

Trailside Pesto

with garlic mustard
and stinging nettle



INGREDIENTS

- 5–6 oz stinging nettle leaves, blanched
- 2–3 oz garlic mustard leaves
- ¼ cup grated parmesan cheese
- Salt and pepper to taste
- 1–2 tablespoons olive oil
- Ground sunflower seeds
- 1 garlic clove (or wild ramp if in season!)
- Optional: creeping Charlie / catnip

DIRECTIONS

1. Blanch the stinging nettle leaves for 30–60 seconds in boiling water. This deactivates the 'sting'. Dry the leaves on paper towels.
2. Blend all ingredients, except for the olive oil, in a food processor.
3. Slowly add in olive oil until you are happy with the consistency.
4. If you're serving with pasta, stir in a bit of reserved pasta water to loosen the pesto and help it spread. It adds a touch of salty flavor that brings everything together. Enjoy!



DODGE
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Dandelion Fritters

INGREDIENTS

- Dandelion heads, rinsed
- Pancake batter (store-bought mix or homemade)
- Oil of your choice for frying (we use vegetable oil)
- Sugar for coating (powdered or granulated)

EQUIPMENT

- Frying pan
- Fork and slotted spoon

DIRECTIONS

1. Gather dandelion heads. Pick heads that are open.
2. Heat oil in a pan—375°F is great for frying.
3. Make pancake batter (a store-bought mix works great, but feel free to use your favorite recipe).
4. Using a fork, dunk the dandelion heads in the batter and place them into the hot oil. They will darken and naturally rotate in the pan. When they are fully golden brown, use a slotted spoon or fork to transfer them to a paper towel-lined plate to cool.
5. Sprinkle with sugar, powdered or granulated. Enjoy!

Nettle Chips



INGREDIENTS

- Stinging nettle leaves
- Seasoning: salt is recommended, but feel free to use other seasonings you like.
- Olive oil

DIRECTIONS

1. Preheat your oven to 350°F.
2. Wash the nettle leaves and pat dry with paper towel.
3. Toss nettle leaves in olive oil until lightly coated. Be careful not to oversaturate them, otherwise they will be oily.
4. Spread the leaves on a baking sheet and season them to your liking. We tried seasoning them before and after baking—either way works!
5. Bake for 12–15 minutes. Enjoy!



Wild Ramp Soup

INGREDIENTS

- 2 tablespoons butter
- 2–3 whole wild ramps (or leeks), whites minced, greens chopped
- 2 tablespoons all-purpose flour
- 5 oz cream cheese, room temp
- 1 cup warm milk
- 3 cups vegetable broth
- Nutmeg, salt, and pepper to taste
- Pinch of cinnamon

DIRECTIONS

1. In a large pot over medium heat, melt butter.
2. Add minced ramps (or leeks) to butter. Cook until they are translucent.
3. Add flour and stir until a paste forms, then whisk in 2 tablespoons of milk at a time.
4. Stir constantly until a thick roux forms, 2–3 mins.
5. Add vegetable broth and simmer for 3–5 mins.
6. Add cream cheese and whisk until melted. Add ramp greens.
7. Add nutmeg, salt, pepper, and cinnamon to taste.