



Garlic Scapes

Each garlic plant produces one scape; this delicacy is the seed head created by each garlic plant.

STORAGE

If kept in a sealed plastic bag, your scapes should keep in the fridge for 2-4 weeks...but we bet they will disappear into casseroles, stir fries, and dressings long before that.

PREP

You can use garlic scapes in place of garlic in any recipe.

Garlic makes everything better-homemade pesto, mayo, or salad dressing...yum!

Some of my favorite ways to cook with scapes :

- dice and saute with greens
- chop and add to stir fry
- use veggie peeler make long peels, toss in oil, and top a pizza
- grilled in a grill basket
- coil into a spiral, skewer for the most beautiful kabob ever.

LITTLE EXTRA

Give it a quick blend in the blender or food processor with olive oil and freeze it to use later.

CROP AVAILABILITY

Late June

Available two weeks a year!

LVFarm Academy A-Z Guide

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