

Prince Edward Island *Seafood Retail Directory*



SIX WAYS TO ENJOY FRESH FISH



PEI Flavours

Where Food & Culture
Come To Life!™

Prince
Edward
Island
CANADA

Fisheries, Aquaculture
and Rural Development

Directory Information

This directory is published by the Prince Edward Island Department of Fisheries, Aquaculture and Rural Development.

The information has been supplied by participating companies and lists the name of each retail outlet along with its location, telephone number and products it has available. Each retail outlet is identified by a code which corresponds to the map found in the middle of the directory. Retail outlets who wish to be included in future directories may contact the department.

Fisheries, Aquaculture and Rural Development

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www.gov.pe.ca/fard

Table of Contents

Acadian Fishermen’s Co-op Association Ltd. (E-4).	6
Alberton Fisheries Ltd. (C-3).	3
Arsenault’s Fish Mart (E-6).	6
Ben’s Lake (E-13).	10
Bergayle Fisheries Limited (B-15).	2
By the Bay Fish Mart	1
Captain Cooke’s Seafood (F-7).	11
Carr’s Lobster Pound Ltd. & Wharfside Market (D-8).	4
Charlottetown Farmers Market (E-10).	7
Co-op Food Market (<i>Co-op Basics</i>) (E-10).	7
Crabby’s Seafood (F-14).	12
Doiron’s Fisheries Ltd. (D-8).	4
Halibut PEI Inc.	11
Hal’s Farmers Market (E-6).	6
JMK Fish Mart (E-6).	6
L & C Fisheries/Green Gables Mussels (D-7).	4
Leslie Hardy & Sons Ltd. (D-4).	3
Lobster On The Wharf (E-10).	8
Machon Point Fishermen’s Co-op (E-15).	11
MacPhee’s SaveEasy (B-15).	2
Malpque Oyster Barn (D-6).	3
Mariner Seafood Inc. (D-13).	5
Montague Superstore (D-13).	5
MR Seafoods (E-10).	8
Mussel King Shellfish Interpretive Centre (B-13).	1
New Concept Sobey’s Store (400 University Avenue, Charlottetown) (E-10)	8

P.E.I. Mussel King Inc. (C-12). 3

Prince Edward Aqua Farms Inc. (D-7). 4

Queen Street Meat Market (E-10)..... 9

Richard’s Seafood Inc. (D-10)..... 5

Royal Star Foods Fish Mart (A-3). 1

Seafood 2000 Ltd. (D-14)..... 6

Sobeys Stratford (E-11). 10

Sobeys Inc. (*Granville, Street, Summerside*) (E-6). 7

Sobeys (*679 University Avenue, Charlottetown*) (E-10). 9

South Shore Seafoods Ltd. (C-2)..... 2

Summerside Superstore (E-6)..... 7

Superstore (*465 University Avenue, Charlottetown*) (E-10). 9

Tracadie Bay Aqua Farms Inc. (D-10). 5

True North Salmon (AFS) (E-10). 9

Vuozzo’s Lobster Pound (D-13)..... 5

Water Prince Corner Shop (E-10)..... 10

West Royalty Superstore (E-10)..... 10

Seafood Information

Lobsters..... 13

Mussels. 15

Oysters. 17

A-3 Royal Star Foods Fish Mart

Judes Point Road, Off Route #12, Tignish

Open May to October

Monday-Saturday, 9:00 a.m.-5:00 p.m.

Sunday, 12 noon-5:00 p.m.

Tel: (902) 882-5051 ext. 362

www.royalstarfoods.com

Email: *fishmart@royalstarfoods.com*

B-13 By the Bay Fish Mart

St. Peter's Landing, St. Peter's

Open May to October

Tel: (902) 961-FISH (3474)

1. live and cooked lobster, hake, cod, haddock, clams, mussels, halibut, salmon, scallops, snow crab and canned product.

B-13 Mussel King Shellfish Interpretive Centre

St. Peters Landing, St. Peters

Shellfish sales, mussel chowder and steamed mussels, clams and quahog takeout dinners. Also information and displays about the shellfish industry.

