

The ostrich fern (*Matteuccia struthiopteris*), usually known as the fiddlehead fern, is a common and beautiful fern found in this area. It lives in moist soils, often along the banks of rivers and streams, which are flooded in the spring runoff. The sterile fern fronds originate from a single black fibrous clump, and emerge as “fiddleheads” which we gather and eat. The harvest is made in early May in Kings County, later in New Brunswick. The adult fern, which grow from the “fiddleheads”, can be about 1.5 m tall. An easy way to identify this fern is by the U-shaped groove, like that of celery, in its stem. (BY)

MAY 2019

Gathering, cooking and eating fiddleheads is a common spring practice in the Maritimes. To fully enjoy their delicious flavour, it is important to follow some simple practices: They should be kept cool after they are picked and may be refrigerated for several days; they must be cleaned carefully, removing all the brown papery coverings from the edible green fiddlehead. Cook in boiling water for three minutes, discard this water (which will be somewhat brown), then add more fresh boiling water, cooking for another 10 minutes. Serve hot or cold, with butter and/or lemon juice. (BY)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|---|
| May 1st Sunrise: 06:07 ADT Sunset: 20:23 ADT Sun's maximum noon altitude is 60.0° This month's daily sunlight period gains about 67 min. | APRIL 2019 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | JUNE 2019 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | (11:20) 9.3 1 Moonrise: 19:04 | (12:05) 10.2 2 1797: Abraham Gesner (geologist) born at Chipmans Corner. | (12:48) 11.0 3 | (13:29) 11.8 4  |
| (14:11) 12.4 5 | (14:53) 12.7 6 | (15:37) 12.8 7 | (16:23) 12.6 8 | (17:13) 12.3 9 | (18:07) 11.8 10 1994: Annular solar eclipse across N.S.  | (6:32) 11.5 (19:06) 11.4 11 |
| (7:33) 11.2 (20:08) 11.2 12 Mother's Day | (8:36) 11.2 13 | (9:40) 11.5 14 | (10:40) 12.1 15 | (11:37) 12.9 16 | (12:29) 13.5 17 Moonrise: 19:19 | (13:19) 13.9 18 Frog Croaking Moon  Moonrise: 20:31 |
| (14:07) 13.9 19 1995: N.S. duck tolling retriever named provincial dog. Moonrise: 21:39 | (14:53) 13.6 20 Victoria Day BNS Meeting 7:30 p.m. | (15:39) 13.0 21 | (16:24) 12.1 22 Maritime Swiftwatch Roost Count tinyurl.com/swiftwatch 1980: Mount St. Helens ash settles on N.S. | (17:10) 11.2 23 1707: Carl Linnaeus (botanist, zoologist) born. | (5:30) 10.6 (17:58) 10.2 24 | (6:19) 9.6 (18:48) 9.3 25 1961: J.F. Kennedy announces goal of landing people on Moon. 1988: Red spruce chosen as provincial tree. |
| (7:10) 8.9 (19:40) 8.8 26 Maritime Swiftwatch Roost Count tinyurl.com/swiftwatch 2005: Paul Corkum, Acadia physics grad, elected F.R.S.  | (8:03) 8.4 (20:33) 8.5 27 | (8:57) 8.3 (21:25) 8.6 28 1890: John S. Foster (physicist & F.R.S.) born at Clarence. | (9:49) 8.6 29 1867: Ernest Haycock (geologist) born at Westport.. | (10:39) 9.2 30 Maritime Swiftwatch Roost Count tinyurl.com/swiftwatch 2002: <i>Hylonomus lyelli</i> chosen as provincial fossil. | (11:26) 10.0 31 | Tides: Each date gives the time and range (in metres) for the daytime Minas Basin high tide(s). See the page inside the front cover for more information concerning these two numbers. |

Striped Ambassadors

Striped bass are important for economic, traditional, and ecologic purposes and are prized sport fish in our region. In recent years, their breeding population has dropped significantly within the Bay of Fundy, spawning a new citizen science initiative. The Striped Bass Research Team is composed of researchers and citizen scientists led by Dr. Trevor Avery of Acadia University. The program engages anglers to help in surveys, report tags, measure population dynamics and gather traditional/local knowledge about striped bass in the area. For more information, see www.stripedbass.ca.

Provincial Symbols—Tree: Red Spruce

The red spruce (*Picea rubens*) (see May 25) is common throughout the province and is one of the characteristic trees of the Acadian forest. It is shade tolerant, and while it grows slowly compared to other trees, its long life (250-450 years) allows it to grow as high as 40 metres or more under optimal conditions. In Nova Scotia, 30 metres is more typical. Red spruce makes up the largest percentage of lumber harvested in Nova Scotia; it is the second-most common species used for pulpwood. It was selected as the provincial tree based on its economic importance to the province. (PK)