



Garlic Scapes

Produced by:



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Fun

Facts:

- Garlic scapes are the flower and stem of the garlic plant and are removed, typically in June, to encourage the bulbs to grow larger.
- Scapes curl upward and typically form 1 to 3 loops, similar to a pig's tail.

Nutrition Information:

- Garlic scapes are high in dietary fiber and have good amounts of vitamin C and beta-carotene.

Preparation:

- When buying garlic scapes, they should feel supple and bend easily. Make sure they don't feel too woody.
- Very little preparation of the scape is needed beyond rinsing. Simply trim off the woody part near the base.
- Garlic scapes can be used in exactly the same way as garlic in any recipe, though they are even more versatile as their garlic flavor is milder.
- The entire scape can be used, stem and bud.

Cooking:

Raw: use in raw vegetable platters with dips, cut into half-inch to inch long sections and add to salads or pasta salads, or chop and sprinkle on pizza.

Grill: leave the scapes whole and toss with olive oil, salt, and pepper.

Place them on a med-hot grill. Turn occasionally until they are slightly browned in some areas. Lightly drizzle with lemon juice and serve. They are great as a side dish with steak or pork.

Roast: leave the scapes whole and toss with olive oil, salt, and pepper (add some balsamic or cherry tomatoes for a nice twist). Roast in the oven at 350°F for 20 minutes; flip the scapes about halfway through cooking.

Purée: purée in a blender or food-processor until no large chunks are left. Add to dressings, sauces, marinades, dips, or combine with some parmesan, olive oil, salt, and pepper and make a delicious scape pesto.

Sauté: slice or chop scapes to desired size and sauté. Add to omelets, stir-fry, quiche, or pasta.

Storage:

- Store scapes in a plastic bag in the refrigerator for two to three weeks.
- Scapes can also be left out on the counter with the stems in a glass of water. They will keep well and make a beautiful “flower” arrangement until you’re ready to use them. Make sure to change the water daily.
- Garlic scape puree can be frozen and the scapes themselves can be pickled and stored long-term.