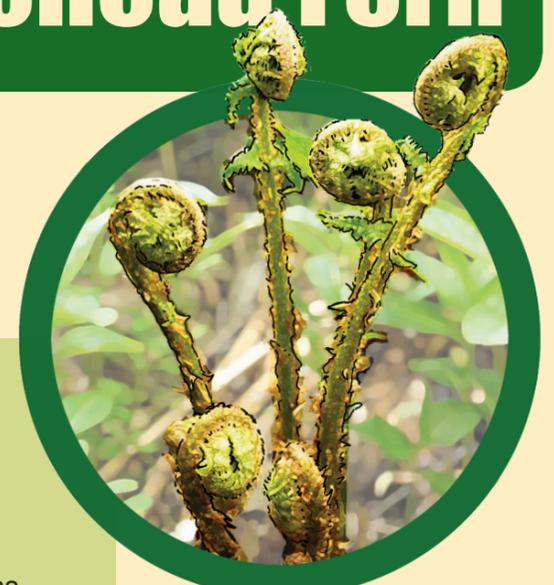


# WHAT'S WRONG WITH THIS PICTURE?



# Cetuguar: Fiddlehead Fern

**Feast Freely on Organic Greens from the Tundra!**



## FOOD IS MEDICINE



**Get the facts to make healthy choices for your family.**

Fiddlehead ferns are a delicious, beautiful vegetable. Eating plants from the tundra, such as fiddleheads, may help protect you and your family from cancer, heart disease, and diabetes.



# 3

## Great Reasons to Gather and Eat Fiddleheads!

# 1

**Help your heart.** Potassium helps to maintain a healthy blood pressure. Cetuguar has 14% of your daily potassium in just one serving!

# 2

**Power up your immune system.** 1 serving of cetuguar has 51% of the vitamin C and 93% of the vitamin A you need in a day.

# 3

**Save money and protect the environment.** Cetuguar is free and local. The less your food travels, the better for the environment.

## Nutrition Facts

**Fiddlehead Fern: Cetuguar**  
Serving size 1 cup

Amount per 1 cup  
**Calories 46**

% DV	
1%	<b>Total Fat</b> 1g
0%	Saturated Fat 0g
0%	Trans Fat 0g
0%	<b>Cholesterol</b> 0mg
0%	<b>Sodium</b> 1mg
3%	<b>Total Carbs</b> 8g
10%	Dietary Fiber 3g
	Sugars 3g
	Added Sugars 0g
12%	<b>Protein</b> 6g
51%	<b>Vitamin C</b> 31mg
93%	<b>Vitamin A</b> 4660 i.u.
10%	<b>Iron</b> 2mg
14%	<b>Potassium</b> 501mg



Designed by the Center for Alaska Native Health Research in partnership with Alaska Family Nutrition Services. We are grateful to Anore Jones for allowing us to use the traditional wisdom shared in her book, **Plants That We Eat**. Funded by USDA SNAP-Ed program, an equal opportunity provider and employer. For more information about the Alaska SNAP Program go to: [dhss.alaska.gov/dpa/Pages/fstamps/default.aspx](http://dhss.alaska.gov/dpa/Pages/fstamps/default.aspx)

## Gathering Cetuguar

### What does it look like?

Fiddleheads are the young, tightly coiled shoots of a fern plant. They look like the coiled end of a green violin.

### Where can you find it?

Fiddleheads can be found in moist, somewhat shady areas. The banks of rivers and creeks are good places to look. It can also be found in open meadows.

### When can you pick it?

Pick them in the Spring when the fiddleheads are tightly coiled. The tighter the coil the better tasting! Pick them when they are smaller than a Ritz cracker. Just use your hands to snap them off! Get as much of the stem as you can, they are just as delicious as the curled part!



### — IMPORTANT NOTE! —

- Don't gather more than half of the fiddleheads from any one plant. It will kill the plant over time.
- Don't pick them once they start to uncoil and spread out. They can be toxic when fully grown.



## Preparing Cetuguar

*Cetuguar should always be washed well and cooked before eating.*

1. Remove the bitter brown chaff with a brush.



2. Rinse well.



3. Boil or steam.



## Cetuguar Recipes

### Recipe Ideas

Boil fiddleheads for 15 minutes or steam them for 10-12 minutes.

- Try them in rice, pasta, a stir-fry, or your favorite dish.
- Cetuguar also make a great side dish. Just cook with a little oil or butter, and your favorite spices. Delicious!



## Cooking with Kids



**Kids as young as 3 years old can help!**

- Children can help find the fiddleheads. Make finding cetuguar into a treasure hunt! First one that finds some can have the first bite when they're cooked.
- Children can help pick the fiddleheads. Show them how, and your collection rate will increase!
- Kids can also help clean the fiddleheads- rub off the bitter brown chaff on the stalks and rinse with water.

### TRADITIONAL KNOWLEDGE CORNER

You can clean fiddleheads by shaking them back and forth in a fish trap. It's quick and easy!

