



# FOREST MUSHROOMS

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INC.

ST. JOSEPH, MN

*Growers & Distributors of Specialty Mushrooms since 1985*



**Ramps (Wild leeks)**, are a type of wild onion harvested in early Spring in the rich Woodlands of the Upper Midwest and the Appalachian mountain range. Both the bulb and the greens of this wild vegetable are edible and packed with flavor. Ramps are often prepared with potatoes, but can also be used to flavor sauces or in any application where onions or garlic might normally be applied. Perhaps one of the most famous application of ramps is in the preparation of **Vichyssoise**, which is a thick soup made of pureed leeks, onions, potatoes, cream and chicken stock. It is traditionally served cold, but can also be eaten hot. There can be from 40-80 ramps per pound, with the count per pound going down as the sizing gets larger later in the harvest season. **Ramps are in season from early- to mid-April through late May.**