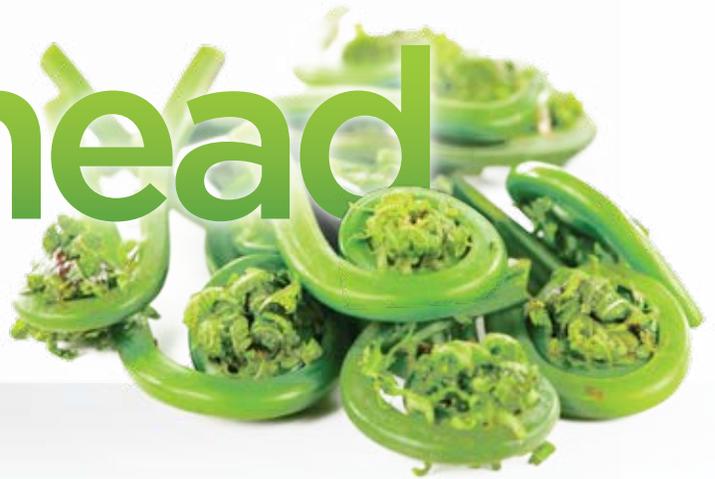


# Fiddlehead



## Selecting

Fiddleheads are the young coiled edible shoots of the ostrich fern that have been enjoyed for centuries around the world. When choosing fiddleheads, look for ones that are firm, bright green, and tightly curled. Some fiddleheads may have a papery brown covering on the coils, this should be removed before eating. Avoid any fiddleheads that have begun to uncurl as this is a sign that they are no longer edible.

## Storing

Fiddleheads should be stored in a tightly sealed plastic bag in the fridge for up to three days. You can also blanch fiddleheads and freeze them for later consumption. Simply boil them for two minutes,

plunge them into cold water, drain and then freeze in sealed bags. They will stay fresh for up to one year. You will have to cook them before eating (see preparation tip below).

## Preparing

It is not recommended to eat fiddleheads raw or undercooked as there is a risk of food poisoning. According to Health Canada, there are specific recommendations to properly prepare fiddleheads.

- Remove any brown husk and wash fiddleheads in several changes of fresh, cold water.
- Boil in water for 15 minutes or steam them for 10-12 minutes. Be sure to discard the water used for boiling.

- You need to boil fiddleheads before sautéing, frying or baking.

## Eating

Fiddleheads are very versatile and suit many recipes. One of the most common ways to eat them is boiled or steamed and then sautéed in butter and garlic or tossed in vinegar.

- They pair well with vegetables such as squash, beans, and mushrooms.
- Add roasted nuts and parmesan cheese to cooked and sautéed fiddleheads for a winning side dish.
- Fiddleheads taste great boiled and cooked into egg dishes such as omelets or frittatas for a delicious taste of Spring.

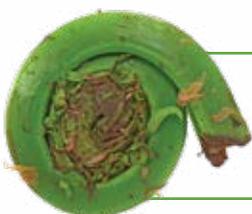
- Combine boiled fiddleheads into a stir-fry or add to a simple salad.

## Seasonality

This Canadian crop is available for a short time from May through early June depending on the weather and location. Fiddleheads are grown in New Brunswick, Prince Edward Island, southern Quebec, southern Ontario, and British Columbia.

## Nutrition

Fiddleheads (85 g portion) are rich in vitamin A and manganese, and a good source of vitamin C, iron, potassium, and magnesium.



**Why the name fiddlehead? Because their coiled shape resembles the spiral end of a fiddle!**