Tel: (902) 961-2442 Fax: (902) 961-3366

Email: *esther@musselking.com*

www.musselking.com

2. mussels, soft-shells clams, bar clams, quahogs, oyster sales, mussel chowder and shellfish takeout dinners.

B-15 Bergayle Fisheries Limited

1399 East Point Road, Souris RR #2

Contact: Bernie Dixon

Tel: (902) 687-2255 Fax: (902) 687-1660

3. groundfish, live and cooked lobster, scallops, shrimp, mussels, oysters, salmon, hake, haddock, halibut, sole and crab

B-15 MacPhee's Market SaveEasy

169 Main Street, Souris

Tel: (902) 687-3113

4. lobster, hake, cod, haddock, clams, mussels, sole, mackerel and scallops

C-2 South Shore Seafoods Ltd.

6 Foy Road, Bloomfield, PE C0B 1E0

Fish mart—retail—wholesale

Five minutes from Mill River campground

Tel/Fax: (902) 853-4052

5. lobster

Email: southshoreseafoods@pei.aibn.com

C-3 Alberton Fisheries Ltd.

Northport

Tel: (902) 853-2848 Fax: (902) 853-3810

6. lobster, snow crab, herring, mackerel, rock crab

C-12 P.E.I. Mussel King Inc. (Plant)

Off Route #2 in Morell at Red Head Harbour

Tel: (902) 961-3300

7. fresh rope-cultured mussels and Malpeque Oysters™

D-4 Leslie Hardy & Sons Ltd.

East Bideford

Open May 15 to December 1, 8 am to 5 pm

Oyster plant—*advance notice of group visits preferred*

Tel: (902) 831-2577/3160

8. oysters and quahaugs available for sale

D-6 Malpeque Oyster Barn

Malpeque Harbour, Route #20 (Off Route #2)

Tel: (902) 836-3999 Fax: (902) 836-3802

9. 'world famous' Malpque Oysters, Island Blue Mussels,
cooked lobster, quahaugs, scallops, fresh fish

D-7 L & C Fisheries Inc./Green Gables Mussels

French River, Route #20

Tel: (902) 886-2770 Fax: (902) 886-3003

10. lobster live, fresh cooked and canned, shellfish and fresh fish

www.greengablesmussels.com

D-7 Prince Edward Aqua Farms Inc.

5891 Route 20, Springbrook, Kensington

Tel: (902) 886-2220 Fax: (902) 886-2335

www.peaqua.com

11. rope cultured blue mussels, malpeque oysters, quahaugs, soft shell clams and scallops

D-8 Carr's Lobster Pound Ltd. & Wharveside Market

Stanley Bridge, Route #6

Tel: (902) 886-2716 Fax: (902) 886-2824

Will pack for travel

12. fresh lobster, clams, scallops, mussels, quahaugs and fish in season—Malpeque Oysters™ year-round

D-8 Doiron Fisheries Ltd.

North Rustico, Off Route #6, on the wharf

Tel: (902) 963-2442

13. lobster, crab, shrimp, clams, mussels, oysters, scallops and wide assortment of fish—smoked fish, canned lobster, mackerel, chowders and fresh fish

D-10 Richard's Seafood Inc.

Covehead Harbour (in National Park)

Tel: (902) 672-3030

14. fresh lobster, mussels, oysters, clams, cod, hake, mackerel, sole and trout

D-10 Tracadie Bay Aqua Farms Inc.

Tracadie Harbour, Off Route #6

Tel: (902) 672-3429

15. fresh cultivated mussels—*advance notice is appreciated*

D-13 Mariner Seafood Inc.

