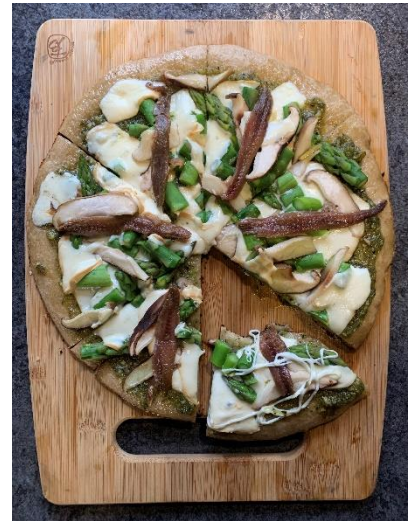


Spring Ramp Pesto Pizza

Ramps grow wild in parts of Canada, New England, and as far south as Georgia and west to Oklahoma. They're a type of wild onion with a unique garlicky-onion flavor and make a delicious pesto. Ramp leaves appear from March-April and last until mid-May, depending on local climate. Usually, once they appear they only last a few weeks. Use them quickly, the day you pick/buy them is best as they only last a couple days in the refrigerator.

You can purchase ramps in many grocery stores, especially local and/or natural foods stores and farm markets that are foraged sustainably. Do not forage on your own if you've never done it; find someone that does so sustainably (if they are willing to let you in on their secret places to find them). This [website](#) provides information about buying, storing, and cooking ramps.



Ramps are a good source of vitamin A (in the form of beta-carotene), vitamin C, iron, selenium, and chromium.

Nuts provide healthy fats, fiber, and micronutrients such as manganese, magnesium, phosphorus, iron, copper, zinc, riboflavin, folate, and vitamin E.

What you'll need:

- Pizza crust of choice. I usually use a gluten-free buckwheat sorghum crust from [Berkshire Mountain Bakery](#) or [Ugly's Gluten Free Pizza Crust](#) (celiac safe).
- Ramp pesto ingredients
- Cheese of choice. I tend to use dairy-free such as [this](#) homemade one using butternut squash (it's delicious and melts well) or [Miyoko's Cashew Cheese](#).
- Spring vegetables for toppings such as wild mushrooms and asparagus.

Ramp Pesto Ingredients:

- 8 oz ramps, rinsed well and dried (with kitchen towel or salad spinner)
- ¼ cup raw/toasted walnuts or pine nuts
- 1/3 cup Extra Virgin Olive oil (or more for desired consistency)
- 1 small handful flat parsley (optional)

- ¼ tsp salt
- 1/8-1/4 cup parmesan cheese (optional)
- 1/8-1/4 cup nutritional yeast (optional, instead of parmesan cheese)
- Fresh black pepper, cayenne, hot sauce (optional).
- Variations: instead of ramps, use one or more of the following – spinach, kale, basil and add in a couple cloves of garlic.

Pesto Directions:

- Place ramps, parsley, salt, and nuts in food processor and pulse until finely chopped.
- Add olive oil and process until desired consistency.
- Add nutritional yeast/parmesan if using and pulse to combine.

Pizza Ingredients:

- Two 8-10” pizza crusts
- 1 recipe ramp pesto (or basil pesto)
- 1-2 cups chopped, blanched asparagus (spears and tops)
- 2 oz. sliced/chopped mushrooms
- 4-6 ounces cheese of choice grated or sliced
- Red pepper flakes (optional)
- Anchovies (optional)
- Snipped chives (optional)

Pizza Directions:

1. Preheat oven to 425°F (or a gas/charcoal grill)
2. Spread pesto as desired, sprinkle on cheese, and add vegetables.
3. Bake in oven or grill about 10-15 minutes or longer depending on type of crust used. Check frequently.
4. Sprinkle with red pepper flakes and/or snipped chives if desired. Cut into wedges and enjoy.