

RAMP PESTO PASTA

From the Kitchen of: Madeline Mariasy, Community Member



Preparation Time: 10 minutes | **Cook Time:** 12-15 minutes | **Yield:** 4 bowls

Common Allergens: Wheat (Optional), Tree Nuts, Milk

This pesto utilizes ramps, otherwise known as wild garlic! Ramps are a leafy wild vegetable with a pungent flavor similar to garlic. They are native to the Midwest and Appalachian regions of the United States and are a rare and prized ingredient for chefs due to their unique flavor, limited availability, and short harvest season.



Madeline feels lucky to be able to purchase ramps at the Ann Arbor farmers market. This meal helps them feel “connected to our local ecosystem,” while embodying the flavors of spring and early summer!

Madeline loves sharing this recipe with others to help them celebrate local, native food options and support local farmers markets.

INSTRUCTIONS:

- Prepare pasta according to the instructions on the package. Reserve $\frac{1}{4}$ cup of the pasta water before straining.
- Gently wash and chop the ramps.
- Add the ramps, walnuts, parmesan, and lemon zest to a food processor or blender. Pulse a few times to combine the dry ingredients.
- Slowly add the olive oil into the food processor, and pulse until a desired pesto texture is reached. Taste the pesto and add salt, pepper, and lemon juice as desired.
- Return the drained pasta to the pot, add the pesto and some pasta water if needed to help the pesto stick to the noodles. Stir to coat the pasta in the pesto.
- Garnish the pasta with extra parmesan cheese and red pepper flakes (optional)
- Serve and enjoy! Madeline likes this dish with a piece of local, crusty bread.

INGREDIENTS:

- $\frac{1}{2}$ pound rotini or radiatore pasta (or pasta of choice)
- 1 bunch ramps, roughly chopped
- $\frac{1}{2}$ cup toasted walnuts, chopped
- $\frac{1}{2}$ cup parmesan cheese, grated (or nutritional yeast)
- Zest of $\frac{1}{2}$ a large lemon
- $\frac{1}{2}$ cup extra virgin olive oil
- 2 teaspoons fresh lemon juice
- Salt & pepper, to taste
- Red pepper flakes, to taste (optional)

FORAGING FOR RAMPS:

Though ramps are delicious, wild ramp populations are declining due to overharvesting. It takes 5-7 years for one ramp to grow!

Foragers should be careful not to harvest the entire plant or patch of ramps. Try cutting just one leaf, and leave the rest of the plant to continue growing.

Please forage responsibly!