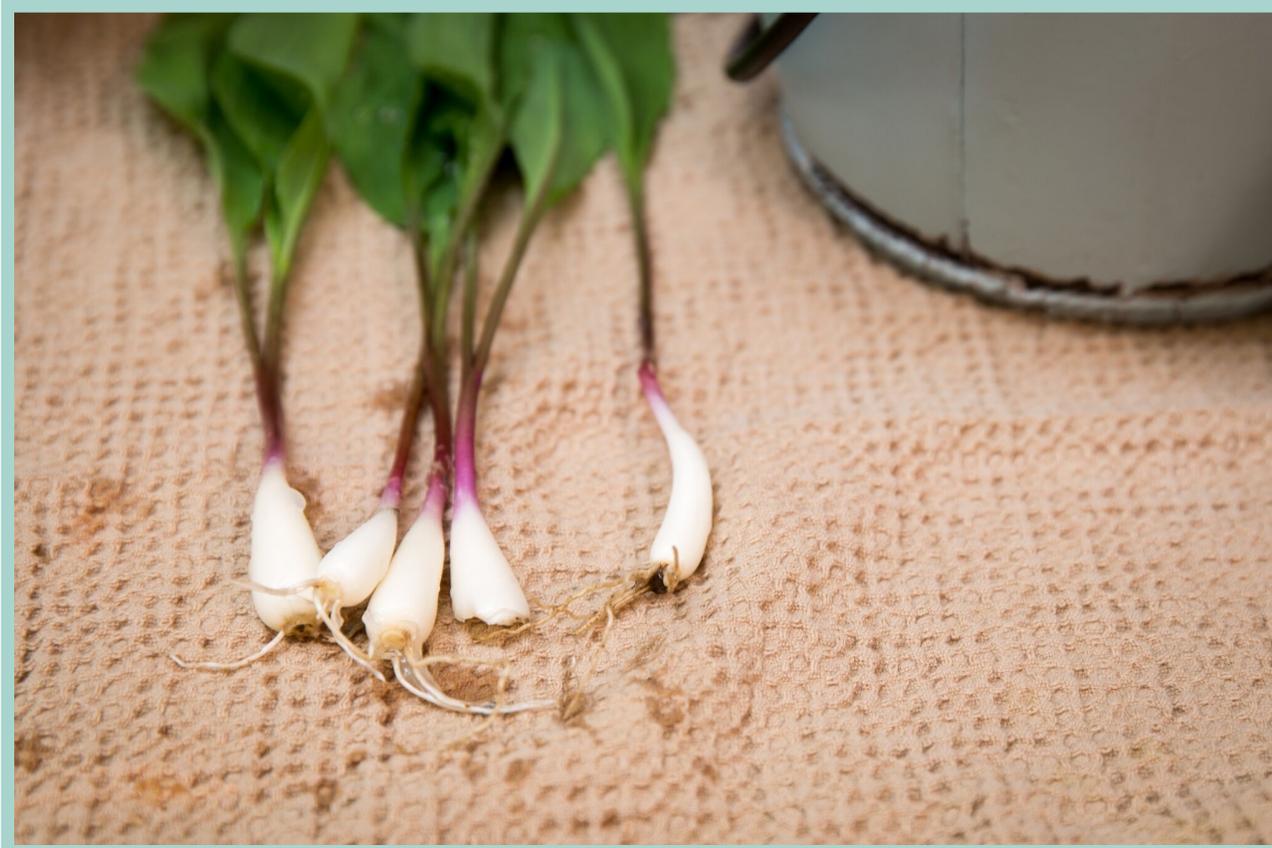




Ramp Pesto Potato Salad



Ramps are a wild leek that pop up in the woodland of Kentucky in early spring. You will spot these wild edibles' tulip like leafy greens growing in patches in shaded areas of the woods. When harvesting be sure to only take up to 1/8 of the bulbs in the patch to avoid over harvesting. You can cut the leaves above ground for a more sustainable harvesting method. The pungent bulbs are similar to garlic in shape and application; a little goes a long way. The spicy leaves make delicious pestos and add an extra punch to sautéed greens, stir fried dishes. Ramps are a nutritious allium high in vitamin A, C, and K. They are also high in iron and filled with beneficial minerals which protect your heart and support a healthy immune system.



Serves 3-6

- 1 Bunch of Ramp Leaves (about 2 cups roughly chopped)
- 3 Ramp Bulbs, quartered
- 1 Handful Fresh Spinach (about 1 cup)
- 2 tablespoons Lemon Juice
- 1/4 cup Toasted Pine Nuts
- 1/2 cup Freshly Grated Parmesan Cheese
- 1 teaspoon Salt
- 1/4 teaspoon Black Pepper
- 1 Pinch Foxhollow Farm Crushed Red Pepper
- 1/2 cup Extra Virgin Olive Oil
- 1 lb of small new potatoes

Place all the above ingredients, excluding the olive oil, into a food processor. Pulse a couple times to start mixing then turn on medium speed and slowly pour in the olive oil. Once all the olive oil is poured in continue to mix until it is a smooth consistency.

Place potatoes in luke warm water and bring to a boil. Drain and toss with pesto.

For other ideas mix pesto with pasta, spread on a savory sandwich, or use as a dip.

Salud!