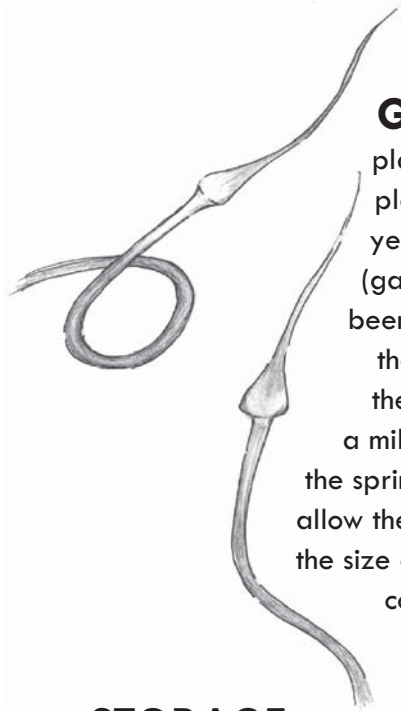


# GARLIC GREENS AND SCAPES



**GARLIC GREENS** are the leaves of the garlic plant. Garlic seeds (the clove that you eat) are planted in the fall. The bulbs are ready to be harvested one year later. In the spring the plant begins to send up leaves (garlic belongs to the same family as lilies and daffodils, which have been bred for their flowers rather than for an edible bulb). When the leaves reach 2-3 feet tall the plant sends up a seed pod called the **GARLIC SCAPE**. The leaves and scape are edible and have a mild garlic flavor. Garlic greens are harvested sparsely throughout the spring, but scapes are cut as soon as they are produced in order to allow the garlic plant to send more energy down to the bulb, increasing the size of the bulb. Garlic scapes are considered a delicacy in many countries, including China and Korea.

## STORAGE

- ◆ Loosely pack **unwashed** garlic greens and scapes in a plastic container or wrap in a cloth or paper towel. Store in the **refrigerator drawer**.
- ◆ Garlic greens and scapes will keep about 10 days if stored this way.

## PREPARATION

- ◆ Wash with cool water and trim away any discolored parts. The scapes may be a bit woody towards their tips. Discard this part, or use to flavor soup stock.
- ◆ Garlic greens and scapes can be **eaten fresh or cooked** and can be used in any dish that calls for garlic. Substitute 1/4 pound garlic greens for about 6 cloves of garlic.
- ◆ Add to **green salads, pasta, chicken, or seafood salads**, as a garnish for cooked dishes, or added to soups at the last moment for a touch of bright green color and extra garlic flavor.
- ◆ You can also use **garlic greens and scapes to make pesto**. (See recipe for “Garlic Scape Pesto” on back). Like basil pesto, try this creation on pasta, as a vegetable dip, or spread on crackers or bread.

### ***Nutritional Information***

Garlic contains alliin and allicin, two sulfur compounds with mild antibiotic activity. These compounds have been shown to reduce the growth of certain bacteria in the body.

# Garlic Scape Recipes

## Garlic Scape Dressing or Dip

- 1 cup plain yogurt
- 1 cup sour cream
- 4-5 garlic scapes, finely chopped
- 1 1/2 Tablespoons dried dill
- 2 Tablespoons white vinegar
- Milk to thin

Mix all ingredients. Thin to desired consistency. Use on salad or as a vegetable dip.

Recipe adapted from La Terre Garlic Farm's website, [www.laterregarlic.com](http://www.laterregarlic.com)



## Garlic Scape Omelette (Serves 2)

- 1 1/2 cups chopped garlic scapes
- 1/2 cup chopped scallions
- 4 large eggs
- Salt and pepper
- 2 Tablespoons olive oil

In a 10-inch skillet heat 1 teaspoon oil. Add garlic scapes and scallions. Cook covered over medium high heat until tender, about 5 minutes. In medium bowl, beat eggs with salt and pepper. Add remaining oil to skillet. When oil is hot, shake skillet to spread greens evenly. Add eggs. Cover and cook over medium low heat until top is set (2-3 minutes). Cut into wedges. Serve hot or warm.

Recipe adapted from La Terre Garlic Farm's website, [www.laterregarlic.com](http://www.laterregarlic.com)



## Garlic Scape Pesto

- About 6 garlic scapes, any yellow tips or light green stems removed (can be used to flavor soup stocks)
- 1 cup extra virgin olive oil
- 1 head of leaf lettuce, small-medium size, chopped
- 1/4 cup parsley
- 1/4 cup sunflower seeds
- Salt and pepper to taste
- 1/4 cup grated Parmesan cheese

Chop the scapes so that they will fit into your blender. Blend briefly. Add about 1/2 cup of the olive oil in a slow steady stream. Add the lettuce and the parsley. Blend until you have a coarse mixture. While blender is running, gradually add the rest of the oil. Add the sunflower seeds, salt and pepper, and Parmesan cheese. Use about 1 cup of this pesto to coat 1 pound of pasta. Pesto also tastes delicious on bread, crackers, in soups, on salads, as part of a pizza topping or on broiled fish.

Recipe adapted from Cheryl Ann Rogowski at The W. Rogowski Farm LLC, 2000.

