

PEI MUSSELS



DESCRIPTION:

Prince Edward Island (PEI) mussels are grown along the coasts of Prince Edward Island, Canada which is just off the coast of Nova Scotia. The island is separated from Nova Scotia by the Northumberland Strait and it sits in the Gulf of St. Lawrence. Prince Edward Island is the smallest, greenest providence in Canada and produces our smallest mussel. The PEI mussel can only be grown to 2.5 inches and if it gets any larger than that it will not open. It reaches market size in 18 months to 3 years depending on the food available in the water. The quality of PEI mussels is assured by the industry’s advanced technology and through the joint shellfish monitoring programs conducted by the provincial and federal governments.

EATING QUALITIES:

PEI mussels are highly acclaimed for their tender, sweet, clean meats and incomparable rich flavor.

FARMING METHODS:

The PEI mussel industry uses long line suspension culture. Mussels are held in suspension in socks (mesh sleeves) tied to a rope that is anchored to a buoy. Because they are suspended in the water, they have greater access to food, cleaner shells and are farther away from bottom dwelling predators.

SOLD AS:

One size sold by the pound

NUTRITIONAL INFORMATION
 Per 1 pound portion:

Calories	100
Total Fat	2 g
Cholesterol	40 mg
Sodium	200 mg
Protein	16 g

- COOKING METHODS**
- Steam
 - Bake
 - Sauté
 - Smoke

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 cover tightly or restrict oxygen. They should only be washed as needed to extend shelf-life.