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!