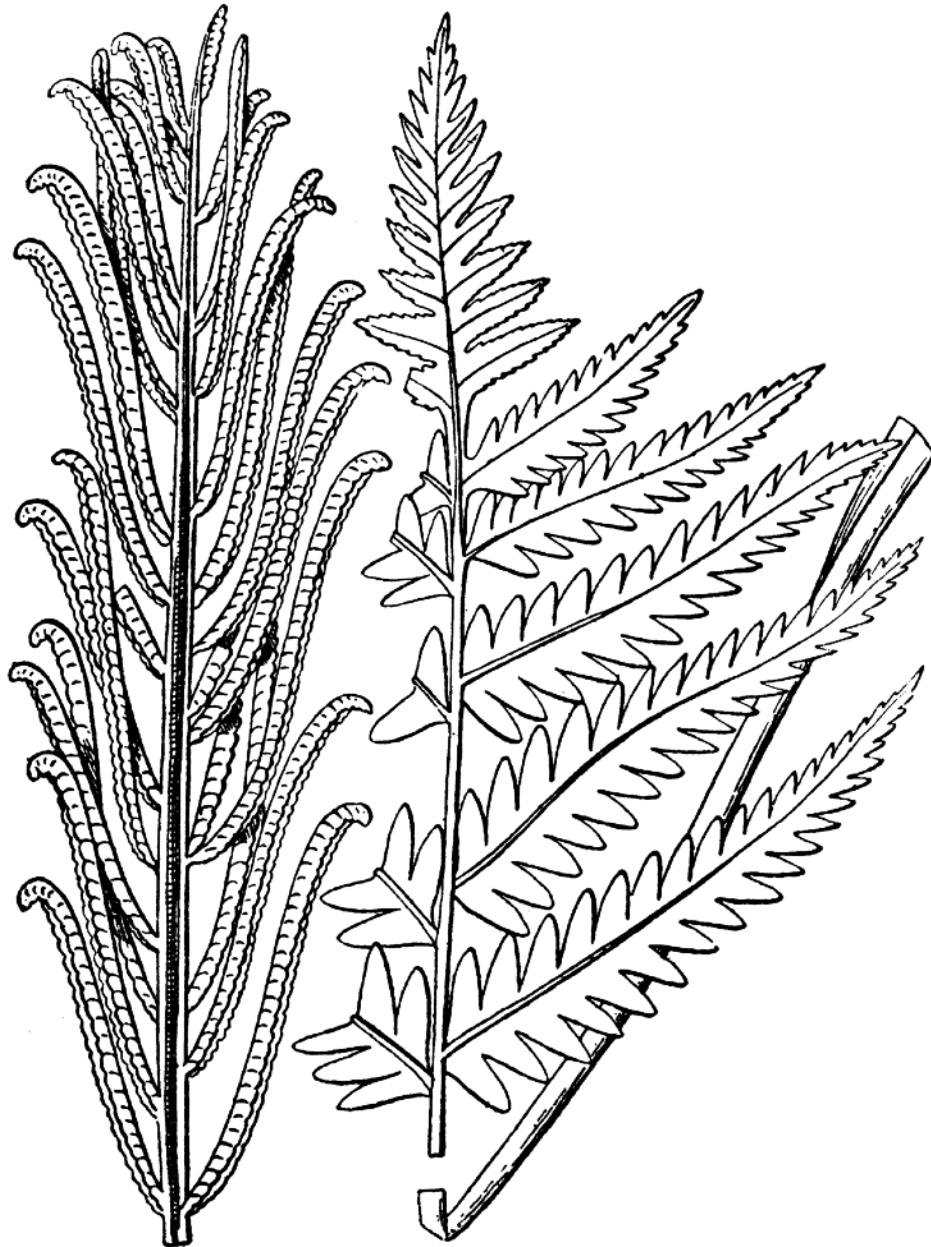


Fiddlehead Fern

Reproductive frond looks like an ostrich feather.



Matteuccia struthiopteris

Vegetative fronds emerge from a curled “fiddlehead” shape, these are edible when cooked. A commercial harvest is done by hand each spring.

Spring emergence in rich alluvial soils along rivers throughout New Brunswick. One of our largest ferns.

This fern is a perennial and spreads by rhizomes or spores. It takes 7 years to generate a single vegetative frond.

