

HOO HIROG[N]NA WIIRA
April: Fish Appearing Moon

HARVEST OF THE MONTH

Ramps

ABOUT RAMPS

- Ramps are similar to green onions, leeks, and garlic, and grow early in the Spring.
- They are native to Eastern North America and are often found in forest floors. There are three known types of ramp plants.
- Ramps can take up to 2 years to germinate as they need warm and cool periods for their growing process.
- Nutrition for 1 cup: 55 calories, 13g carbs, 0g fat, 1g protein

THINGS TO REMEMBER

- If you are growing ramps, place them in an area with partial sunlight and moist, well-draining soil.
- Water ramps often, keeping them moist.
- When harvesting ramps, only remove one leaf. If you are wanting the bulb, cut the plant so at least a third of the root remains to regrow.
- Never harvest more than 10% of a ramp patch, and try not to harvest the same patch more than once every 5 years.

WILD RAMP SALT

INGREDIENTS:

- 2 Tablespoons dried and powdered ramp leaves
- 1 Tablespoon fine sea salt

STEPS:

- Dehydrate whole leaves in dehydrator for 3-4 hours or low oven for ~1 hour, or longer if needed. They should be brittle. Crush or grind leaves after.
- Mix the ramp leaves and sea salt. Store in airtight container.
- Sprinkle on your favorite savory dishes or salads.



Ramps cannot be foraged at State Parks or other State lands in Wisconsin. Be sure to ask permission if wanting to forage on private property.

**For more information Contact
a HCN Registered
Dietitian/ Nutritionist:**

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HCN HEALTH & WELLNESS DIV.
<http://health.ho-chunk.com/>**

<https://learningandyearning.com/wild-ramp-salt-and-foraging-tips/>
<https://www.masterclass.com/articles/ramp-plant-guide#how-to-grow-ramps>
<https://www.myfitnesspal.com/food/calories/ramps-196245526>

