



SPRING FORAGED MASHED POTATOES

Ingredients:

- 10 potatoes
- 1/2 cup foraged ramp greens or bulbs
- 1/2 cup foraged nettles
- 4 tablespoons butter
- salt and pepper to taste

Notes:

Forage responsibly

Directions:

1. Rinse and chop foraged greens
2. Peel and cut potatoes into chunks
3. Boil until fork tender
4. Drain and return to pot
5. Add in the remaining ingredients
6. Mash & serve warm
7. Enjoy!