

An Omega-rich Fern; Pick it while you can!

Fiddleheads have Omega -3 and Omega-6 fatty acids, iron and fiber! Finding them is a real treat!
Fiddleheads are furled fronds or ferns that tend to grow around marsh-lands and along river banks. Both of which you'll find in the province of New Brunswick, Canada, who claim to be the "Fiddlehead Capital of the World".
But you can find them in other regions of North America. Springtime is when they flourish so grab them while you can.
Their taste lands somewhere between asparagus and broccoli.
Pick them and pickle or freeze them to enjoy them for as long as they can. But they are best eaten right after picking, cleaned, steamed, and served with a little butter and vinegar.
Fiddleheads also make a great Cocktail garnish :)
Pssst! My logo is a Fiddlehead.

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Fiddleheads
Omega-3
Omega-6
Healthy
Sustainable
Vegetarian
Heart Healthy

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