



6 WAYS

— TO USE —

Garlic Scapes

Garlic scapes are the tender green flower stalks of hardneck garlic. They're mild, garlicky and delicious—don't let them go to waste!

1

BLEND INTO PESTO



Swap scapes for basil or add them to traditional pesto for a garlicky twist. Great on pasta, sandwiches or as a spread.



2



SAUTÉ OR STIR-FRY

Sauté with olive oil and your favorite veggies or protein. They cook quickly and add a mild garlic flavor.



3

ADD TO SOUPS & STEWS



Chop and stir into soups, stews or broths during the last 10–15 minutes of cooking for a garlicky, savory boost.



4

PICKLE THEM



Quick pickle scapes for a tangy, crunchy condiment. Great on charcuterie boards, salads, burgers and grain bowls.



5

BAKE INTO SAVORY TREATS



Finely chop and add to muffins, scones, focaccia, biscuits or cheesy breads for a subtle garlicky flavor.



6

INFUSE OIL OR VINEGAR



Add whole or chopped scapes to olive oil or vinegar and let infuse for a few weeks. Perfect for dressings and marinades.



GOOD TO KNOW

Garlic scapes are best when harvested young and tender. Store in the fridge in a plastic bag for up to **4 months**.

Bialas Farm Stand

75 Celery Ave., New Hampton

Open Tuesdays 3-6:30

Friday and Saturdays 9am-2pm