

# What's Cookin': The season is short for fiddleheads— one of Lori's favourite veggies



**Lori Gysel & Gerry Kentner**

Happy Mother's Day! Hope this Sunday finds you doing exactly what you like to do best, with lots of good weather to go with it!

One of my favourite vegetables has just started hitting the stores— fiddleheads. Keep your eyes open because when they do arrive, they are only here for a couple of weeks, then they are gone again for another year. Shortly after the fresh fiddlehead season finishes you will find them in the freezer section for awhile, until the stock is all gone.

These little ferns are wonderful for making soup. They are great blanched and served in a salad or as a salad all on their own with an Asian vinaigrette. Because fiddleheads are one of the first fresh vegetables to come to the stores in the spring, they just seem to embody the whole idea of spring and freshness and warmth. If you've never tried them before, give them a whirl.

If you are really adventuresome, you might go pick your own. However, this is a bit more than I'm up to! If you are going to head into the wilderness to pick your own fiddleheads, here are a few guidelines. Be sure you pick only ostrich ferns; all others are unsafe to eat and may be carcinogenic. Don't pick fronds that have opened out into ferns, they are tough and bad tasting.

Don't overpick, always leave about half the fronds in each clump so as not to weaken it. Pick in the morning when the plants are still crisp, and pick heads that are no more than four inches above ground. Good quality fiddleheads should be tightly curled with short tails, thick and of uni-

form size, crisp, and good in colour with no bruising or rust. Put the picked ferns into burlap bags or old pillowcases so they can "breathe" without drying out.

Fiddleheads are best eaten as soon as possible. Store them

in a paper bag in the refrigerator crisper for up to two days. Freeze for longer storage.

In order to clean the fresh fiddleheads, you need to remove the thin brown, paper-like scales that encase the baby fiddleheads. Uncurl each head

and shake of this husk. Then wash the fiddleheads several times in cool water. Trim off any dark ends before cooking.

Have fun and keep cooking!  
E-mail comments and questions to [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com)

## Halton Hills Cycling Club to offer four bursaries to young cyclists

The Halton Hills Cycling Club, formed by a number of Halton Hills residents in 2007, will provide up to four bursaries for a total of \$1,000 to youth in order to pursue the sport of cycling or triathlon.

Applicants must be between the ages of 12-24 and reside in the regions of Halton or Peel and must be involved in the sport of cycling or triathlon. For an application form contact [moore.amy@gmail.com](mailto:moore.amy@gmail.com). Applications are due

by May 15. HHCC offers indoor spin classes over the winter and youth cycling skills clinics. This year it is offering a cycling program for kids, aged 8-12, in conjunction with the Town of Halton Hills.

### NOTICE OF FIRST PUBLIC INFORMATION CENTRE MUNICIPAL CLASS ENVIRONMENTAL ASSESSMENT REGIONAL ROAD 107 (BOVAIRD DRIVE) FROM LAKE LOUISE DRIVE/ WORTHINGTON AVENUE TO 1.45 KM WEST OF HERITAGE ROAD

#### The Study

The Regional Municipality of Peel is completing a Municipal Class Environmental Assessment for improvements to Bovaird Drive from Lake Louise Drive/Worthington Avenue to 1.45 km west of Heritage Road. The approximate limits of the project area are illustrated on the map.

The study will examine the need and feasibility of various improvement options to address traffic capacity issues, deficiencies in storm drainage, facilities for pedestrian and cyclist movements and transit system expansion along Bovaird Drive.

#### The Process

The study is being conducted in compliance with Schedule C of the Municipal Class Environmental Assessment (June 2007), which is approved under the Ontario Environmental Assessment Act. The Class EA process will include public review and agency consultation, an evaluation of road improvement alternatives, an assessment of the potential environmental effects of the proposed improvements, and identification of reasonable measures to mitigate any adverse impacts.

#### Public Information Centre

Two Public Information Centres (PICs) are planned for this study. The first PIC will consist of an informal drop-in centre with display boards to present the study background information including problem statement, an evaluation of alternative planning solutions and next steps. Representatives from the Region and AMEC Earth and Environmental will be present to answer questions and discuss the next steps in the study. The first PIC is scheduled for:

**Date:** Tuesday, May 18, 2010  
**Time:** 6 p.m. to 8 p.m.  
**Location:** Peel Regional Police Association  
10675 Mississauga Rd.  
Brampton, ON L7A 0B6

The second PIC is tentatively planned for Fall 2010. Notification of that PIC will be provided by means of a similar newspaper advertisement and with invitation letters sent to those on the project mailing list.

#### Comments

Public consultation is vital to this study. We want to ensure that anyone who has an interest in the proposed project has the opportunity to get involved and provide input. If you cannot attend the PIC, there are other ways you can provide input and/or be kept informed:

- Visit the Region's website for study updates: [www.peelregion.ca](http://www.peelregion.ca)
- Contact one of the following team members if you have any questions, comments, or wish to be added to the mailing list.

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Information will be collected in accordance with the *Municipal Freedom of Information and Protection of Privacy Act*. With the exception of personal information, all comments will become part of the public record.

This notice was first published on May 5, 2010



## Fiddleheads in Asian Vinaigrette

Serves 4

### Ingredients

- 1 lb (500g) fiddleheads, trimmed, dehusked
- 2 tbsp canola, safflower or sunflower oil
- 1 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 tsp toasted sesame oil
- 1/2 tsp sugar
- 1 tbsp toasted sesame seeds

### Method

1. In a large pot of boiling, salted water, add fiddleheads. Cook, uncovered 5 to 7 minutes depending on size, until tender. Rinse under cold water; drain.



Blot dry with paper towels.

2. In a small bowl, combine oil, rice vinegar, soy sauce, sesame oil and sugar.

3. In serving bowl, toss fiddleheads with dressing. Refrigerate, covered at least four hours. Served chilled or at room temperature, garnished with sesame seeds.

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