



FOREST MUSHROOMS

INC.

ST. JOSEPH, MN

Growers & Distributors of Specialty Mushrooms since 1985



Fiddlehead Ferns are an edible spring green that is actually the unfurled frond of a young Ostrich fern. The “fiddlehead” is so named because the young frond looks like the scrolling at the top end of a violin neck. Fiddleheads are a traditional food in northern New England and the maritime provinces of Canada, but certain types of ferns are also commonly used in some types of Asian dishes. The Ostrich fern is the

only type of fiddlehead that we carry, as it is generally recognized to be less bitter than other varieties of ferns, and is known to be non-toxic. There are fiddlehead ferns available early in the spring from the Pacific Coast, but in our opinion they are inferior to the Ostrich ferns available later from the Atlantic region. To prepare fiddleheads, bring a small amount of lightly salted water to a boil, add washed fiddleheads, and cook them at a steady boil for 10 minutes. Fiddleheads can also be steamed for 20 minutes. Serve at once with melted butter or vinegar. The sooner they are eaten, the more delicate their flavor. They may be served, like asparagus, on toast. Cooked, chilled fiddleheads can be also served as a salad with an onion and vinegar dressing. **Fiddleheads from Ostrich ferns are available the first week of May to the first week of June.**