Green Shell Mussel - New Zealand

Green Shell Mussel (*Perna canaliculus*) is a bivalve mollusk, like oysters. Green Shell Mussels are found in New Zealand. They are an economically important aquacultured species in New Zealand and have been imported into the U.S. since 1979. The New Zealand government tightly regulates the growing standards for these mussels, so they are of consistently high quality.

A powder made from processing Green Shell Mussels was marketed as an anti-inflammatory remedy during the period of early commercial activity. The Monterey Bay Aquarium Seafood WATCH® ranks farm raised Mussels as a “Best Choice” because “they are farmed in an environmentally responsible way.”

**Sources**

- **Species Name**
  Perna canaliculus

- **Source**
  Green Shell Mussels are from New Zealand.

- **Seasonality**
  Green Shell Mussels are available year round.

- **Fishing Method**
  Green Shell Mussels are rope culture aquacultured in their natural environment; suspended in the water column with no artificial feeds, additives or chemicals. They are 100% pure, grit free and just as mother nature intended them to be.

**Features**

- **Flavor**
  Green Shell Mussels are known to be consistently high quality. They have a sweet flavor and a delicate, tender, and juicy texture.
**Dietary Information**

Per 3.5 oz (100g or approximately 6 medium sized mussels) of heat blanched meat:
- Calories 85
- Protein 12g
- Fat 2.1g
- Carbohydrates 2.5g
- Cholesterol 27mg
- Iron 7.0mg
- Sodium 429mg
- Selenium 0.038mg
- Omega 3 0.5g

Source: New Zealand Mussel Industry Council

**Appearance**

Green Shell Mussels have an elongated shell that is brownish green at one end and changes to green at the lip. There is a green lip on the inside rim. They can grow to 8 inches but typically are harvested at 3.0-4.5 inches. The color of the meat varies from apricot in females to cream in males. This difference in color does not affect the flavor or texture.

**Form**

New Zealand Green Shell Mussels are most generally sold blanched on the half shell, but can also be purchased live whole fresh and raw whole frozen vacuum packed.

**Uses**

**Preparation**

Green Shell Mussels can be baked, steamed, boiled, smoked, and sautéed. Half shell Green Shell Mussels are blanched and require very little cooking time. They can also be served in pastas, casseroles, salads, chowders or quiches.

**Substitution**

Atlantic Blue Mussels and Pacific Mediterranean Mussels can substitute for Green Shell Mussels.

**Handling**

Frozen Green Shell Mussels should be kept frozen until just prior to use. Do not over thaw, refreeze or allow to sit in their own juice or water.

Frozen Green Shell Mussels will retain their quality for up to twelve months if stored at 0F.

**Market**

**Sizes and Cuts**

Half shell Green Shell Mussels are packed 12/2#

<table>
<thead>
<tr>
<th>Count per Pound</th>
<th>Average weight</th>
<th>Average Shell Length</th>
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<tbody>
<tr>
<td>Small</td>
<td>18-23</td>
<td>0.8 oz</td>
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<tr>
<td>Medium</td>
<td>13-18</td>
<td>1.0 oz</td>
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<tr>
<td>Large</td>
<td>8-13</td>
<td>1.4 oz</td>
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**Pricing Scale**
Green Shell Mussels are an exception value. Prices have remained stable over a number of years. However, due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing.

**Shelf Life**
Frozen can be commercially stored for up to one year.

<table>
<thead>
<tr>
<th><strong>Market Names</strong></th>
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<tbody>
<tr>
<td>Green Lip Mussel, Mussel, Green Mussel, Green Shell Mussel</td>
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<table>
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<tr>
<th><strong>Where Caught</strong></th>
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<table>
<thead>
<tr>
<th><strong>How Caught</strong></th>
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<tbody>
<tr>
<td>Rope grown Aquaculture</td>
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