



A Guide to Wild Food Storage, Cleaning, Preparation and Cooking
by Jeremy Morrow and Danielle Kipnis / WILD FOODS - A Division of BIG SIN INDUSTRIES

RAMPS / WILD LEEKS

STORE

- Store unwashed in the refrigerator with ramp leaves lightly covered in a damp paper towel in an open plastic bag (a one-gallon bag, re-used bread bag, or basic plastic grocery bag works well). Stays fresh for around one week.

WASH

- Wash ramps by hand, using fingers to remove any dirt and the outer film (if present) near the base.

PREPARE

- Trim off the rootlets (not the bulb) and pat dry. Ramps can be left whole or cut to suit any dish.

COOK

- Simply, cooked whole or halved and sautéed in olive oil with salt. Chopped and sautéed ramps can be blitzed into bean dips (hummus), babaganoush, folded into omelettes, or mixed into sautéed dishes (fried rice, risotto, etc.). Great in pastas. Charred, diced, then mixed into butter to make ramp butter. Very versatile.

GARLIC MUSTARD

STORE

- Place entire plant in 2-3 inches of water, like flowers. Keeps for a few days.

WASH

- Thoroughly rinse entire plant, removing all dirt and particles.

PREPARE

- Top 1/3 of plant is most useful. Stems at the top can be used with leaves attached, or leaves alone can be plucked from the plant for use. Some clean the root and use it like horseradish.

COOK

- Try it raw. Bitter, sharp, and a strong mustard taste. Spicy salad garnish. Works well sautéed with rich meats, like chorizo, pancetta, or bacon. Nice in soups. Excellent in pestos and dips.

JAPANESE KNOTWEED

STORE

- Store rinsed in an open plastic bag. Stays fresh 5-7 days max.

WASH

- Thoroughly rinse stalks.

PREPARE

- Tightly wrapped leaves at top should be left on the plant. Remove fully opened, larger leaves on stalk. To be extra safe, slice in half long-ways, down the stalk, to split the knotweed in two long U's. Rinse any dirt from interior. Once sliced in half, cut any way.

COOK

- Try a little raw - sour, like rhubarb! If sauteeing, which is nice, keep on heat for 15-30 seconds max, as knotweed becomes slimy the more it cooks. Test a few small pieces first to find the sweet spot. Add to sautéed dishes for something different. Diced and flash sautéed, it is nice in grain salads. Many enjoy a bit of it in green salads, too. Knotweed jam is delicious - cook it down and combine with complimentary fresh or frozen fruit (think cherries, berries, etc.), cook it down further, add a little water, and add sugar (then cook it a bit more).

FIELD GARLIC

STORE

- Rinse, then keep bulbs and rootlets in 1-2 inches of water, like flowers. A taller vase or glass helps keep the greens up. A nice trick is to place the glass in the bottom shelf of the refrigerator door, then weave it up through the door shelf opening above.

WASH

- Thoroughly wash entire plant. Use fingers to remove dirt from bottom.

PREPARE

- Remove the outer most layer (if necessary)- sometimes, it can be a bit tough and dry. Chop finely when using like diced or minced garlic.

COOK

- Like a garlic-chive hybrid. It works in nearly everything savory, and can be a nice, fresh replacement for conventional garlic. Slightly less bite than conventional garlic.

FIDDLEHEAD FERNS

STORE

- Rinse well, then pat or drain dry well, and store in an airtight container with a folded paper towel at the bottom.

WASH

- We've pre-washed the fiddleheads for you, but encourage checking for any brown bits. If you see any, remove them. If ends become browned - no problem, it's normal. Just trim that part off.

PREPARE

- Keep whole. Some cut them, but they're so swell whole!

COOK*

- *It is important to boil (strong boil) the fiddleheads in shallow water for a minimum of 3 minutes before further cooking. We recommend boiling 3-4 minutes, then sautéing them in olive oil with salt and pepper as a place to start. They work great in salads, pasta, and so much more. Lots of creative ideas on the world wide web!