

Fiddlehead Ferns

Mt. Baker-Snoqualmie National Forest



Fiddleheads are the unfurled new leaves of ferns and are harvested in spring. They vary in size and shape and not all are edible. It is important for the harvester be able to accurately identify any wild harvested foods. The most commonly harvested are the young shoots of the Lady Fern *Athyrium filix-femina* and the Bracken Fern *Pteridium aquilinum*. For more information about Fiddlehead Ferns and locations check with the local Ranger District to plan your visit.

Incidental Use

Permits are not required in certain situations: forest products may be consumed or used while on the forest without a permit. For example, berries or mushrooms may be eaten in the woods or down wood may be gathered for a campfire (on the forest) without a permit. Except where otherwise noted, it is not legal to remove products collected from the forest without a permit.

Free Use Permits

For items over incidental use, you will need to get a Free Use permit. This permit will allow you to gather up to 5 pounds of Fiddlehead Ferns per household per year. Harvest within 50 feet of the edge of the road. Obtain a permit issued by the Forest Service at your local Ranger District office.

Charge Use

If you want to collect over 5 pounds of Fiddlehead Ferns, you will need a Charge Use Permit. The price of the permit is \$20 dollars for 200 lbs. of Fiddlehead Ferns. The Charge Use Permit is good for one month after the date of purchase.

Rules & Regulations

The harvest of forest products vary depending on the land management agency. It is the responsibility of the harvester/permitted individual to understand and follow these regulations and to be aware of ownership or management regarding private, State and federally managed lands. The permit issued by a USDA Forest service office or ranger station is valid only on Forest Service lands.

Do Your Part

If you pack it in, pack it out. Please remove all trash! Do your part and respect the Forest by leaving it clean and free of trash.

Forest Offices

For more information about Fiddlehead Ferns, check with the local Ranger District to plan your visit.

Mt. Baker Ranger Station

810 State Route 20,
Sedro-Woolley, WA
360-856-5700 Ext. 515

Glacier Public Service Center

Mt. Baker Highway 542,
Glacier, WA
360-599-2714

Darrington Ranger Station

1405 Emens Ave. N.,
Darrington, WA
360-436-1155

Skykomish Ranger Station

74920 NE Stevens Pass
Highway
Skykomish, WA
360-677-2414

Snoqualmie Ranger Station

North Bend Office
902 SE North Bend Way
North Bend, WA
425-888-1421

Snoqualmie District Enumclaw Office

450 Roosevelt Ave. E.,
Enumclaw, WA
360-825-6585