

**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

March 11, 2013

Date of Report (Date of earliest event reported)

CRAILAR TECHNOLOGIES INC.

(Exact name of registrant as specified in its charter)

British Columbia

(State or other jurisdiction of
incorporation)

000-50367

(Commission File Number)

98-0359306

(IRS Employer Identification No.)

305-4420 Chatterton Way

Victoria, British Columbia

(Address of principal executive offices)

V8X 5J2

(Zip Code)

(250) 658-8582

Registrant's telephone number, including area code

Not applicable

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

☐	Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
☐	Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
☐	Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
☐	Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01 Regulation FD Disclosure

On March 11, 2013, Crailar Technologies Inc. (the “Company”) issued a news release announcing that it will hold a conference call on Thursday, March 14, at 2:00 pm PDT, 5:00 pm EDT. Ken Barker, chief executive officer and Ted Sanders, chief financial officer will host the call and provide an update on recent corporate developments followed by a question and answer session.

A copy of the press releases is attached as Exhibit 99.1 hereto.

Item 9.01 Financial Statements and Exhibits

(a) Financial Statements of Business Acquired

Not applicable.

(b) Pro forma Financial Information

Not applicable.

(c) Shell Company Transaction

Not applicable.

(d) Exhibits

Exhibit	Description
99.1	Press Release dated March 11, 2013

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

CRAILAR TECHNOLOGIES INC.

DATE: March 11, 2013

By: /s/ Guy Prevost
Guy Prevost
Corporate Controller and a director

**Media Contact:**

Ryan Leverenz
Director, Corporate Communications
(415) 999-1418
ryan.leverenz@crailar.com

Investor Contact:

Mark McPartland
MZ Group
(646) 593-7140
markmcp@mzgroup.us

Corporate Officer

Ted Sanders
CFO
(503) 387-3941
ir@crailar.com

**CRAiLAR Technologies to Hold Year-End Update Call on
Thursday, March 14, at 2:00 PM PDT**

Victoria, B.C. and Portland, Ore. (March 11, 2013) – CRAiLAR Technologies Inc. (CRAiLAR) (TSXV: CL) (OTCBB: CRLRF) will hold a conference call on Thursday, March 14, at 2:00 pm PDT, 5:00 pm EDT. Ken Barker, chief executive officer and Ted Sanders, chief financial officer will host the call and provide an update on recent corporate developments followed by a question and answer session.

Event Details

- To participate via telephone, please dial 888-481-2877, or 719-325-2329 for international callers, 5-10 minutes before the presentation start time and use conference ID number 8477532
- To listen by webcast please join at the investor section of the CRAiLAR website: www.crailar.com/company/investors

If you are unable to participate during the live call, an audio replay will be available until midnight on March 28, 2013 by dialing 877-870-5176, or 858-384-5517 for international callers, and

entering pin number 8477532. A transcript will be available approximately 24 hours after the call on CRAiLAR's investor page.

About CRAiLAR Technologies Inc.

CRAiLAR® Technologies Inc. offers cost-effective and environmentally sustainable natural fiber in the form of flax, hemp and other bast fibers for use in textile, industrial, energy, medical and composite material applications. Produced using a fraction of water and chemical inputs compared with other natural fibers, CRAiLAR Flax is the newest natural fiber introduction to the market in decades. The Company supplies its CRAiLAR Flax to HanesBrands, Georgia-Pacific, Brilliant Global Knitwear, Tuscarora Yarns, Target Corp. and Kowa Company for commercial use, and to Levi Strauss & Co., Cintas, Carhartt, Ashland, PVH Corp., Cotswold Industries and Lenzing for evaluation and development. The Company was founded in 1998 as a provider of environmentally friendly, socially responsible clothing. For more information, visit www.crailar.com.

#