

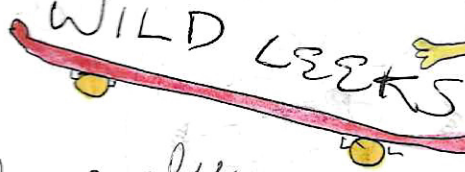
# RAMPS! A K A

*Allium tricoccum*

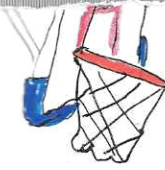


WILD ONION

OR



WILD LEEKS



Find them in the early  
thaw, follow your nose  
to where they  
grow

THEIR 5-7 year  
gestation cycles  
means don't  
overharvest!

Plants have  
2-3 elliptic,  
oblong-oblancoate  
leaves

HARVEST  
IN CLUMPS  
THEN  
RETURN  
2/3 OF  
CLUMP  
BACK TO  
SOIL

FOUND IN  
RICH, MOIST  
PATCHES OF  
DECIDUOUS  
SOIL

MINIMIZE  
SOIL DISTURBANCE  
WHILE  
DIGGING

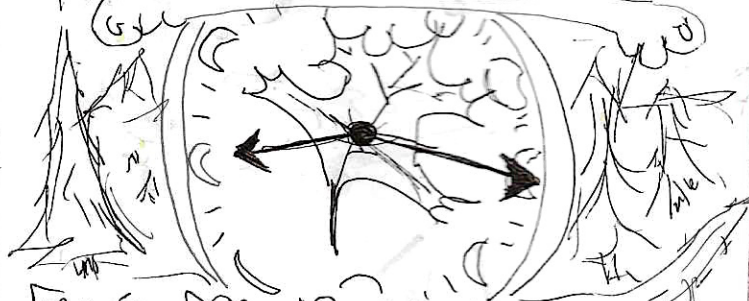
Check  
near  
sugar maples

Best w/ : Ramp  
- scrambled eggs  
- grilled cheese  
- pesto pasta  
- BURRITOS

Flavors: garlicky, oniony  
pungent!

Brought to you by Pans for Feeding Trevor APRIL 2021

HELLO AND WELCOME



FANS FOR FEEDING TREVOR

IS SEEKING RAD CONTRIBUTORS

FOR UPCOMING ISSUES.

TAKE THIS TREMENDOUS

OPPORTUNITY TO GROW

ALONGSIDE THIS EPHEMERAL

INTERPRISE. HOW DO I

KNOW THIS IS GOOD? WELL

LET ME TELL YOU MAN,

TREVOR'S GOTTA EAT.

HE'S JUST SO HUNGRY.

PERIOD. WHAT ARE YOU

WILLING TO COOK FOR

HIM? OKAY, NOW CAN

YOU WRITE THAT DOWN?

AND SLOWLY.



PROUD  
to be  
RAMPEN

Any stand of ramps in the forest offers an olfactory kickstart to the foraging season. Woods you may have seen under a blanket of snow during slump season now stand brown and bare except for the vivid green patches of quick-draw spring ramps. As you draw near the clump of pungent plants, you can begin to smell the onion in the air. Digging with a special small hand tool, find a clump with large ramps and loosen the dirt nearby the bulbs. Gently work the soil until you can remove a few choice ramps to keep before returning the majority of the clump back to the soil. Cover any bare soil with leaves to prevent invasive spread. Alternate where you harvest. Cook with what you harvest.

Soak bulbs in water. Trim roots to bulb. Separate bulb from leaves. Bulb can be cooked like garlic or shallots. Leaves can be lightly cooked or served aromatically. Also process leaves into pesto to freeze for storage.