

Garlic Scapes



SEASONALITY



NUTRITIONAL PROPERTIES

Garlic scapes are the spring growth of the garlic plant. They have the texture of a green bean but have the spicy bite of raw garlic. They are high in fiber and are a good source of vitamin C and K.

STORAGE

Garlic scapes should be stored in a plastic bag within the refrigerator. They last for 2-3 weeks.

PRESERVATION

Garlic scapes can be chopped and dehydrated. They can also be blended and frozen in cubes for later use.

HOW TO PREPARE GARLIC SCAPE PESTO

1. Chop one bunch of garlic scapes into .5 inch pieces.
2. Add to blender with 1/2 cup or handful of basil, 1/2 cup nuts, 1/2 cup Parmesan cheese, 1 TBS lemon juice.
3. Blend mixture until consistent.
4. Add 1/2 cup of olive oil and pulse.
5. Use on pasta, pizza, toast, or anything else you may put pesto on. Store in the refrigerator for up to 2 weeks.

Garlic scapes can be added to stir fries, casseroles, or pasta. Garlic scapes can also be used in sauces, soups, dressings, and more.

RECIPES FROM HOFFFA

with garlic scapes

- Add garlic scapes to Vegetable Stir Fry
- Add garlic scapes to Potato Onion Frittata

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