



Fiddleheads



Indigenous People Historically ate fern:

- Shoots
- Roots
- Root bulbs
- Tubers
- Stems
- Fiddleheads

- There are many different types of ferns, however the ostrich fern *Matteuccia struthiopteris* is the most commonly eaten
- The ostrich fern was enjoyed by the Maliseet, Mi'kmaq, Abenaki, Peskotomuhkati, and Penobscot People
- Fiddleheads were a major part of the diet of some groups, for example, they were used in soups or roasted by the Anishinaabe People

**Try in soups,
roasted or sautéed!
(see safety info
below)**



Fiddleheads

Nutrition

Source of Omega-3
Fatty Acids

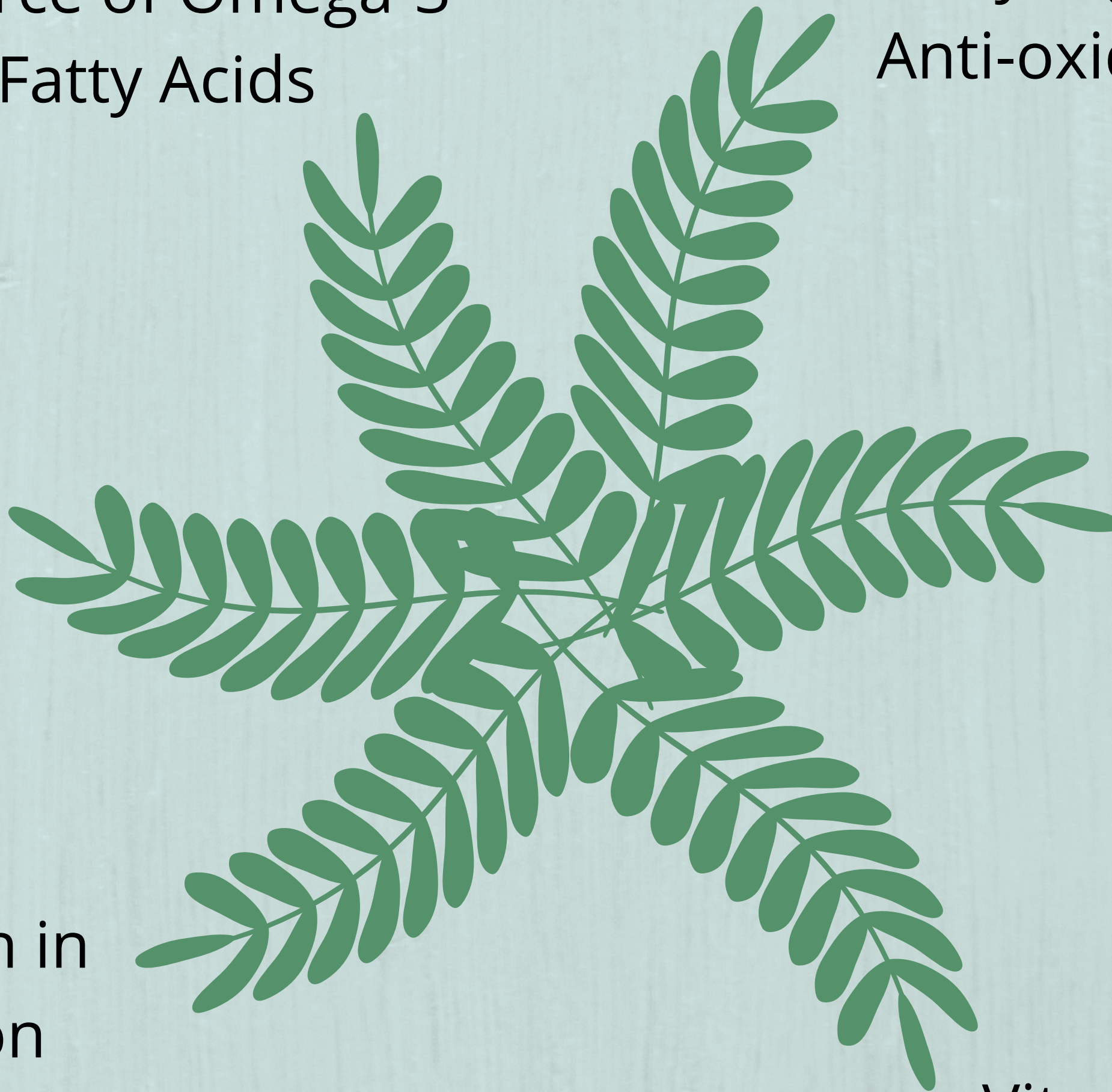
Very High in
Anti-oxidants

High in
Fibre

Vitamin A

High in
Iron

Vitamin C



* IMPORTANT SAFETY INFORMATION*

- Health Canada warns against eating some ferns (foxglove and bracken ferns), due to their toxicity and carcinogenic (cancer-causing) properties
- Eating other parts of the fern (besides fiddleheads) is not well studied, so the safety is unclear
- Improperly storing, cleaning or cooking fiddleheads can result in food poisoning
- Cleaning: remove as much of the brown husk as you can and clean thoroughly in cold water, changing the water as you clean
- Cooking: boil in lots of water for 15 min or steam for 10-12 min, always throw away the water used for cooking, always steam or boil fiddleheads before sauteeing, baking or putting in soups