

CATTAILS ON THE COB

Ingredients

Cattail spikes

Water

Butter



Directions

Gather green cattail spikes of early spring. Clean off in cold water. Place in a pot and cover with water, boil for 10 to 15 minutes. When done, drain and serve with butter. Eat like corn on the cob.

Cattail Information

Cattails can grow to a height of 10 feet. They are found in any marshy areas.

CATTAIL SHOOTS: Are easily pulled and have a syrup core which is eaten like celery, cooked or raw. The spikes taste similar to corn.

YELLOW POLLEN: When dried and sifted can be used as flour; either alone or mixed half & half with conventional flour.

ROOT & ROOTSHOOTS: Sprouts: Boiled are good with butter or when cooked with meat.

CATTAIL POTATOES: Are found below the shoots and when peeled can be used raw in salads or cooked as potatoes.