

VEGETABLE OF THE WEEK

GARLIC SCAPES

Garlic scapes are the curly cue flower stalks we snap off garlic plants in the spring. Not only will you get to enjoy garlic-flavored scapes while you wait for the bulbs to come on, you'll also get bigger bulbs of garlic later in the season as a result of our removing the flower stalks. Snapping off the flower redirects the plant's energy down toward the root, increasing the bulb size by 30%!

To store: Garlic scapes appear in early June and last for about 2 weeks. Store them unwashed in a loosely wrapped plastic bag in the refrigerator for up to 2 weeks.

To use: Garlic scapes can be chopped or diced raw into green salads or pasta salads, sautéed in place of bulb garlic, sprinkled onto pizza, eaten raw, charred on the grill or roasted in the oven, or used anywhere garlic flavor is desired. The most iconic thing to do with scapes is to make garlic scape pesto! Food process the scapes with olive oil, nuts, salt, pepper, and parmesan cheese and spread on anything you want to have a delicious garlic flavor: think pizza, bruschetta, french bread, quesadillas...the list goes on!

To freeze: Scapes can be chopped and frozen in Ziplock bags. You can also make pesto and pack it into ice cube trays and once they are frozen, pop them out and place them in a ziplock bag for single use servings.

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