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David Fuller is an Agriculture and Non-Timber Forest Professional with the University of Maine Cooperative Extension. He works with farmers and other woodlot owners to realize income from non-timber forest products between timber and pulp harvests. He holds a B.S. degree in Plant and Soil Science and a M.S. In Adult Education from the University of Maine. His ostrich fern research centered on the effects of harvesting fiddleheads from ostrich ferns and food science and safety of wild-harvested ostrich fern fiddleheads. Two publications he helped author are: *Ostrich Fern Fiddleheads* and *Facts on Fiddleheads*. He is one of the organizers of the annual Maine Fiddlehead Festival held in Farmington, Maine. He and his wife received the Tree Farmer of the Year award for Franklin County, Maine in 2013.

The Incredible Edible Ostrich Fern Fiddlehead

Wild fiddleheads have long been a part of the springtime diet for folks over the range of the ostrich fern, *Matteuccia struthiopteris*. Ostrich fern fiddleheads are tasty and beautiful in the landscape. But it's important to properly identify ostrich fern fiddleheads and to not over-harvest in the wild. Other considerations in the consumption of fiddleheads is proper cooking. If you don't have wild ostrich ferns growing on your property, perhaps you can establish your own planting for future harvest. Ostrich fern fiddleheads are not known to be commercially cultivated in the United States, but their time may be coming!

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