



RAMPS!

USING



- Store by gently wrapping roots and leaves
- in damp paper towels and place in an airtight bag or container.
- Clean thoroughly in cool water to remove dirt and sand.
- Preserve ramps by pickling them or making ramp butter.

COOKING

Saute ramps (whites and greens) in olive oil, salt, and minced garlic for a side of greens, mixed into pasta, stir-frys, or breakfast omelets, frittatas and quiches.

Make a **ramp pesto** by mixing ramps (whites and greens), nuts (pine nuts, pecans, walnuts, or almonds), olive oil, parmesan cheese, garlic, salt and pepper in a food processor or blender.

Make a **creamy potato and ramp soup**. In a large pot, saute chopped ramps and diced potatoes in oil until ramps are tender. Pour in broth (chicken or veggie) and simmer until potatoes are tender. Then add heavy cream and warm the soup. Season with salt and pepper to taste.

Pickle the whites of the ramps by packing them in an airtight jar and adding a hot brine (marinade) of water, vinegar, honey, and salt and your choice of seasonings (chile, allspice berries, mustard seeds, coriander seeds, cumin seeds, peppercorns, etc.). Screw lid on container leaving 1/4- to 1/2-inch space at the top.

Make **ramp butter** by mixing 1/2 lb of chopped ramps into 1 lb of soft unsalted butter. Season with salt and pepper to taste. Wrap in parchment paper, wax paper, or plastic wrap to store in the refrigerator.

ZUCCHINI FRIES

INGREDIENTS

4 SERVINGS

- 2 zucchinis, cut in fry shape
- 1 cup Panko bread crumbs
- 1/4 cup flour
- 2 Tbsp. Parmesan or other cheese, shredded
- 2 eggs
- 1/2 tsp. garlic powder

DIRECTIONS

1. Preheat oven to 425°F. Line a baking sheet with foil and add a rack on top (optional). Spray the rack and foil.
2. Lightly salt the zucchini fries. After 3 minutes, pat dry with a towel.
3. Take out 3 bowls. In the first bowl, add the flour. In the second bowl, beat the eggs. In the third bowl, mix together the panko bread crumbs, parmesan, garlic powder, salt and pepper to taste.
4. One at a time, dip the zucchini fries in flour, then coat with egg, then coat with the panko breadcrumb mixture.
5. Place on the baking sheet; spray with oil on top and then bake for 20 minutes or until golden brown.

● Vegetarian

● Dairy-free

THE FOOD

LAB

- J. KEVINI LOPEZ-ALT

MICRO-STEAMED VEG

THE EASIEST & FASTEST WAY TO GET PERFECT STEAMED VEGETABLES

INGREDIENTS

- **Asparagus**, washed and bottom ends trimmed
- Paper towels
- OR fresh **green beans**, washed and ends trimmed
- OR a clean cotton kitchen towel
- OR ears of **corn** in the husk

DIRECTIONS

1. Place asparagus OR green beans in a single layer on a plate and season with salt and pepper. OR place corn, in the husk, on a plate.
2. Dampen a double layer of paper towels or the kitchen towel completely with water. Place over vegetables to cover.
3. Microwave on high for 2 1/2 - 6 minutes, depending on your preference and the vegetable (corn takes longer) until the vegetables are bright colored and tender but still have a bit of crunch.
4. Carefully remove the towel (and corn husks when cool enough) and serve as you please.

Serving Ideas

ASPARAGUS: try tossed with a vinaigrette and toasted walnuts OR a creamy sauce like hollandaise, Alfredo, or butter and salt.

GREEN BEANS: try tossed in olive oil and lemon juice and topped with chopped olives, chopped almonds, and chopped parley. Season to taste.

CORN: try rubbed with butter or oil and seasoned with salt, garlic powder, chili powder, and finely chopped scallions/green onions.

- Vegetarian
- Vegan
- Gluten-free
- Dairy-free



<https://mountainwise.org/producerx/>

COLESLAW

6 SERVINGS

INGREDIENTS

- 8 cups of thinly shredded cabbage (try a mix of green and purple)
- 2 medium carrots shredded
- 1 cup mayonnaise (or vegan mayonnaise)
- 3 Tbsp apple cider vinegar
- 2 Tbsp sugar or honey

DIRECTIONS

1. Mix the cabbage and carrots in a large bowl.
2. With a whisk in a small bowl mix the mayonnaise, apple cider vinegar, white sugar, and salt and pepper to taste until smooth.
3. Pour the dressing over the cabbage. Toss until the cabbage is well coated then serve.

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