

What can I do with my fresh garlic scapes?

So abundant this time of year. Stock up! They're less pungent than garlic cloves, they provide subtle garlicky flavour, they can be served cooked or raw, they're so versatile and they freeze well! You can eat the whole thing, even the pointy flower buds!

- 👉 Treat garlic scapes as you would chives or scallions (green onions)—finely chop them and use as a garnish, or fold them into the batter for savoury crepes, biscuits, muffins, or scones, or even whisk them into an egg scramble.
- 👉 Purée the scapes raw and add to dips, hummus, salad dressings or marinades.
- 👉 Make a delicious, versatile pesto (my favourite recipe to work off of... <https://www.earthfoodandfire.com/home-grown-basil-garlic-scape-pesto/>) make it your own with more or less of your favourite ingredients eg. Less oil, substitute 1/2 the pine nuts for hemp hearts or sunflower seeds, add more garlic scapes, skip the lemon juice or vinegar, add other leafy greens etc.
- 👉 Like a garlicky green bean, use them in a stir fry, sauce, stew or any kind of 'bake'.
- 👉 A personal favourite... wrap them in tinfoil, with a little olive oil and salt, and bbq until slightly grilled and tender. They melt in your mouth! Serve as a side dish or get fancy and make a spread. A friend of ours mixed them with blue cheese and served with grilled steak.
- 👉 Makes a decadent grilled cheese, and when puréed with butter, make a mean garlic bread.

Have a great use for them? Let us know! We'll pass it on.
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