

Garlic Scapes

Garlic scapes are the long, curvy green shoots that grow from hard necked garlic plants, resembling grass or wild onions. Only one scape grows per garlic bulb. Garlic scapes are often found at farmers markets instead of your typical grocery store.



How Could I Use This?

- Add to a stir fry
- Grill, sauté or roast
- Add to eggs or salads
- Make a pesto
- Add to hummus
- Use in place of green onions or scallions
- Top pizza or baked potatoes

Why Should I Eat This?

Milder than garlic cloves, they're a great way to add flavor to your dish.

Proper Storage

Place unwashed garlic scapes in a plastic bag and store in the refrigerator for up to three weeks.

Make a Good Selection

Look for scapes that are firm, free from damage, and have a consistent green color.

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST					✓	✓	✓					
MARKET					✓	✓	✓					