



## **Mytilus edulis**

**The wonderfully sustainable, versatile, humble  
Rope Grown Mussel**



Melanie Siggs  
Seafood Choices Alliance



- Can you name a famous Belgian?




THE 'MUSSELS'  
from BRUSSELS




## Mytilus edulis - the edible mussel


Environmentally sustainability

- ✓ No external feed requirements
- ✓ Can form part of a healthy ecosystem
- ✓ Little or no management intervention required


 **Economically sustainable**

- ✓ The best value seafood, around - a 10th the price of lobster or scallops
- ✓ For producers: low management costs and can be positively integrated in to other aquaculture systems
- ✓ Aquaculture is Scotland's fastest growing industry and a major employer



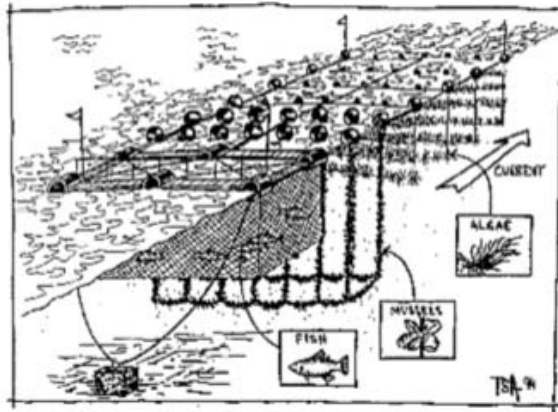
 **Socially sustainable**

- ✓ You don't have to eat them with chips!
- ✓ Highly nutritious
- ✓ Low fat
- ✓ High protein
- ✓ Fast food



## Environmental

- ✓ Opportunity for enhancing the sustainability of aquaculture through polyculture; creating mini ecosystems



Troell & Norberg (1998). *Ecol. Modelling* 110: 65-77

## Economics



- For the producer; relatively low income/risk, but slow to mature. Polyculture systems have been shown to be more profitable, but only if salmon prices don't drop too low (Whitmarsh, Cook, Black 2005)
- For restaurants and retailers mussels offer a low cost and versatile product

## Social



- ✓ Low in sodium and saturated fats
- ✓ Readily absorbed source of B&C vitamins, amino acids and Omega 3 fatty acids
- ✓ Vital minerals including, manganese, phosphorus, potassium, selenium and zinc



