

Searching for the elusive **WARABI**

Isseis and Niseis were fond of fiddlehead fern, which grew wild all over the San Francisco Bay Area.

The short Spring growing season of a mere three weeks made the timing critical.

The distinctive flavor resembles spinach, asparagus and artichoke. Boiling is recommended first before steamed with salt and butter, sautéed in olive oil and garlic, or fried. Raw or undercooked fiddlehead can cause food borne illness.

With a basketful of Warabi, these Issei are picnicking, possibly in Oakland, CA., with what looks like Eikun sake, a famous brand from Kyoto.

**photo by
Mataichi Ozeki,
circa 1910-
1920s**



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