

Using Garlic Scapes



Garlic scapes keep well in the fridge for a month or more, in a paper bag, but are best freshly cut. They can also be frozen, either blanched or not, but they tend to lose some of the garlicky heat during long storage below freezing. Usually, we trim off the tip (immature flower) because it can be tough and fibrous. Here are a couple of recipes featuring garlic scapes:

Garlic Scape Pesto

- 15 to 20 garlic scapes, chopped
- 1/2 cup walnuts or pine nuts
- 1/3 cup grated Parmesan
- 1/2 cup parsley, basil, or arugula (optional)
- 1/3 cup olive oil
- Salt and pepper, to taste
- Juice of 1/2 lemon



1. Combine garlic scapes, nuts, Parmesan, and parsley in a food processor until finely chopped.
2. With processor running, slowly add oil until desired consistency is reached.
3. Add salt, pepper, and lemon juice. Process until mixed. Adjust seasonings to taste.

Garlic Scape Hummus

- 1/2 cup fresh, chopped garlic scapes
- 1 cup sesame seeds or tahini
- 2 cans of chick peas (garbanzo beans), drained
- 2 TB olive oil
- 1/2 cup lemon juice
- Salt

Place the ingredients in a blender and mix on high until a thick paste forms. Salt to taste.