Central Street, Montague

Tel: (902) 838-2481

Email: sales@marinenseafoods.ca

16. fresh lobster, scallops, herring and groundfish

D-13 Montague Superstore

509 Main St., Montague, PEI

Tel: (902) 838-5421 Fax: (902) 838-5036

17. whole, steaked, filleted, fish, shellfish, frozen boxed seafood, cooked or live lobster, smoked and salted fish, dips, marinades and batters and pickled herring

D-13 Vuozzo's Lobster Pound

208 MacDonald Road, Brudenell, PEI

Tel: (902) 838-3610 Fax: (902) 838-2535

18. lobster, snow crab, mackerel, scallops, groundfish

D-14 Seafood 2000 Ltd.

10 Water Street, Georgetown

Tel: (902) 652-2316

19. live, frozen or cooked lobster products

E-4 Acadian Fishermen's Co-op Association Ltd.

8323 Route 11, Wellington, PE C0B 2E0

(Located on Route 11)

Tel: (902) 854-2675 Fax: (902) 854-2140

Email: jeffm@acadianfishcoop.com

20. full line of lobster products, canned bar clams, scallops, mackerel, herring, rock crab, etc.

E-6 Arsenault's Fish Mart

Holmans Wharf, Summerside, PE

Tel: (902) 436-7490 Fax: (902) 436-5632

21. lobster (live and cooked), shellfish (in season)

Email: AFM.Retail@bellaliant.com

www.arsenaultfishmart.com

E-6 Hal's Farmers Market

89 All Weather Highway (Route #2), St. Eleanors

Tel: (902) 436-5260

22. lobster, mussels and oysters

E-6 JMK Fish Mart

Queen's Wharf, Summerside, PE

Tel: (902) 888-2800

23. lobster (fresh and frozen), clams, mussels, oysters and quahaugs

- E-6 Sobeyes Inc.**
County Fair Mall, 475 Granville St. North, Summerside
Tel: (902) 436-6675
24. a wide selection of fresh, frozen, smoked and salted seafood
- E-6 Summerside Superstore**
535 Granville Street, Summerside, PE
Tel: (902) 888-1581 Fax: (902) 888-1590
25. for all your fresh seafood needs see Christianna in the seafood section
- E-10 Charlottetown Farmers Market**
100 Belvedere Avenue, Charlottetown, PE
“Come for the Freshness and stay for the Fun”
Hours: Saturday 9:00 am to 2:00 pm
Wednesday 9:00 am to 2:00 pm
Tel: (902) 626-3373
26. fresh salmon, shellfish, lobster and ground fish fillets
- E-10 Co-op Food Market**
Spring Park Place, Queen Street, Charlottetown
Tel: (902) 894-8423
27. a large variety of shellfish, fresh and smoked seafood available year-round

E-10 Lobster On The Wharf

2 Prince Street Wharf, Charlottetown C1A 4P5

Our seafood market has a quality management program and is federally licensed by the Canadian Food Inspection Agency to ship across Canada. We also pack for personal travel. *Lobster On The Wharf* features a large indoor/outdoor restaurant on the premises.

Open daily, May through October

Tel: (902) 894-9311 (Seafood Market)

Tel: (902) 368-2888 (Seafood Restaurant)

www.lobsteronthewharf.com

28. lobster (live or cooked), mussels, oysters, clams, scallops, crab, halibut, salmon, haddock and more

E-10 MR Seafoods

26A Thompson Drive, Charlottetown

Tel: (902) 388-1525 Fax: (902) 628-8359

Email: *mickeyrose@pei.sympatico.ca*

Website: *mrcfoods.com*

29. lobster, hake, haddock, scallops, mussels, clams, mackerel, snow crab, salmon, cod

E-10 New Concept Sobey's Store

400 University Avenue, Charlottetown

Open year-round.

Tel: (902) 626-3334

30. excellent selection of fresh, frozen and smoked seafood

E-10 Queen Street Meat Market

368 University Avenue, Charlottetown

Open year-round. We will pack for travel or ship for you.

Tel: (902) 894-7336

Fax: (902) 894-7339

31. lobster, salmon, scallops, mussels, clams,
oysters, haddock, mackerel, herring, rainbow
trout, salted fish

E-10 Sobeys

679 University Avenue, Charlottetown

Tel: (902) 566-3218

Open year-round.

