

BLUE MUSSEL
MAINE BLUE MUSSEL



DESCRIPTION:

Maine blue mussels are harvested from the wild. Unlike cultured mussels, which are grown suspended in the water column, Maine mussels spend their entire life in their natural habitat, on the ocean floor. They are grown on meticulously managed beds, located at the very fringe of the inter-tidal and sub-tidal zones. The coast of Maine provides an ideal natural habitat for mussel grow-out.

EATING QUALITIES:

Blue mussels have plump sweet meats and are larger than PEI mussels. Since they are a wild mussel the meat yield can be a little inconsistent. They are known to spawn between July and August.

FISHING METHODS AND REGULATIONS:

Maine mussels are ready for harvest after three or four years of sedentary lifestyle on the ocean floor. The fisherman harvest the mussels by hand rake or with a small drag. The mussels are immediately brought to an inshore processing facility, and immersed in a super-chilled seawater that serves two purposes. First, the mussels are allowed to purge themselves of any impurities in the constant flow of chilled seawater. The mussels will flush any mud, dirt, etc out of their system in this controlled environment. Secondly, the mussels actually strengthen themselves as a result of their time spent in the hyper-chilled brine, therefore extending their life expectancy. They are then “de-bearded”, reducing the labor by the end user. They are then screened for any cracks or chipped mussels, graded or sized, sorted and bagged.

SOLD AS:

Large Cleaned - Sold by the Pound

NUTRITIONAL
INFORMATION

3.5 oz raw portion

Calories	86
Fat Calories	20.2
Total Fat	2.24 g
Saturated Fat	.4 g
Protein	11.9 g
Sodium	286 mg
Cholesterol	28 mg
Omega-3	.461 g

COOKING METHODS

Bake
 Broil
 Grill
 Poach
 Smoke
 Steam

HANDLING

Live Mussels should be kept at 32 degrees, packed in ice and stored in a drain pan to keep them out of water. They should be kept bond together tightly, but do not covered tightly or restricted of oxygen. They should only be washed as needed to extend shelf-life.

FORTUNE FISH COMPANY

1068 Thorndale Avenue
 Bensenville, IL 60106
 T: 630.860.7100
 F: 630.860.7400
 www.fortunefishco.net