

# MICHELLE ROSE COMMUNITY SUPPORTED FISHERY

## 2020 Member Packet

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



**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 made up of salmon and prawns. Salmon or prawn only shares are also available. We also have some more unusual seafood items like **octopus, rockfish, lingcod and king shrimp**. Members can pick-up their seafood at either Cowichan Bay

### **Rockfish - New Share in 2020**

Rockfish are a bycatch when we troll for salmon. They are wonderful eating and very popular in Asian seafood cuisine. Ranging from 2.5-5 lbs they are a white fleshed fish with a delicate sweet flavour. On our Facebook page and website I have a great recipe for steamed rockfish with ginger and black bean sauce.



or Sidney, prawns 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 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, corporate control of the fishery, and the effects of climate change on the coastal eco-system have created wide spread hardship for 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**

2020 memberships and shares are now available. As a member you have access to **whole and filleted salmon, prawns, octopus, rockfish and smoked salmon shares** as well as **lingcod, king shrimp and whole chum salmon** when available.

The salmon portion of the share will vary from season to season, depending on species' reproductive cycles, including Coho or Sockeye as well as Pinks. In 2020 we anticipate the salmon shares will be made up of Coho and Pinks.

See the **Member Share Form** for full details.



E-mail Guy Johnston: [mrfishing@telus.net](mailto:mrfishing@telus.net)

Website: [www.michellerosecsf.com](http://www.michellerosecsf.com).

Facebook: [@michellerosecommunitysupportedfishery](https://www.facebook.com/michellerosecommunitysupportedfishery)

# MICHELLE ROSE CSF - 2020 MEMBER SHARE FORM

## MEMBER INFORMATION

Name(s)

City

Phone(s)

Email

## SHARES (\$150 minimum)

### Salmon Only 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 & Coho (FILLET)	\$200	X	_____	=	\$_____
Pink Salmon (FILLET)	\$200	X	_____	=	\$_____
Salmon - Pink & Coho (whole)	\$200	X	_____	=	\$_____
Pink Salmon (whole)	\$200	X	_____	=	\$_____

### Prawn Only Shares

Prawn	\$150	X	_____	=	\$_____
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### Smoked Salmon Shares

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

### Other Shares

Rock Fish	\$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, 2020 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!**

HOW MUCH SEAFOOD DO I GET?					
The quantities and prices below are estimates only.					
	Number of Pieces				
	Prawn Packets	Coho/Sockeye Fish	Pink Fish	Coho/Sockeye 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	2019	2019 estimates
<b>Salmon Whole Fish</b>		
Coho/Sockeye	\$8.50	\$7.50 - \$9.00
Pink	\$4.00	\$3.50 - \$4.50
Chum Salmon	\$4.00	\$4.00 - \$4.50
<b>Salmon Fillet</b>		
Coho/Sockeye	\$15.50	\$14.50 - \$16.00
Pink	\$7.75	\$7.00 - \$8.50
<b>Shellfish</b>		
Prawn Tails	\$34.00	\$32.00 - \$36.00
King Shrimp Tails	\$30.00	\$29.00 - \$32.00
<b>Other Seafood</b>		
Hot Smoked Salmon	\$18.00	\$18.00 - \$20.00
Candied Smoked Salmon	\$25.00	\$25.00 - \$26.00
Rockfish	\$5.00	\$4.50 - \$5.50
Octopus	\$4.50	\$4.50 - \$5.50

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