off held in Oregon.

U.S. News and World Report named "crawfish and Cajun cooking" as two of the new trends sweeping the nation as people in general become more health and diet conscious.

More About The Show

We want you to come and check out Louisiana's best-kept secret because we're ready now to share it with the world.

We want you to know that crawfish are used in more dishes than just the traditional bisque, etouffee, and jambalaya. They're now a customary ingredient in tamales, linguini, boudin, beignets, rolls, fettucini, and every kind of casserole imaginable. They're in stuffings and sauces, they're in dips and in stews — and they're even in cookies!

We want you to meet the farmers who produce the crawfish; the experts from our universities and Extension Services who devise ways of producing bigger, better, and more plentiful crawfish; the spice-makers who make our foods zing with flavor; the world-famous chefs who will be conducting cooking demonstrations and the artists...
and musicians without whom a Louisiana event wouldn't be worth having.

But most of all, we want you to meet the people who can bring our crawfish to you — the processors who now ship Louisiana crawfish around the world. We want you to get to know Randy Montegut of Bon Creole Seafood, Roy Robin of Bayou Land Seafood, Steve Wild of the Deep South Crawfish Co-op, Mac Atteberry of Riceland Crawfish, Pat Gautreaux of LPR Packing, George Tucker of Tucker Seafood, and Charlie Friedman of Seafood, Inc. We want you to know that the crawfish you need to supply your markets are only a telephone call away.

So come on down to the bayou country and check us out. We'll take you on tours of crawfish ponds and processing plants, we'll send you on a cruise down the Vermilion River or we'll take you out into the country's last great swamp. We'll show you sights you wouldn't believe and fill you with food you'll never forget.

What more could you ask for? A new product for your markets, a new taste sensation for bored palates — a food with a culture and a heritage all its own and a built in marketing strategy!

Don't pass up the opportunity to see for yourself at the Second International Crawfish Tasting & Trade Show. Call us for information on hotels and travel arrangements, and we'll make all your local reservations for you.

Remember — We're the industry's leaders!

The Louisiana Crawfish Farmers' Association.
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