



The **Piko Piko** fern is truly native to New Zealand and is high in Vitamin E.

Its species name is *Asplenium Bulbiferum*. New fronds are edible and considered a delicacy, and can be used as both a vegetable or a garnish.

They are known as “bush asparagus”, and should be picked at 5 – 6 cm, and prior to blooming into a full frond.

Why not try making your own **Piko Piko** Pesto:

#### **Ingredients**

1/4 cup sunflower oil  
2 cloves garlic  
100 gms sunflower seeds  
500 gms **Piko Piko** stems  
pinch salt

#### **Method**

Lightly toast the sunflower seeds with sunflower oil in a frying pan, until golden brown.

Wash and clean the **Piko Piko** stalks making sure to remove any speckles and fern leaves from the stalk. This removes any bitterness.

Place the cleaned **Piko Piko** into salted boiling water for 1 hour.  
Remove the boiled **Piko Piko** and roughly cut into small pieces.

Place the toasted sunflower seeds, oil and garlic into a blender and blend for 1 minute.

Add the chopped **Piko Piko** and blend again for 30 seconds.  
Adjust seasoning accordingly.

#### **Cooking Tip**

Do not over blend the pesto, to keep it chunky for a better flavour & appearance.  
Serve as a condiment with all types of food.

YOUR HOSTS - JANENE & ROB

37 Kupe Drive, Whitianga 3510, New Zealand | **Phone** 027 226 6722 | **Internat.** 0064 27 226 6722  
**Email** [info@tussocklodgewhitianga.co.nz](mailto:info@tussocklodgewhitianga.co.nz) | **Web** [www.tussocklodgewhitianga.co.nz](http://www.tussocklodgewhitianga.co.nz)