

Garlic Scapes

What are they?

Garlic scapes are the stalk of the garlic plant. These stalks do not actually flower. If the scape is left on the plant it will eventually produce a small bulb that can be planted to produce more garlic. Although the scape grows curled, if left on, the scape will straighten out to signal that it is time to harvest the garlic bulb. Some farmers remove the bud in the spring so that the plant's energy is put into growing the garlic bulb instead of the scape. Here at Willow Haven, we remove the garlic scape so that we can enjoy the fresh garlic taste in the springtime!

Storage Tips

Place in a plastic bag in the fridge for two to three weeks. To freeze, you can blanch the scapes for about 2 minutes before packing them away in freezer bags. OR simply chop and freeze in bags without blanching.

Usage Tips

You can use garlic scapes in any way that you would use garlic, cooked or raw. They can be chopped raw into salads, baked into bread, or cooked in a stir fry or mashed potatoes. It makes a delicious pesto. Simply replace basil with garlic scapes in a pesto recipe. This pesto may also be frozen flat in a plastic bag so that you may break off a chunk as needed.

A Vegetable E-booklet



RECIPES

Garlic Scape Pesto

INGREDIENTS

- 10 Garlic Scapes**
- 1/3 C Pine Nuts or walnuts**
- 1/3 C Parmesan Asiago or simply Parmesan dice or shredded**
- 1/2 Lemon juiced**
- 1/8 tsp Fine Sea Salt**
- A few grinds of Pepper**
- 1/3 C Olive Oil**

Adapted from www.vanillaandbean.com

INSTRUCTIONS

1. Trim garlic scapes by cutting just below the bulb.
2. In a food processor, add the scapes, pine nuts, cheese, juice of the lemon, salt & pepper. Process by pulsing until the mixture begins to break down. Scrape the bowl down.
3. With the processor running, slowly add all the olive oil. Continue to process until all the ingredients are incorporated and broken down, about one minute.
4. Store in a covered container or lidded jar in the fridge and enjoy within a week.

Creative Ways to use your Garlic Scapes

- Chop up and use in your scrambled eggs
- Cut into little coins & add to your stir fry or fried rice.
- Pickle them
- Saute and use as a pizza topping
- Grill them
- Finely dice and mix into your next vinaigrette
- Chop and add to dips and hummus for color and flavor
- Chop, freeze in ice cube trays with olive oil. Use when you need some oil to cook with.

Adapted from www.bonappetit.com