



CSA Harvest Information



# Garlic Scapes

## What Are Garlic Scapes?

Garlic scapes are the soft, lime-green-colored stems and unopened flower buds of hardneck garlic varieties. Growers usually remove these shoots in order to encourage further development of the bulb below.

The garlic scapes have a distinct garlicky flavor that is potent, but without the stinging bite of a raw garlic clove.

Stored in a zip-top bag in the fridge, garlic scapes will keep for weeks!

## Garlic Scape Pesto

*Pesto is probably the most common use for garlic scapes. You can spread it on crostini, use it as a dip for veggies, use it as the base of a pizza, or serve it on pasta. The texture is a bit more fibrous than an herb-based pesto.*

### Ingredients

- 4-5 garlic scapes; knobby seed-pods removed and discarded
- 1/4 cup slivered almonds (can substitute pine nuts, walnuts, sunflower seeds, or pepitas)
- 1/4 cup extra virgin olive oil
- 1/4 cup parmesan or romano cheese; grated
- salt and pepper, to taste (if you used salted nuts, you will not likely need much salt)

### Method

1. Rinse garlic scapes in cold water, then roughly chop into 1/2-inch pieces.
2. Pour garlic scapes and nuts into food processor. Blend for 30 seconds or until fairly smooth. Scrape down sides of food processor with a rubber spatula.
3. With the food processor running, slowly add olive oil and process until thoroughly incorporated (about 15 seconds). Next, add the parmesan cheese, salt, and pepper. Blend for another 5 seconds.
4. Taste and season. If the garlic flavor is too strong, consider adding basil or spinach to mellow the flavor.



Although this pesto is good freshly made, it is even better when refrigerated for several hours or overnight. Freeze pesto in air-tight containers for up to three months.

To serve over pasta, cook pasta as directed, reserving about 1 cup of cooking water per pound of pasta. Whisk together 2/3 cup of the pesto with the reserved water. You may add a bit of cream at this point, if you desire. Toss with pasta and serve immediately.



## More Recipes:



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## White Bean and Garlic Scapes Dip

*Recipe courtesy of The New York Times*

### Ingredients

- 1/3 cup garlic scapes (3 to 4); sliced
- 1 Tbsp. freshly squeezed lemon juice (or to taste)
- 1/2 tsp. coarse sea salt, more to taste
- ground black pepper, to taste
- 1 can (15 oz.) cannellini beans; rinsed and drained
- 1/4 cup extra virgin olive oil, plus more for drizzling

### Method

1. In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough purée.
2. With food processor running, slowly add olive oil and process until fairly smooth. Pulse in 2 or 3 tablespoons water (or more) until mixture is the consistency of a dip. Add more salt, pepper, and/or lemon juice, if desired.
3. Spread out dip on a plate, drizzle with olive oil, and sprinkle with more salt.

Serve with pita chips or on crostini.