32. a wide selection of seafood—fresh, frozen and
smoked

E-10 Superstore

Charlottetown Market, 465 University Ave.

Tel: (902) 569-2850

For all your seafood needs—we pack for travel.

33. fresh sushi, mussels, clams, oysters, lobsters,
salmon, whitefish, tilapia, etc. available all year-
round

E-10 True North Salmon (AFS)

17 Walker Drive, Charlottetown

Tel: (902) 894-7005

34. smoked seafood and specialty products

E-10 Water Prince Corner Shop

141 Water Street, Charlottetown

Seafood Restaurant and Lobster Pound

Seafood packed for travel—air pack service

Tel: (902) 368-3212 Fax: (902) 892-8193

Email: *fish_waterprince@pei.aibn.com*

www.waterprincelobster.ca

35. fresh lobster, clams, mussels, oysters, scallops,
fresh fish—salmon, halibut and sole—canned
and frozen seafood products also available

E-10 West Royalty Superstore

Charlottetown Mall Parking Lot, 680 University Avenue

Tel: (902) 368-8163

36. for the freshest seafood: mussels, lobster,
haddock, sole, cod, smoked salmon, etc.

E-11 Sobeys Stratford

9 Kinlock Road, Stratford

Open Monday to Saturday, 8:00 am to 10 pm

Open Sundays (May 20 to Dec 30), Noon to 6 pm

Tel: (902) 894-3800

Fax: (902) 894-7199

37. a large variety of fresh, frozen and smoked
seafood

E-13 Ben's Lake

Bellevue, Route #24

Open year-round.

Tel: (902) 838-2706

38. fresh rainbow trout, catch and purchase, or
purchase only

E-15 Machon Point Fishermen's Co-op

Murray Harbour, Off Route #18

Tel: (902) 962-3266 Fax: (902) 962-2449

39. fresh lobster, scallops, herring, rock crab and bar clams

F-7 Captain Cooke's Seafood

Trans Canada Hwy., Borden-Carleton

Whether you are planning a meal or travelling by, we can provide all of your seafood requirements. We pack for travel.

Tel: (902) 437-3620

40. fresh and frozen seafood including fresh cooked lobster, fresh fish fillets (haddock, hake, cod, salmon, sole and more), scallops, snow crab, mussels, oysters, quahogs and soft shell clams

F-8 Halibut PEI Inc.

Causeway Road

Victoria PEI

Open Monday to Saturday 10:00 a.m. to 6:00 p.m.

Sunday 12 noon to 6:00 p.m.

Tel: (902) 367-4896

Farm raised halibut facility

41. Fresh round or filleted halibut

Live and cooked lobster, fresh mussels, oysters, scallops and haddock.

F-14 Crabby's Seafood

Wood Islands Fishermen's Wharf (Next to the ferry terminal)

Open June 12 to October 15, 12 noon to 6 p.m.

Will pack for travel

Tel: (902) 962-3228

42. fresh seafood, live and cooked lobster, fish, live and cooked mussels and clams, oysters, crab and lobster sandwiches, and chowders

Seafood Information

Lobsters

Live

Look for some movement when handled, particularly the tail curling again after being straightened. If there is no movement and the tail hangs down, don't use the lobster. And don't forget to be careful. Look for bands on the lobster claws or you could have a nasty bite.

Cooking

First, prepare a pot of boiling salted water (25 ml/2 tbsp. of salt per litre/quart of water), using enough water to completely cover the lobster. Grasp the lobster by its back with your hand or tongs and plunge it head-first into the water. Cover and return to a boil, and then lower the heat to a bubbly simmer.

Lobster will cook in 12-20 minutes depending on the size. Smaller lobsters will cook in 12-15 minutes, while larger lobsters will require up to 20 minutes or more of cooking time. Timing should start only after the water has returned to a boil.

