

# LOCAL SEAFOOD: COMMUNITY SUPPORTED FISHERY

*Connecting nature, society, and the economy in a sustainable and balanced way*

## MICHELLE ROSE 2019 CSF



**Do you want to eat tasty, locally and sustainably caught seafood and help support local fishermen involved in sustainable fisheries?** Become a member, or renew your membership, in the **Michelle Rose Community Supported Fishery (CSF)**. As a CSF member you will:

- Have healthy and sustainable seafood year around
- Connect directly with the local fishing community
- Learn more about sustainable fisheries
- Help build community in the Cowichan Valley and South Vancouver Island
- Make a positive difference in the viability of our local small boat sustainable fishery.

A community supported fishery is direct fair trade between fisherman and consumer. As a member of a CSF you get the west coast's highest quality seafood at prices fair to both members and fishermen.

My name is Guy Johnston. I have been a fisherman for over 40 years. I use hook and line to catch salmon and fish by trap for prawns and shrimp: all low impact fishing methods.

As a member of Michelle Rose CSF, you buy a share of the year's catch before the season. A combined share is salmon and prawns. Salmon only and prawn only shares are also available. We also have more unusual seafood items like octopus and king shrimp. Members can pick-up their seafood at either Cowichan Bay or Sidney, prawn early summer, salmon late summer.



All the catch is frozen at sea at the time of capture, meeting the highest level of quality - the sushi standard. Prawns are packaged in approximately 1 lb. lots immersed in salt water and frozen. The Salmon is dressed, frozen and glazed in chilled sea water for the freshest taste. You can enjoy your fish when it best suits you.

### **How Community Supported Fisheries Support Small, Sustainable, Local Fishing Operations**

Many smaller fishing operations have been pushed out of the fishery over the past 15-20 years. The consolidation of markets and the influx of farmed fish have kept prices low, in some cases back to where they were 30 years ago. Add to this the effects of climate change on fish habitat and high seas feeding grounds and the spread of farmed fish diseases, we are seeing wide spread hardship in the small boat fleet. Yet it is the smaller, long-term, independent fishermen who care most about ocean stewardship and maintaining a healthy and sustainable fishery.

The CSF is one way for me, as an independent fisherman, to remain viable, feed my family, make sure my crew earns a good living and reduce the carbon footprint of my catch. I can sell direct at a fair market price. When CSF members commit to buy the catch for the upcoming season, I know how much fish to bring home and as a CSF member you will get:

- Multiple pick-ups of high quality seafood;
- The knowledge that you are eating sustainably harvested seafood;
- To support sustainable fisheries, local fishermen, the local economy and local food security; and
- Some years, you will have access to hard-to-access sockeye salmon, which otherwise would be exported.

### **Membership and Shares**

2019 memberships and shares are now available. As a member you have access to whole and filleted salmon, prawns, king shrimp, octopus and smoked salmon.

The salmon portion of the share will vary from season to season, depending on species' reproductive cycles - Coho or Sockeye as well as Pinks. In 2019 we anticipate the salmon shares will be Coho and Pinks. See the Member Share Form for full details.



E-mail Guy Johnston at [mrfishing@telus.net](mailto:mrfishing@telus.net) or go to our website at [www.michellerosecsf.com](http://www.michellerosecsf.com).

# MICHELLE ROSE CSF - 2019 MEMBER SHARE FORM

## MEMBER INFORMATION

Name(s)

Street, City, Postal Code

Home Phone / Cell Phone

Email

## SHARES (\$150 minimum)

### Salmon + Prawn Shares

|                                   | Share Cost |   | # Shares |   | Total   |
|-----------------------------------|------------|---|----------|---|---------|
| Combined: Prawn & Salmon (FILLET) | \$300      | X | _____    | = | \$_____ |
| Half: Prawn & Salmon (FILLET)     | \$150      | X | _____    | = | \$_____ |
| Combined: Prawn & Salmon (whole)  | \$300      | X | _____    | = | \$_____ |
| Half: Prawn & Salmon (whole)      | \$150      | X | _____    | = | \$_____ |

### Salmon Only Shares

|                                  |       |   |       |   |         |
|----------------------------------|-------|---|-------|---|---------|
| Salmon - Pink & Sockeye (FILLET) | \$200 | X | _____ | = | \$_____ |
| Pink Salmon (FILLET)             | \$200 | X | _____ | = | \$_____ |
| Salmon - Pink & Sockeye (whole)  | \$200 | X | _____ | = | \$_____ |
| Pink Salmon (whole)              | \$200 | X | _____ | = | \$_____ |

### Prawn Only Shares

|       |       |   |       |   |         |
|-------|-------|---|-------|---|---------|
| Prawn | \$150 | X | _____ | = | \$_____ |
|-------|-------|---|-------|---|---------|

### Smoked Salmon Shares

|                       |      |   |       |   |         |
|-----------------------|------|---|-------|---|---------|
| Hot Smoked Salmon     | \$50 | X | _____ | = | \$_____ |
| Candied Smoked Salmon | \$50 | X | _____ | = | \$_____ |

