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.

**FOOD IS MEDICINE**

Get the facts to make healthy choices for your family.

Fiddlehead ferns have a variety of health benefits. They are high in vitamin C and vitamin A, which are important for immune system health. They also contain potassium, which is crucial for maintaining healthy blood pressure.

**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.

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**Nutrition Facts**

Fiddlehead Fern: Cetuguar
Serving size 1 cup

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Amount per 1 cup</th>
<th>% DV</th>
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<tbody>
<tr>
<td>Calories</td>
<td>46</td>
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<tr>
<td>Total Fat</td>
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<td>0%</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
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<tr>
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<tr>
<td>Sugars</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Vitamin C</td>
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<td>Vitamin A</td>
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<tr>
<td>Iron</td>
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<tr>
<td>Potassium</td>
<td>501mg</td>
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</tbody>
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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/fsilamps/default.aspx
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.

Gathering Cetuguar

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!

Cetuguar should always be washed well and cooked before eating.

Cooking with Kids

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

• 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.