

Ostrich Fern

Matteuccia struthiopteris



FORAGE FIDDLEHEADS
SAFETY GUIDELINES



- Woodlands, swamps, wetlands
- Feathery, vase-shaped; deciduous
- Edible fiddleheads in springtime
- Forms colonies in ideal conditions
- May overwhelm small landscapes

HELPFUL TIPS:

Spreads vigorously by rhizomes. Avoid windy sites. Vegetative fronds depreciate in summer/fall.

COMPANIONS: Bellwort, Goatsbeard, Blood Root, Wood Poppy, Bowman's Root, Honewort, Jack in the Pulpit, Culver's Root, Great St. John's Wort, Early Meadow Rue



Edible
Fiddleheads



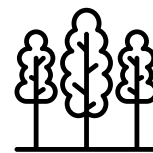
Deer/Rabbit
Resistant



Shelter for
Wildlife



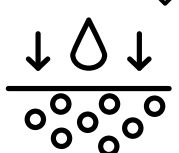
Protect From
Strong Wind



Woodland
Gardens



Streambank
Stabilization



Tolerates
Wet Soil

Height: 3-6 feet
Spacing: 2-3 feet

Soil: Rich Loam, Slightly Acidic
Wet, Medium-Wet, Medium