

#156 MAY 15, 2024

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



## Spring Things

FIDDLEHEAD FERNS, SPECIFICALLY OSTRICH FERN (MATTEUCCIA STRUTHIOPTERIS), ARE A RARE AND COVETED DELICACY AMONG CHEFS AT THIS TIME OF YEAR. WE HAVE THE PLEASURE OF INTRODUCING THESE FOR A LIMITED TIME INTO OUR LARGE BOXES, THIS WEEK ONLY. WILD FORAGED, OSTRICH FERNS WILL HAVE A "U" SHAPED STEM IT WILL NOT BE ROUND/SOLID--EVER. THE FERNS WILL HAVE A BROWN PAPERY COVERING ON IT WHEN YOUNG, NOT WHITE, WHICH SHOULD BE REMOVED BEFORE CONSUMING.



## How to COOK

The tried and true method for cooking fiddleheads is blanching. Although you can cook fiddleheads by simply putting them in a pan, it's not ideal as it's easy to overcook them, have them soak up too much oil, or turn black in spots from uneven heat.

To blanch fiddleheads, put them in boiling, salted water for 1-2 minutes, then remove and allow to cool without putting them in an ice bath, which can cause them to discolor. Blanching locks in and preserves the green color, as well as par cooking them a bit so they don't discolor and oxidize (turn brown) after cooking, which, while still being edible, is unappealing. After they're blanched, fiddleheads can be added to all kinds of things: salads, soups and stews to name a few, but do make sure not to cook them too long as you want them to be a little crisp. Fiddleheads should not be mushy.

In your Box This Week!

- Microgreens\*
- Boy Choy\*
- Curly Kale\*
- Green Garlic\*
- Lettuce Mix\*
- Radish or Cilantro\*

Small

- Microgreens\*
- Boy Choy\*
- Curly Kale\*
- Green Garlic\*
- Lettuce Mix\*
- Parsnips
- Spaghetti Squash
- Squash
- Cucumber

Medium

- Microgreens\*
- Curly Kale\*
- Green Garlic\*
- Lettuce Mix\*
- Parsnips
- Spaghetti Squash
- Cucumber
- Purple Broccolini
- Rhubarb
- Fennel
- Fiddlehead Ferns
- Radish\*

Large



## **FIDDLEHEAD FERN SALAD WITH MINT**

### **A SIMPLE SALAD OF BLANCHED, MARINATED FIDDLEHEADS INSTRUCTIONS**

- **BRING A POT OF LIGHTLY SALTED WATER TO A BOIL, THEN BLANCH THE FIDDLEHEADS AT A ROLLING BOIL FOR AT LEAST 1 MINUTE, OR UNTIL THE TEXTURE IS TO YOUR LIKING (NO MORE THAN 2-3 MINUTES).**
- **REMOVE THE FIDDLEHEADS TO A TRAY WITH A SLOTTED SPOON AND SPREAD THEM OUT TO COOL NATURALLY.**
- **LINE THE FIDDLEHEADS UP AND CUT THE STEMS INTO 1 INCH PIECES, LEAVING THE CROSIERS (COILED TOP) WHOLE.**
- **MIX THE CUT STEMS AND CROSIERS WITH THE REMAINING INGREDIENTS, TASTE AND DOUBLE CHECK THE SEASONING, THEN ADJUST AS YOU SEE FIT FOR ACID, PEPPER, SALT AND HERBS. IT IS NOTHING TO TASTE THE SALAD TWO, THREE, OR FOUR TIMES TO GET THE BALANCE TO YOUR LIKING.**
- **THE SALAD CAN BE MADE 15 MINUTES OR SO AHEAD OF TIME, BUT WILL BEGIN TO DISCOLOR AS THE ACID COOKS THE FIDDLES OVER TIME. TO MAKE IT IN ADVANCE, ADD ALL THE INGREDIENTS, MIXING IN THE LEMON JUST BEFORE SERVING.**



### **Ingredients**

- 8 oz fiddleheads with stems
- Kosher salt to taste
- Fresh cracked black pepper to taste
- Fresh chopped herbs like mint dill, tarragon or chives, to taste
- Freshly sliced wild onion greens, chives, or gently cooked green garlic
- ¾ Tablespoon Fresh lemon juice or apple cider vinegar
- 2 Tablespoons extra virgin olive oil or another oil you like

### **Variations and notes**

Adding other spring things like blanched asparagus!

Add some small, young greens like kale or chard

Don't forget the herbs. Herbs are part of what makes this exciting, use whatever you have, but try not leave them out since they help give it lift.

Edible flowers, like violas, make the green pop in color!