

Garlic Scapes

Garlic scapes are the curlicue flower bud of the garlic plant. They are trimmed off the plant to encourage growth in the bulb, the most important part of the plant.

Scapes are a wonderful spring treat! They have a mild garlic flavor and can be used just like garlic in many recipes.

CULINARY TIPS

- Garlic scapes can be used raw in salads and dips, or blended into a pesto. Scape pesto freezes very well!
- Scapes can become a bit tough or fibrous if left on the plant. These are great sauteed or grilled, or roasted alongside meats, fish, or other veggies.
- Remove the bud at the top of the scape before using them. If left on the plant, this bud would open up into a flower.

HOW TO STORE GARLIC SCAPES

Store scapes, unwashed, in a plastic bag in the crisper drawer for up to two weeks.

3 WAYS TO PREPARE GARLIC SCAPES

- Grill them! Toss scapes with olive oil, salt and pepper, lay them on a hot grill, and turn them frequently. Use them as a topping on burgers or pizza, or blend them into hummus or white beans for a tasty dip.
- Make Pesto! Use all garlic scapes, or a combination of basil and scapes. The color is beautiful!
- Pickle them! Make quick pickles with your garlic scapes. Serve them with cheese or put them in a sandwich – delish!