



NOW AVAILABLE - SPRING GREENS

Fiddlehead Ferns

Fiddleheads have been part of traditional diets in much of Asia, Australia and New Zealand, as well as among Native Americans for centuries. Known for their delicious intense flavor resembling asparagus, Fiddlehead Ferns are at their peak when tightly wrapped and dark green. They are the first green vegetable available in the early spring, and are around for only a few weeks.



RPG#
28533

Pacific Coast
Fiddle Head
Ferns

RPG#
54933

Stinging Nettles

All greens are in a category with a 10# minimum which can be met by ordering multiple items and units within the category
Fresh Greens Ship
Overnight

Stinging Nettles

Nettles are great steamed or sauteed using the same method as other winter greens such as kale or chard and must first be blanched to remove their stinging agent. The most tender and vibrant part of the Nettle is the top two inches from young shoots. Fresh vibrant green in color with a spinach and mint flavor, the stinging nettle is one of the most versatile, healthy, and delicious plants.



For more information contact your RP Gourmet Culinary Specialist at 877-254-8052
www.rpgourmet.com