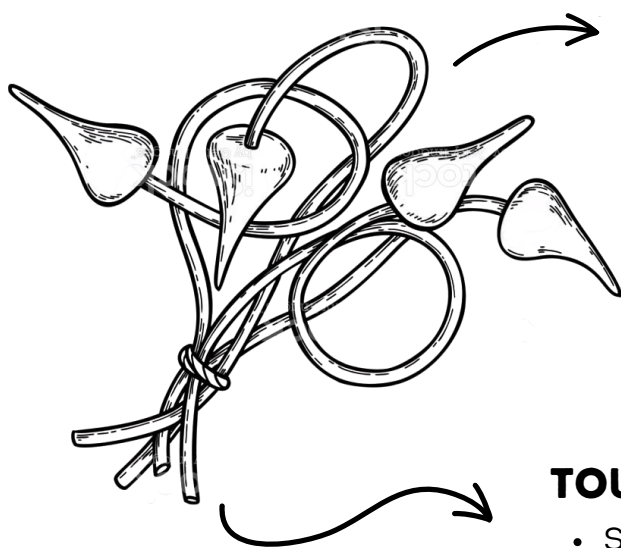


GARLIC SCAPES

WHAT PARTS CAN I USE AND HOW?



THE STEM, INCLUDING THE FLOWER BUD

- Use as you would garlic (use at least *twice as many* scapes as you would cloves!)
- Sautéed, stir-fried, or grilled, much like asparagus or green beans
- Finely chopped and sprinkled over salads or roasted vegetables
- Added to hummus, pestos, soups, stews and much more!

TOUGH STEM (BOTTOM)

- Snap these off where you notice the stem stiffen and use like a bay leaf, simmering them in soups and stews!

WHAT ARE GARLIC SCAPES?? Garlic scapes are the long floral stems that grow from the garlic bulb. They're a bit milder than garlic cloves and can be served cooked or raw. Some people remove the flower bud when they are overly large because it can be fibrous when consumed raw and will cook at a different rate when sauteing or roasting scapes -- so it's up to you!

WHEN IS IT IN SEASON?



Garlic scapes are available **mid-June to early July**.

STORAGE



If you typically store garlic bulbs on the countertop, keep in mind that garlic scapes are best kept in a slightly open plastic bag in the fridge. They'll stay fresh and crunchy for up to three weeks. Freeze garlic scapes to have them year-round.

GARLIC SCAPE PESTO

SERVES 8

INGREDIENTS:

- 6-8 garlic scapes, chopped (approx. ½ cup)
- ⅓ cup olive oil (*add more or less depending on desired consistency*)
- ½ cup grated Parmesan or other hard cheese
- ⅓ cup nuts or seeds of choice
- ½ cup basil
- ¼ cup parsley
- ½ lemon, squeezed
- Salt and pepper, to taste

INSTRUCTIONS:

1. Place scapes, nuts, Parmesan, basil and parsley in a food processor and pulse to combine.
2. Add olive oil and lemon and continue to pulse until combined. Depending on your desired consistency, you can continue to process until you have a smooth puree.
3. Add salt and pepper, pulse, taste and adjust seasoning to your liking. You can add more lemon if you like as well.

Recipe from Urban Farm and Kitchen

STIR-FRIED GARLIC SCAPES

SERVES 4

INGREDIENTS:

- 2½ cups garlic scapes, cut into 2-inch long pieces
- 1 tablespoon olive oil

SAUCE

- 4 teaspoons soy sauce
- 2 teaspoons rice wine vinegar
- 2 teaspoons brown sugar
- ½ teaspoon red pepper flakes
- ½ teaspoon toasted white sesame seeds

INSTRUCTIONS:

1. Mix all the ingredients together for the sauce and set it aside.
2. Heat a pan over medium high heat and add the oil. Wait until the pan gets hot and then saute the garlic scapes until it turns a bright green color. After about 4 to 5 minutes, taste one to see if it's tender enough to bite through. It should still have a crunchy texture. Depending on how thick the stems are, you may need to saute them some more.
3. Once the stems are cooked through, add the sauce and stir fry it together for one minute or until the sauce coats the garlic scapes. Serve immediately.

Recipe from Drive Me Hungry