The season for foraging for fiddleheads, ramps, dandelions, and morel mushrooms in the woods has just begun, and free healthy food will continue to be available for those willing to forage for it. Michigan woods and waters are full of edible foods waiting for consumption. Did you know a cup of morel mushrooms have 44 percent iron and 34 percent of Vitamin D? Ramps and Fiddleheads contain a high percentage of Vitamin A - in fact, most wild foods have a higher percentage of nutrients. In the summer there are the popular blueberries, raspberries, blackberries and sumac berries. Other plants that are edible are nettle leaves, lambs quarters, cattail roots, and sheep sorrel. If you are not privy to owning acreage or wooded area then remember to harvest only on state land or parks, national forests or private property with landowner permission. Avoid over harvesting, leaving some behind for others and for sustainability for future growth - don’t be greedy! The most important aspect of foraging for food is getting out in the woods! Finding someone local who is a skilled forager to take you is a great first step. It’s also important to remember that though foraging can be a fun, healthy, and natural way to appreciate truly local food, most foods that are foraged have been an important part of indigenous cultures for generations! Thank you for supporting local food!

Producer Spotlight
Magnolia Farms
Magnolia Farms is a three quarter acre urban farm located on Lansing’s Eastside. Founded in 2016 by Egypt Krohn, Magnolia Farms now serves as an incubator farm—providing space for emerging local farmers to develop their farm business. This year, the farm is being managed by Aliza Ghaffari and Nathaniel Kermiet. Aliza and Nathaniel have a combined 20 years of experience growing fruits and vegetables in urban and rural settings. They have both completed organic farming certification programs at MSU and worked on a diverse array of small farms in Georgia, Kentucky and Michigan. Nathaniel and Aliza are passionate about building soil health and focus their growing methods around limiting tillage and usage of gas powered machinery. They believe that health disparities must be addressed through an approach that centers food justice and racial equity and they carry that belief with them in their work as farmers and small business managers.

Crop Profile
Ramps
A foraged delicacy, ramps are like a wild leek but with a more pungent and garlicky taste. Their leaves, stalk, and bulb are edible, and they only appear for about a month or so in the spring, making them a pricey treat. You may be able to find ramps under the shade of deciduous trees in rich soil. Ramps are also important in indigenous cultures - they have long been foraged by indigenous populations (like the Anishinaabeg and Cherokee) as food and medicine, and are even part of folklore. However, the present foraging techniques and the quantities being harvested have consequences that are of concern to botanists, environmentalists, and naturalists. Ramp populations and their preferred habitats are declining in many areas. When foraging for ramps, you should only take the largest ramps from a cluster, and only a handful per cluster at that, and cutting them above the roots to ensure more can grow! Ramps are consumed raw or cooked in soups, pesto, accompanying egg dishes, and sautéed with seasonal foraged wild greens or morels!
Recipes and Tips!

Wild Ramp and Shiitake Mushroom Risotto
1 1/2 cups dry Arborio rice
7-8 cups warm vegetable broth
Veggie Box ramps, rinsed and cleaned
1/3 cup of Veggie Box onion, diced
2 T butter
1/2 cup dry white wine
1/3 c grated Parmesan cheese
Veggie Box shiitake mushrooms, sliced
2 cups coarsely chopped Veggie Box spinach
juice of one lemon and all of its zest
salt and pepper to taste
Veggie Box parsley to taste.

Cut leaves off of ramps, starting at the stem. You
should have two piles, one with leaves, one with stems.
Coarsely chop the stems, then do the same with the
leaves, keeping them separate. In a saucepan, melt
the butter, then add the onion, pinch of salt, and stems
of the ramps. Cook for about 2 minutes, until both are
translucent. Then stir in rice and mushrooms, cooking
for another 2 minutes. Add white wine, bring to a
simmer and stir until absorbed. Add one cup of warm
stock and stir until absorbed. Continue adding stock by
the cup and stir, stir, each time letting it absorb
into the rice. (If you don’t let it all absorb the rice will
get gummy) Cook until rice is al dente, then stir in
spinach and ramp leaves. These will only take about a
minute to cook down. Finish the risotto by mixing in the
lemon juice, lemon zest, and Parmesan. Add salt,
pepper, and chopped parsley by 1/4 teaspoon to taste
until flavors pop!

Sautéd Turnips with Ramps and Egg
1/2 of Veggie Box ramps, chopped
Veggie Box turnips, sliced
Veggie Box turnip greens, chopped
2 eggs
salt and pepper to taste

Slice the turnip, and chop the greens. Chop the
ramps, stem and all. Sauté the turnips in butter,
covered, for a few minutes until they begin to soften.
Then add the ramps and turnip greens, cooking for a
few minutes more. Fry two eggs and place on top,
and season with salt and pepper. Enjoy!

What’s the Difference Between a Turnip and a Radish?

Radishes come in many shapes and sizes. Some
favorites include the “French Breakfast” radish, long
and thin and often served with salted butter, the daikon
(also known as a Japanese radish) which is pale white
and suitable for more long-term storage, this week’s
Shunkyo which are both spicy and slightly sweet,
Watermelon radishes, and numerous others that are all
crunchy and delicious. Radishes are best served raw
and are great companions to any kind of dip or dressing.

Turnips are similar root vegetables that have firm, white
flesh but the greens are also edible. Side note: rutabagas (yet another delicious root vegetable)
originated as a cross between a cabbage and a turnip;
they’re a little sweeter, but can be treated in most all
the same ways. Turnips are often harvested when
they’re small for human consumption, but larger
varieties are used as feed for cattle and livestock.
Turnips are often boiled and sometimes pickled, sautéed in salt and soy sauce!

Spring Frittata with Charred Ramps
4 eggs (preferably at room temperature)
2 egg whites (also ideally at room temp)
1 tbs milk
1/3 of Veggie Box ramps
Veggie Box shiitake mushrooms, sliced
1 medium Yukon gold potato, thinly sliced
Cheese!
Handful of fresh chives, chopped
Veggie Box spinach
Salt
Black pepper

Preheat your oven to 400. Whisk together eggs, egg
whites, milk, salt, and pepper. Set aside on your
counter. In a skillet over medium heat, add some
olive oil, and when hot, sauté the ramps whole (make
sure they’re dry when they go in) until softened.
Sprinkle with a pinch of salt. Remove from heat and
set aside. While ramps are cooking, warm a cast iron
skillet over medium-high heat. When hot, add
enough olive oil to coat the bottom of the pan. Add in
potatoes and a sprinkle of salt. Cook for a few
minutes, covered and stirring occasionally, and then
turn the heat down to medium and add mushrooms
with a pinch of salt. Cook, stirring gently until
mushrooms have softened, and then add spinach
and cook a minute more. Add the chopped chives,
salt, and pepper to the waiting eggs, and give a good
whisk. Pour over mushrooms, spinach, and potatoes.
Tilt the pan so eggs cover vegetables and settle into
any nooks. When the eggs start to set, arrange the
ramps on top and crumble the cheese over
everything. Bake for 10-15 minutes, or until the eggs
have set. Enjoy!