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All things Scapes

1st of 2 Harvests: The Sweet Summer scapes - By early July, garlic bulbs will send up a flower stalk that curls as it matures. These savory stalks, known as scapes, should be removed once they curl to encourage larger, more efficient bulb growth. They are edible with a mild garlic flavor. If the scape is left on the plant, it will flower and produce something that looks like baby garlic cloves. Ideally you should remove the stem once it has one or 2 curls, it snaps off easily just above the leaves. Doing this will let the plant energy go to making a bigger garlic bulb rather than producing seed.

Garlic scapes contain a variety of vitamins, minerals, and are a great source of antioxidants. Like garlic, they help protect the body from disease, and are known for having anti cancer properties. Garlic scapes should be curled, firm, smooth and green. Wash and allow them to dry, then store in the refrigerator in a plastic bag (zip bag is best) for several weeks. They can also be frozen, dehydrated, or pickled.

Garlic scapes can be used any way you use garlic, it is edible including the flower tip. This versatile first crop of the garlic plant can be eaten raw, roasted, stir fried, pickled, any way you like. You can make garlic scape butter and freeze in portions for later use.

Garlic Scape pesto

1 cup, coarsely chopped fresh garlic scapes (about 10)
½ cup olive oil (or oil of your choice)
½ cup grated fresh parmesan cheese
½ cup nuts, pine nuts, sunflower seeds
2 Tbsp fresh squeezed lemon juice
¼ tsp salt (or to taste)
Puree in a food processor, add more oil to reach desired thickness, Store in the refrigerator.

Roasted Garlic Scapes

Toss your garlic scapes in a little olive oil, season with salt and pepper if desired.
Bake in a 400 F oven until lightly browned (approx. 15 to 20 min)
Turn halfway through.
Alternately you could try Bacon Wrapped garlic scapes. Wrap each scape with a thin sliced bacon, spiralling down the scape. Bake as above, or fry on the stove until the bacon is cooked.

Refrigerator Garlic Scape Pickles

15-20 Garlic Scapes - Can be chopped or kept whole
½ cup Vinegar - White, White Wine or Apple Cider
½ cup Water
2 teaspoon Sugar
1 teaspoon Pickling or Kosher salt
3 Black Peppercorns – Whole
Sanitize a 500ml jar with screw on lid, pack with scapes. Boil ingredients on stove to dissolve. Cool slightly and pour over the scape packed jar. Tap to remove air bubbles, screw on lid, Enjoy after 1-2 weeks.