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Fuller's fiddlehead sustainability research featured in Northern Woodlands magazine.

University of Maine Division of Marketing and Communications

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Fuller's fiddlehead sustainability research featured in Northern Woodlands

March 8, 2021

A study by Dave Fuller, a non-timber forest products professional with the University of Maine Cooperative Extension, was shared in [Northern Woodlands](#). To support sustainability, Fuller recommends single harvests from marketable sized fiddleheads in any given year, and limiting the number of fiddleheads taken to one in three. To protect the resource, Fuller also recommends against harvesting from older or smaller plants.

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Division of Marketing and Communications
5703 Alumni Hall
Orono, ME 04469-5703

Tel: 207.581.3743
Fax: 207.581.3776

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