

# June



**Fiddleheads** are abundant in New Brunswick in the spring. They are a good source of fibre, protein and Vitamin C.

Fiddleheads can be boiled or steamed, and should be cooked for at least 10 minutes. They can be used in stir-fry and made into soups. **Always remember to**

**clean thoroughly and cook well to avoid illness.** After cleaning, they can be frozen or preserved for use during the year.

Other **greens** like dandelion greens and lamb's quarters are nutritious and also contain beneficial vitamins and minerals. Pick greens, wash well and then cook them by steaming or use them in salads.

**Rhubarb** can also be found in many gardens and grocery stores at good prices. Rhubarb can be frozen for use later. Stew the rhubarb or use it in muffins and in other desserts.



**Many of the foods that were eaten traditionally are still available today.**

**Talk to an Elder or another member of your family and learn about traditions.**

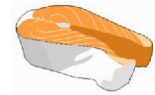
**Learn about how food was gathered, prepared, preserved and eaten.**

**Learn about how active people once were.**

**Traditions can teach us much about how to live well, to eat healthy foods and how to be physically active. The past can teach us what we can do today, so we can be healthy today and in the future.**

## SALMON

Salmon has long been part of the traditional diet. It is eaten fresh or it can dried and smoked. Salmon is high in protein and is a good source of Vitamin A and iron. Try to eat fish at least twice a week. Fish can be baked, broiled, smoked, fried in a non stick pan, cooked on the BBQ or over an open fire. Use fish in chowders, fish cakes or use in sandwiches. If the bones are mixed in with the meat from canned salmon, it is a good source of calcium.



## SALMON STEAKS

Cook steaks in the oven, in a pan or over a fire or BBQ. Place tinfoil under the fish on the BBQ rack. Clean steaks well. Season lightly with pepper and garlic powder. Cook 10 minutes per inch of salmon; fish is cooked when it flakes easily. If you want a sauce on the salmon, cook steak for approximately 5 minutes, then baste with lemon juice mixed with seasoning such as parsley, tarragon, garlic or pepper. Also try basting fish with BBQ sauce or molasses.

## FISH AND DANDELION GREEN STIR Fry

Dandelion greens need to be washed well. Make sure that they have not been sprayed with pesticides. They can be purchased in some grocery stores. These greens are an excellent source of calcium, iron, Vitamin C and are low in carbohydrates.

**Ingredients:** 2 salmon or trout, cleaned and cut into strips; 1 lemon, thinly sliced; 5– 6 handfuls of washed and chopped dandelion greens; 1 small onion, thinly sliced; salt and pepper; 1/8 tsp of ground sage; 1TBSP of canola or olive oil.

Pour oil into non stick pan, add sliced onion and 4– 6 slices of lemon, add fish, add sage, salt and pepper to taste. Cook fish until nearly done, add dandelion leaves. Cook until leaves are soft. Serve with whole wheat luskikn, rice or potato. pasta. Include side salad or another vegetable.

Servings: 3-4

