

Garlic Scapes

Nebraska Seasonal Produce Guide



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.

Why Should I Eat This?

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



Proper Storage

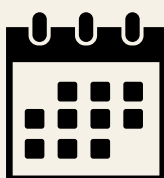
Place unwashed garlic scapes in a plastic bag and store in the refrigerator for up to three weeks.

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

Make a Good Selection

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



Seasonal Availability in Nebraska

Harvest Season: May through July

Market Availability: May through July



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