

RAMP

Marketing Guide

Ramp Prices

Prices for Fresh Ramps:

Farmer's Market and Restaurants: \$8-\$12/lb

Due to increasing demand from high end restaurants and ramp festivals, the price of ramps have increased dramatically. Wild populations have taken a hard hit, as a result. In order to meet demand and increase and sustain ramp populations, there is a pressing need for more growers.



Health Benefits

Considered a spring-time, medicinal tonic by early settlers in the Appalachian mountains, ramps are remarkably high in vitamins A and C, and also boast a significant amount of iron, selenium, chromium, and fiber. This mineral content assists with the metabolism of fats, carbs and insulin. Ramp's high vitamin A and E counts, are essential for the formation of healthy teeth, bones and skin.

Value-Added Benefits

Ramps can be made into value-added products to help preserve them and increase their profit margin. Here are a few examples of products and their average price at farmer's markets:

- **Pickled Ramps:** \$4.50-\$6/16oz jar
- **Ramp Pesto:** \$7/8oz jar

Ramp Recipes: Creating Value-Added

Pickled Ramps *Serving Size: 2 Cups*



Photo & Recipe by:
www.marthastewart.com

- 1 cup white-wine vinegar
- 1/2 cup sugar
- 1 1/4 teaspoons coarse salt
- 1 teaspoon whole coriander seeds
- 1/2 teaspoon fennel seeds
- 1/4 teaspoon whole black peppercorns
- Pinch of crushed red-pepper flakes
- 3 sprigs fresh thyme
- 10 ounces ramps, trimmed & rinsed well

Stir together vinegar, sugar, salt, coriander seeds, fennel seeds, peppercorns, red-pepper flakes, thyme, and 2 cups water in a medium saucepan. Bring to a boil. Add ramps; return to a boil. Reduce heat, and simmer until tender, 5 to 7 minutes. Remove from heat, and let cool completely, about 1 1/2 hours.

Pickled ramps can be refrigerated in their liquid in an airtight container up to 1 month.

Spaghetti with Ramps



Photo & Recipe by:
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- Coarse salt
- 1 lb dry spaghetti or linguine
- 3 tbsls extra-virgin olive oil, plus more to drizzle
- 8 oz fresh ramps, white root ends & green leafy tops separated
- 1-2 tsp red pepper flakes
- 2 tsp dry breadcrumbs

Bring 6 quarts of water to a boil in a large saucepan over high heat. Add 2 tablespoons salt and return to a boil. Add spaghetti and cook according to package direction, until tender but still al dente.

Heat olive oil in a 12-to-14-inch skillet over medium-high heat. Add root ends from ramps to pan and cook, stirring, until tender. Season with red pepper flakes and salt. Add leafy greens from ramps and cook, stirring, until wilted.

Drain pasta and add to skillet. Toss gently to coat pasta with sauce. Divide pasta evenly between 4 warmed plates. Drizzle with olive oil and sprinkle with breadcrumbs. Serve immediately.

Ramp and Parsley Pesto

Serving Size: 1 1/3 cup

APPALACHIAN
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DEVELOPMENT

- 2/3 cup walnuts
- 1/2 cup olive oil
- 1/2 cup grated parmiggiano-reggiano cheese
- 1 small bunch parsley
- 1 small bunch ramps or thin green garlic
- Pinch of salt

Toast the walnuts in a dry frying pan over medium heat, tossing from time to time, for 5-7 mins. Bring a kettle of salty water to a boil. Fill a bowl with ice water. Blanch the parsley in the boiling water for 1 min, then submerge it in the ice water. Cut off the leaves of the ramps. Blanch the ramp leaves in the boiling water for 30 sec. Douse in ice water. Drain the parsley & ramp leaves, then put them in a kitchen towel & dry well. Chop the parsley, ramps and walnuts. Put into a food processor. Add the cheese & a pinch of salt. Buzz the mixture together a few times, then, with the motor running, drizzle in the olive oil slowly. Stop the processor immediately after oil is incorporated. Add salt if needed. Serve within a couple days. For storage, keep covered in the fridge with a thin layer of olive oil over it. Freeze extras.



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121 Russell Rd,
Abingdon, VA 24210

Phone: 276-623-1121
Fax: 276-623-1353

Website: www.asdevelop.org