



## GARLIC SCAPE

The **garlic scape**, which is actually the stem and flower bud, is the aerial part of the garlic bulb we commonly consume. Less known but much more delicate in taste than the bulb, garlic scape is harvested from June. Just like the bulb, garlic scape is very versatile in cooking; it can easily replace green onions or be eaten as is, steamed or grilled. Although the season is very short for this part of the plant, here are some ways to enjoy it all year round!

### Store it as soon as you buy it!

In the fridge, in a perforated bag or a slightly open container, it can be kept for up to a month.



### Make reserves!

Mid-June to mid-July

## ENJOY IT ALL YEAR ROUND!



### Freezing!

Blanch the garlic scapes for 2-3 minutes, then place them in an airtight bag. Keeps up to a year.



### Dehydration!

In the dehydrator, set the temperature around 135°F and cut the stalks into pieces. Dry for a minimum of 4-5 hours or until fully dehydrated. In the oven, set to the lowest temperature and leave the door slightly open. Check hourly to ensure the stalks dehydrate and don't cook. Keeps up to a year in an airtight jar or bag.



### Canning!

Cut 1lb of garlic scapes to the height of a 500ml Mason jar, then fill the jars. Add spices to taste (peppercorns, chili flakes, mustard seeds, coriander seeds, and dill flowers). Bring 3 cups of water, 3 cups of white vinegar, and 1 tbsp of salt to a boil, then pour into jars. Seal the jar and boil for 15 minutes. Detailed recipe here: **Ball Garlic Scape Recipe**.



### Lacto-fermentation!

Mix 250ml of filtered water and 10g of salt until the salt dissolves. Cut the garlic scapes into pieces and place them in the jar. Cover with the saltwater mixture, ensuring the garlic scapes are submerged. Let ferment at room temperature for 7-10 days to taste, opening the jar regularly to release the gas. Refrigerate to slow fermentation.