



“ According to the New England Aquarium and the Monterey Bay Aquarium, rope-grown mussel aquaculture, strikes a [perfect balance](#) for the health and well-being of our planet. Mussels are one of the [best choices](#) for seafood today.

Mussels filter tiny plankton out of the water for their food, so they need [no supplemental feeding](#). Unlike some forms of fish farming, mussels are not raised in crowded pens and do not rely on the farmer to feed them. [They get all their nourishment naturally](#), from the pristine ocean waters that surround them while they grow. In return, [they improve the water quality as they clear the water of excess plankton](#). Mussels must come from non-polluted water when farmed for human consumption. The Canadian Fisheries Department tests the waters on a daily basis to ensure the coastal waters are clean and free of any toxins.

Canadian Cove mussels are raised on ropes suspended off the sea floor, and are harvested to the surface by boats; [no dragging or scaring](#) of the sea bottom occurs.”

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How to cook fresh mussels

Fresh blue mussels are best cooked by steaming, but are very versatile and may be prepared using many different cooking methods.

- Rinse mussels well under cold water for 2-3 minutes
- Place a bit of water in a pot, just ¼ cup is often enough to provide the steam, then turn the heat to high. In place of water you can add wine or beer or other liquids to add flavor. Throw in some chopped garlic, onions, celery or other seasonings for even more flavor
- Add the mussel to the pot & put on the lid
- When the steam is coming out from under the lid, peek & if the mussels are open they are done! This will take 5-7 minutes depending on how much liquid you use, the strength of heat, the weight of the pot & the amount of mussels you have.
- Toss the contents into a bowl & serve with some fresh crusty bread. *It's that simple!*