



Harvesting Mussels  
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### Checklist

- 1) Obtain and carry your Annual Oregon Shellfish Harvesting License (ages 12 and up)
- 2) Call Oregon's Shellfish Hotline: 1 (503) 986-4728 or 1 (800) 448-2474 or online
- 3) Check the tides: (Tide charts, apps, local paper)
- 4) Check the ocean conditions (Swell Report): NOAA Weather Radio, online, apps
- 5) Know your limit (legal limit 72pp/day), take only what you will consume in 24 hours
- 6) Know your environment: Intertidal regions are rich in biodiversity. Tread lightly; protect it.
- 7) Know where not to harvest: Marine Gardens, Marine Reserves, Research Reserves, Habitat Refuges, and Shellfish Preserves: (See ODFW Sport Fishing Booklet for complete list: Boiler Bay, Cape Kiwanda)
- 8) Tools of the Trade: Warm clothes, boots, gloves, shellfish knife, personal collection container
- 9) Safety:
  - a. Never harvest during a closure, biotoxins cannot be destroyed by cooking
  - b. Bring a partner
  - c. One eye and two ears (per person) on the ocean at all times.
  - d. Limit your time on the rocks.
- 10) Sustainably harvest your own mussels into your own container by hand or hand powered tool.
- 11) Keep refrigerated or on ice until use; do not store in water, use within 24 hours

### Mussels Prep

20-25 medium sized freshly harvested, lightly scrubbed and rinsed mussels  
3-4 cloves of garlic, minced  
½ red onion, chopped  
3-5 medium sized tomatoes, chopped  
Olive Oil  
1 fresh baguette

Discard any opened mussels.

In a large saucepan, sauté garlic in olive oil.

Add onions, followed by tomatoes. Add additional olive oil as needed.

Cook on medium heat 5-7 minutes, stirring occasionally.

Add fresh mussels (whole in shell). Stir to mix.

Cover and cook 7-10 minutes stirring occasionally.

Discard any unopened mussels.

Enjoy with bread and friends.

