



**Honey Mussels®** start life in a hatchery. Broodstock are chosen from among the adult mussels on each of the farms with care thus ensuring quality and continuity within the next generation. The seed is cultivated under controlled conditions prior to being distributed to the 3 production farms.



It takes about 18 months for the Honey Mussels® to reach market size of 6.5 cm+. They are cultured on ropes suspended in the water column to provide the individual mussels access to microscopic algae, their food source. The water they are grown in is monitored for quality to ensure no toxins are present. This type of culture provides the mussels with the very best growing conditions that result in sweet, plump, clean, mussels. The rapid growth achieved through equal access to food, translates into uniformity of size and tender sweet taste.



## **WWW.HoneyMussels.com**

For ordering information see our website.

Honey Mussels® are high in protein and minerals, low in cholesterol and calories and a good source of Omega 3 fatty acid. An average serving of 3 ½ oz (100g) of mussel meat (16-18 mussels) contain the following:

Calories	95
Protein	14.4 g
Fat	2.2 g
Calcium	88 mg
Phosphorous	235 mg
Iron	3.4 mg
Sodium	289 mg
Potassium	315 mg

### Storage Hints

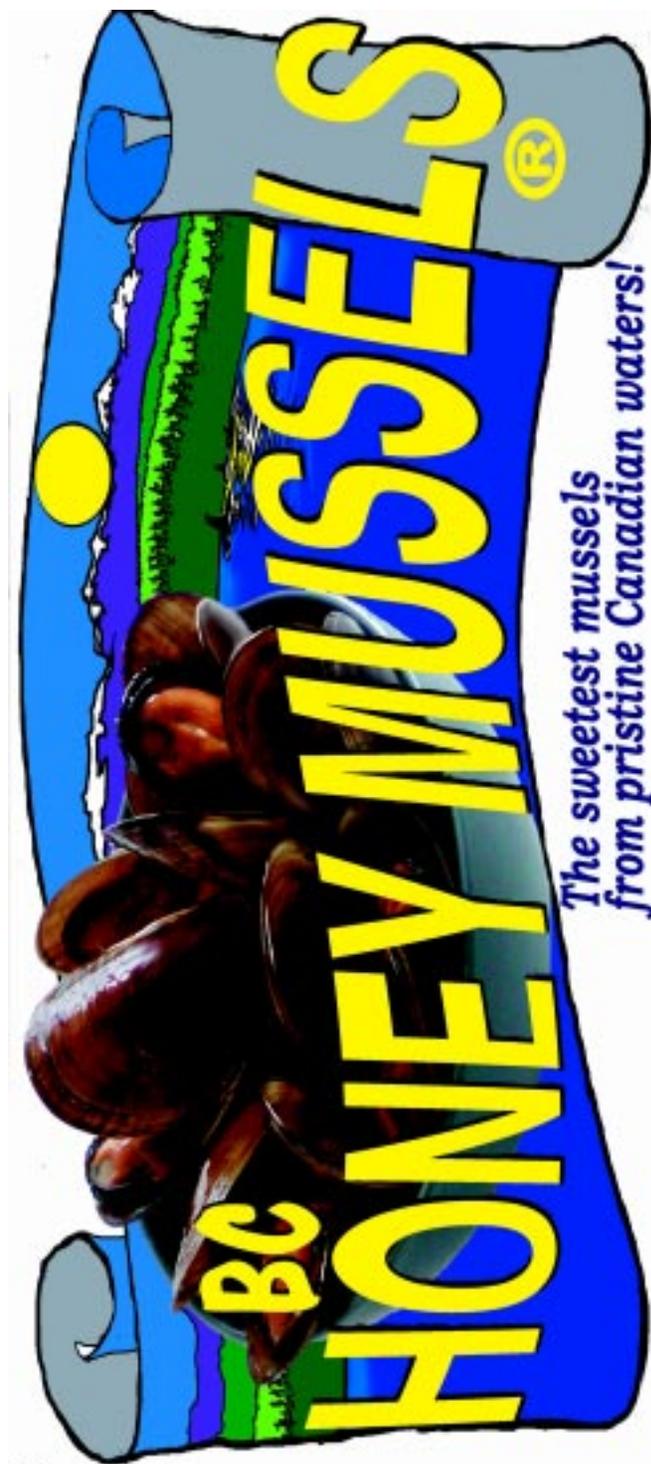
The shells are usually tightly closed, but they may relax and open slightly. Test mussels to make sure they are alive by tapping firmly or submerge them in fresh cold water for a minute. Discard any that won't close.

For appetizer portions, allow about 10 to 12 mussels (about ½ lb/250g) per person. Since mussels vary in size it is more accurate to serve by weight. Don't store mussels in an airtight container; they need air. Cover with a wet cloth and place in the coolest part of the refrigerator.

### Lasqueti Style Honey Mussels

- 4 lb. Honey Mussels (scrubbed and debearded)
  - 5 cloves garlic (finely chopped)
  - 1 small onion (chopped)
  - 1 tbsp. Butter
  - ½ cup dry white wine
  - salt & pepper to taste
- Place in a large pot and cook just until the mussels open. Enjoy!!!  
Serves 4.

Printed in Canada



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**Honey Mussels®** are an elite mussel, found nowhere else in the world, produced only in the cool clean waters of British Columbia, Canada, and marketed exclusively by the **Honey Mussel Group** . A beautiful honey coloured shell, enhancing the overall presentation of this amazing mussel, accompanies the superior sweet taste and tender texture.

**Honey Mussels®** are derived from specially selected mussels. The selection criteria was stringent to ensure only the finest offspring were cultivated; taste, texture, and presentation deemed critical to ensuring the highest quality for the marketplace. These mussels are farm-raised using the latest culture techniques to yield the finest mussels available today.



**\*\*\*\*\*James Barber named Honey Mussels® INGREDIENT OF THE YEAR and said. "BC Honey Mussels are the best I have ever tasted and if you get them you will agree".**

**\*\*\*\*\*Chef David Larsen says' "The BC Honey Mussel is the juiciest and most flavourful mussel I have ever had the pleasure of working with".**