### Other Shares

|              |      |   |       |   |         |
|--------------|------|---|-------|---|---------|
| Chum (whole) | \$50 | X | _____ | = | \$_____ |
| Octopus      | \$50 | X | _____ | = | \$_____ |

**Total** \$\_\_\_\_\_

Please indicate payment method (sorry, no Paypal or credit/debit): \_\_\_\_\_ Cheque \_\_\_\_\_ E-transfer

Send Form & Payment to Michelle Rose Fishing, 1760 Pritchard Road, Cowichan Bay, BC, V0R 1N1 **or** mrfishing@telus.net

**SPECIAL OFFER: The early bird gets the prawns!**

If we receive your Form and Payment by March 1, 2019 you will be entered in a draw to win two spots on a pre-season cruise in the Southern Gulf Islands where we will catch and eat prawns. (\$400 charter value)

OFFICE USE: \_\_\_\_\_ MemNum; \_\_\_\_\_ New / Returning; \_\_\_\_\_ Confirmation E-mail; \_\_\_\_\_ eTrans

**Please keep a copy of this page so you know what you ordered!**

# MICHELLE ROSE CSF - 2019 MEMBER SHARES

| HOW MUCH SEAFOOD DO I GET?  |                  |                    |           |                   |              |
|---|------------------|--------------------|-----------|-------------------|--------------|
| <p><b>The quantities and prices below are estimates only.</b></p> <p><b>We don't know actual prices or fish sizes until we're well in the fishing season.</b></p> |                  |                    |           |                   |              |
|   | Number of Pieces |                    |           |                   |              |
|   | Prawn Packets    | Sockeye/ Coho Fish | Pink Fish | Sock/Coho Fillets | Pink Fillets |
| <b>Salmon + Prawn Shares</b>  |                  |                    |           |                   |              |
| Combined: Prawn & Salmon (whole) - \$300  | 5                | 3-4                | 3-5       |                   |              |
| Combined: Prawn & Salmon (fillet) - \$300   | 5                |                    |           | 4-6               | 5-7          |
| Half: Prawn & Salmon (whole) - \$150  | 2                | 2-3                | 2-3       |                   |              |
| Half: Prawn & Salmon (fillet) - \$150   | 2                |                    |           | 2-4               | 3-5          |
| <b>Salmon Only Shares</b>   |                  |                    |           |                   |              |
| Salmon - Pink & Coho/Sockeye (whole) - \$200  |                  | 4-6                | 5-7       |                   |              |
| Salmon - Pink & Coho/Sockeye (fillet) - \$200   |                  |                    |           | 6-8               | 7-9          |
| Pink Salmon (whole) - \$200   |                  |                    | 16-20     |                   |              |
| Pink Salmon (fillet) - \$200  |                  |                    |           |                   | 24-28        |
| <b>Prawn Only Shares</b>  |                  |                    |           |                   |              |
| Prawn - \$150   | 5                |                    |           |                   |              |
| Average weight per piece/package  | .88 lb           | 4.0 lb             | 3.5 lb    | 1.4               | 1.1          |

| HOW MUCH DOES THE SEAFOOD COST? |         |                   |
|---------------------------------|---------|-------------------|
| Per Pound Prices                | 2018    | 2019 estimates    |
| <b>Salmon Whole Fish</b>        |         |                   |
| Coho/Sockeye                    | \$7.75  | \$7.00 - \$8.50   |
| Pink                            | \$3.50  | \$3.00 - \$4.00   |
| Chum Salmon                     | \$4.00  | \$3.75 - \$4.25   |
| <b>Salmon Fillet</b>            |         |                   |
| Coho/Sockeye /                  | \$14.00 | \$13.00 - \$15.00 |
| Pink                            | \$7.25  | \$6.50 - \$8.00   |
| <b>Shellfish</b>                |         |                   |
| Prawn Tails                     | \$34.00 | \$32.00 - \$36.00 |
| King Shrimp Tails               | \$30.00 | \$30.00 - \$32.00 |
| <b>Other Seafood</b>            |         |                   |
| Hot Smoked Salmon               | \$18.00 | \$18.00           |
| Candied Salmon                  | \$25.00 | \$25.00           |
| Octopus                         | \$4.00  | \$4.00 - \$5.00   |

| WHEN AND WHERE DO I GET MY SEAFOOD?  |  |
|--|--|
| <p><b>You pick-up your seafood from the Michelle Rose at Fisherman's Wharf in Cowichan Bay or in Sidney.</b></p> <p><b>We e-mail you as soon as we know, at least one week before the pick-up.</b></p> |  |
| Prawn: late June to early July   | Octopus: with your first pick-up           |
| Salmon whole; late Aug to late Sep   | Chum & smoked salmon: early Nov to mid Dec |
| Salmon fillets: early Sep to late Oct  |  |
| <i>Extra seafood is often available</i>  |  |