Whole Cooked

Fresh cooked lobster has a distinctive delicate aroma, reminiscent of the ocean. The lobster shell should be relatively firm, with a reddish orange colour. Fresh cooked lobster can be refrigerator-stored for a maximum of two days. Try to keep the lobster upside down so the flesh retains moisture.

Frozen

If you wish to freeze cooked lobster meat, remove from the shell and place in freezer containers. A brine solution of 10 ml (2 tsp.) salt per 250 ml (1 cup) water should be used to cover the meat, leaving a 1 cm (1/2 inch) head space in the container. Seal and freeze immediately.

Frozen lobster should be stored in the freezer at -18°C (0°F) or below. Never refreeze a defrosted lobster. The best way to defrost frozen lobster meat is to place the unopened can or pouch in cold water in the refrigerator overnight. This method retains maximum flavour.



Mussels

Buying

The cultured mussel is a bivalve shellfish and member of the clam family. Usually two to three inches long and bluish-black in colour, they are easily identified. On exposure to air, some live mussels may start to open; a gentle tap should cause their shells to close. Discard any mussels that do not close.

Storing

As with most fresh seafood, it is best to use mussels soon after purchase. However, cultured mussels are chilled quickly after harvest, and may be stored alive in their shells for about a week. To ensure maximum shelf life, store cultured mussels in the coolest part of the refrigerator and cover with a damp cloth or wet newspaper. Do not rinse mussels until you are ready to use.

The mussels will leak a small amount of liquid each day which must be drained off regularly or the mussels will drown. For this reason, avoid direct contact with ice.

Mussels may be kept frozen for several months either in the shell or shucked. In the shell: blanch for 20 seconds in boiling water, drain and pack in tightly sealed heavy plastic bags or containers. Shucked: Place cooked, shucked mussel meat in plastic containers with a solution of 5 ml (1 tsp.) of salt to 250 ml (1 cup) of water. Cover mussels with liquid and leave a 1 cm (1/2 inch) space for expansion.

Cooking

To steam mussels, rinse first under cool running water. Steam in a covered pot over medium heat for 7 to 10 minutes for 1 kg (2 lbs) of mussels or until the shells are wide open, and the meat comes loose from the shell. Add a touch of wine, chopped celery, carrots and/or onion for extra flavour and colour.

For the microwave, just place the mussels on a shallow pan, add 50 ml (1/4 cup) of hot water and cook at high temperature for 4 to 5 minutes for 1 kg (2 lbs) of mussels.



Oysters

Oysters can be purchased live in the shell, shucked fresh, or frozen and canned. Prince Edward Island “Malpeque” oysters are best known for their fresh-in-the-shell flavour.

Fresh oysters should have shells that are tightly closed. A gaping shell usually indicates a dead oyster which is inedible. The shells should be clean and not damaged. Keep oysters in a humid atmosphere at a temperature from 2^o to 5^oC (35^o to 40^oF). Keep the deep side of the shell down.

Oysters should not be frozen in the shell. They can be frozen if shucked and covered in their own strained liquor. Keep frozen until ready to eat, as they cannot be refrozen.

Microwave your oysters to make opening easy. “Zap” an oyster for about 10 seconds or until the shell gapes slightly at the lip. Insert a knife to separate the oyster from the shell as described below.

How to shuck an oyster:

- Shucking an oyster ideally requires an oyster knife with a short, sharp, thick blade. Wear a glove to protect your hand against the knife and sharp edges of the shell.
- Hold the oyster deep side of the shell down with the hinge toward you.
- Insert the knife between the shells near the hinge, twisting the knife to separate the halves.
- The oyster is attached to the centre of its upper and lower shells by a strong muscle. Sever the muscle’s attachment to the upper shell. Lift off and discard the upper shell.

- Slide the knife under the oyster and sever the lower muscle. Take care not to spill the delicious salty liquor in the shell.

Your oyster is now ready to be eaten or prepared in any of a number of mouth watering recipes. They can be baked or broiled in the half shell, pan-fried or deep fried, stewed or poached. The choice is yours.





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