



FRUITION'S FAVORITE

GARLIC SCAPE

RECIPES &
HARVEST TIPS

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HOW TO HARVEST GARLIC SCAPE

Garlic is one of the most rewarding plants to grow. In spring, we bring 1-2 leaves per plant each month to the kitchen until the scapes rise in June and we rejoice!

WHY HARVEST?

Counter-intuitively, research is ambiguous when it comes to whether removing scapes increases bulb size.

Regardless, we harvest each one
!simply because they're delicious!

HOW

Hardneck garlic throws scapes about one month prior to bulb maturity, mid-July here in Zone 5.

We prefer young, tender scapes but we'll eat the large, fibrous and spiraling scapes if we miss them young. They are sweetest when harvested in the morning. If you miss them entirely, they'll become inedibly tough and develop beautiful bulbils: tiny vegetative propagules. Bulbils may be sown and grow into single cloves of garlic, taking two seasons to become a full bulb of garlic.



GARLIC SCAPE PESTO

We adapt this recipe to the nuts, oil, herbs & dairy we have on hand. Enjoy on everything from toast to pasta, omelets to seafood! Refrigerate 1 month or freeze.

INGREDIENTS

10-12 garlic scapes
1/4 cup nuts/seeds (sunflower,
pumpkin & walnut are my favorite)
1/2 cup extra virgin olive oil
1/2 cup basil leaves (optional for the
hardcore garlic lovers of the world)
juice of 1 lemon
salt to taste
1/4 cup parmesan or 2 tablespoons
nutritional yeast to taste

PREPARATION

1. Pulse scapes in food processor 30 seconds.
2. Add seeds, pulse another 30 seconds.
3. Add olive oil, pulse on high another 30 seconds.
4. Add cheese and pulse.
5. Add basil and lemon; pulse to desired consistency.
6. Add salt to taste and enjoy!



VINEGAR GARLIC SCAPE PICKLES

If you love dilly beans, you'll never make enough scape pickles! Store them in the fridge to keep life simple or on the shelf if you can them.

INGREDIENTS

2 pounds garlic scapes
1.5 cups apple cider vinegar
1.5 cups water
2 tablespoons kosher salt

Toss in each jar (optional):
1/2 teaspoon black peppercorns
1/2 teaspoon mustard seed
1/4 teaspoon crushed red pepper
1/4 teaspoon whole coriander
and/or as much pickling spice as you desire!

PREPARATION

1. Boil vinegar, water and salt until salt has dissolved.
2. Coil scapes in jars (sterilize prior when canning) or trim as dilly beans and stack them in!
3. Carefully pour brine over scapes, leaving 1/2" headspace.
4. Wipe rim and cover. Refrigerate up to 6 months or hot water bath for 10 minutes to can. If lid hasn't popped 24 hours later, it's safe for the pantry.

LACTO-SCAPE PICKLES

Full of bustling microbiota, we prefer these living pickles to their vinegared cousins. Chop them fine and enjoy as capers in salad & on pizza!

INGREDIENTS

5 pounds garlic scapes
optional: carrots & other
vegetables with spices like black
peppercorns, mustard seeds
smoked paprika, dill, caraway

Extra Brine:

1 quart water
1 tablespoon salt

PREPARATION

1. Chop scapes & other
vegetables into the size(s) of
your choice. We generally go
for the size of a dilly bean.

2. Pack into a crock or large,
wide-mouth jars. Add brine
to submerge your vegetables.
The salt will pull water out of
them, making your brine and
making the vegetables more
crunchy.

3. Press down with a weight
to keep vegetables submerged.
Cover with cheesecloth. Let
the fermentation begin!

4. Taste every few days and be
sure ferment is below the
brine. Once you love the taste,
scoop it into an airtight
container and tuck in the
fridge to store.



OTHER SCAPE INSPIRATIONS

Garlic is one of the most versatile spices in our kitchen. The apple doesn't fall from the tree --- neither does the scape! Here are a few ideas to inspire you.

CHOP

into coins and toss in or on:

~ eggs (scrambled, omelets,
frittata, quiche)

~ stir-fry & curry

~ pizza & pasta

BLITZ

and add to your:

~ vinaigrette

~ marinade

~ hummus

~ gravy

WHOLE

slather in oil or marinade to pan-sear or grill



Would you like to
GROW YOUR OWN GARLIC?

If we can, you can!

Garlic is planted in fall, between Halloween and Thanksgiving in Zone 5.

Fruition grows and shares seed stock of many varieties of organic garlic, both hardneck and softneck, gorgeously adapted for short seasons.

Explore our blog for garlic growing tips & stay tuned for our classes both online and on our farm!

In the meantime, enjoy every bite :)



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