



# Spuds Dulse Fiddleheads

**Judith Comfort**



## **Spuds Dulse Fiddleheads:**

*Spuds! Dulse! Fiddleheads!* Judith Comfort,1986 Where s it found Is it in season How is it prepared Discover the secrets of the many traditional local ingredients that create that special Maritime flavour We have a bounty of food around us but in order to enjoy it we have to know what our farmers fisherman and foragers have known for so long where to find local food in season and how it s best prepared Judith Comfort leads us from U picks and farmers markets through backwoods and waters to the church supper and home again all in search of a true Maritime feast Included here are 47 kitchens tested recipes and many secrets on the right way to prepare and serve a harvest of the fruits vegetables seafood game and other traditional flavours of New Brunswick Prince Edward Island and Nova Scotia [North American Cornucopia](#) Ernest Small,2013-09-23 Many North American plants have characteristics that are especially promising as candidates for expanding our food supply and generating new economically competitive crops This book is an informative analysis of the top 100 indigenous food plants of North America focusing on those species that have achieved commercial success or have substantial market potential The book s user friendly format provides concise information on each plant It examines the geography and ecology history economic and social importance food and industrial uses and the economic future of each crop **CM** ,1987

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