



## TRY THE BEST TASTING MUSSELS IN MAINE

### AT THE BRUNSWICK WINTER MARKET

Every Saturday, 9 a.m - 12:30 p.m  
Fort Andross, 14 Maine St, Brunswick, ME  
(Use the Cumberland Storage Entrance)

### Featuring Local Hand-harvested Wild Mussels

- **Delicious! Taste samples** and see for yourself! Free recipe cards.
- **Healthy!** High in protein, low in cholesterol and fat. Rich source of Omega-3, iron, manganese, phosphorous, selenium, zinc and vitamins C and B12.
- **More flavor** than cultured mussels found in stores.
- **Less expensive** than cultured mussels and ordinarily harder to find for the consumer.
- **Support sustainable fishing**, local fisherman, small business, and the local economy.
- **Versatile**, fun to eat, stores well frozen, lasts several days in refrigerator.
- **Fresh is best and you can't get 'em any fresher!**
- **Purchase weekly or pre-paid shares.**

#### THE BLUE DRAGON MUSSEL WAGON

Phil Gray, Harvester and Retailer,

Call 207-373-0855 for more info.

Email: [philgray@gwi.net](mailto:philgray@gwi.net)

