

Wild Ramps

Look:

Wild ramps grow from a bulb that looks like an egg usually in a group of 2-6. The bulbs are white and produce wide, flat light green leaves that are 20-30 cm long with a narrow stem.

Taste:

Ramps have a strong smell like garlic and a clear onion taste with just a hint of garlic.

Touch:

Wild Ramps leaves feel soft, smooth, and slightly rubbery, but are still delicate and tender. The bulb is fibrous with thin delicate roots.



Ramps mature slowly taking up to 7 years to reach a harvestable size.



Did you know?

Ramps are in season only for a few weeks in the spring!



Health Benefits

Vitamin A

- Vision
- Immune Function

Vitamin C

- Immune Support
- Iron Absorption

Folate

- Brain Health

Iron

- Oxygen Transport
- Energy