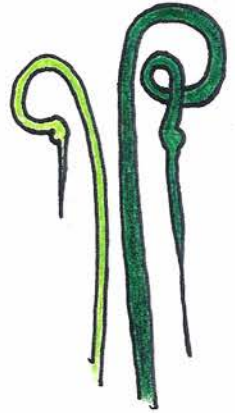


## Seasonal Spotlight

# Garlic Scapes

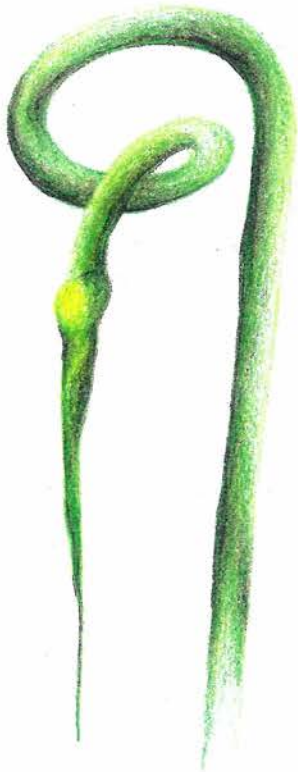


## Never heard of 'em?

garlic scapes are the curly stalks of some varieties of hard-necked garlic. they are usually harvested in early to mid June. they have a mild, garlicky flavor and are tender and supple when fresh. garlic scapes can be stored for up to a month in the refrigerator, and should be kept in a brown paper bag to prevent them from getting soft and slimy. scapes can also be frozen for use out of season.

when preparing scapes, many people remove the stalk tip above the pod, which is edible, but quite tough and fibrous.

scapes can be sautéed, grilled, added to stir-fries, pasta dishes, omelettes, or any other dish where you might use regular garlic. on this sheet, you'll find recipes for garlic scape pesto, garlic scape hummus, and pasta carbonara with garlic scapes. happy eating!



## Garlic Scape Pesto

### Ingredients:

- 1/4 cup pine nuts or walnuts
- 3/4 cup coarsely chopped garlic scapes
- juice & zest of half a lemon
- 1/2 tsp salt
- a few grinds of black pepper
- 1/2 cup of olive oil
- 1/4 cup grated parmesan cheese

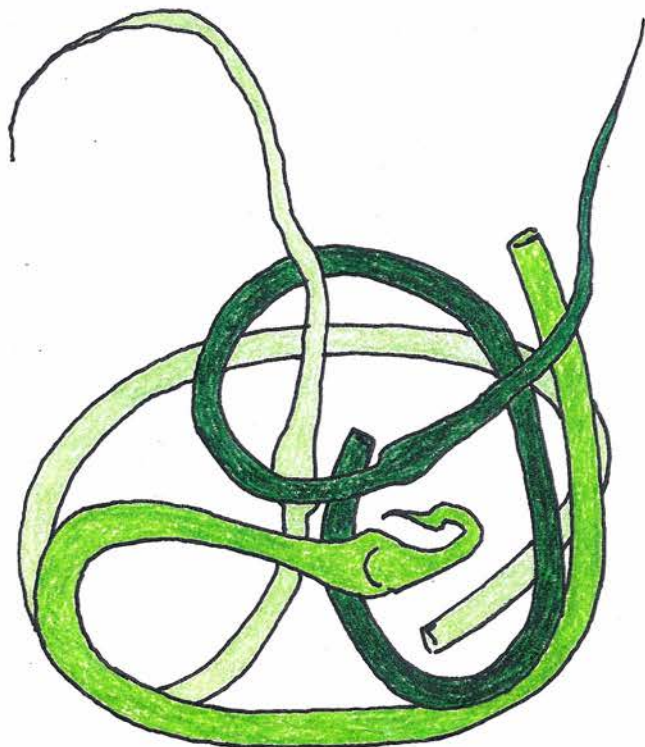
1. in a dry pan, toast nuts over low heat until they just begin to brown. remove from heat and cool.
2. combine scapes, nuts, lemon juice & zest, salt and pepper in bowl of food processor with blade attachment. pulse until well combined, then drizzle in olive oil while blade is running.
3. transfer mixture to bowl and stir in cheese. enjoy!

# Garlic Scape Hummus

## Ingredients:

- 1 can of chickpeas (15oz.), drained
- 6 large garlic scapes, cut into 2-inch pieces
- 3 tbs olive oil
- 2 tbs tahini
- juice of a large lemon
- 1/2 tsp salt
- pinch of cayenne pepper

1. put all ingredients except chickpeas into the bowl of a food processor with blade attachment, and process until they are well-combined and the scapes are finely chopped
2. add chickpeas and continue to process until smooth. enjoy!



# Garlic Scape Carbonara

## Ingredients:

- 1/2 lb pasta (whatever shape you like)
- 4 slices bacon, chopped
- 1/4 cup garlic scapes, cut into 1/4 inch pieces
- 2 large eggs
- 1/4 tsp kosher salt
- 1/4 tsp red pepper flakes
- 1/2 cup freshly grated parmesan (or romano) cheese

1. set a pot of water on stove to boil, and cook pasta according to directions on box
2. while pasta cooks, cook bacon over medium heat until browned. remove bacon from pan and add garlic scapes, cooking until soft (2-3 minutes). remove from heat and drain scapes on paper towel with bacon.
3. whisk together the eggs, salt, & red pepper flakes in a small bowl
4. once pasta is cooked, drain it and return it to the pot on low heat. stir in garlic scapes and bacon add the egg mixture and stir vigorously for a few minutes, until it is thick and creamy - don't let it overcook, or it can get gloppy. stir in cheese a little bit at a time, until it is all incorporated.
5. serve right away, and enjoy!