



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

June 19 - 20, 2020

Vegetable Feature: Garlic Scapes

By Chef Andrea

This week we're featuring one of the craziest, curliest vegetables we grow... Garlic Scapes! One thing I absolutely love about vegetables is how unique they can be, and garlic scapes are definitely unique. So let's start with the basics like "What the heck is a garlic scape?!" There are two main types of garlic—softneck and hardneck. We grow hardneck garlic and the way this type propagates itself in nature is by producing this scape which grows up from the center of the garlic plant. It starts out straight, but the more it emerges it starts to form a curl. You'll notice a little bulb that is lighter in color at the tapered end of the scape. This is actually called a bulbil. If you want to do something fun, cut it open and see what it looks like on the inside. If our garlic were growing wild in nature, these bulbils would drop down to the ground and plant themselves thereby propagating a new plant. We're cultivating garlic, so we plant a clove of garlic from a full sized bulb and use that as a means of growing the plant. Since we don't need the scape to produce another crop, we go through the field and cut them off the plant so the plant can focus its energy into producing a nice sized bulb instead of a scape. We used to throw them on the ground, but after a market customer asked us to save some for her so she could make garlic scape pickles, we realized we were losing something valuable! Many years ago we did an experiment and planted the bulbils. The first year they formed a single ball of garlic. We planted that and the next year we actually got bulbs with divided cloves of garlic!

Ok, so what do you do with this crazy vegetable? Well the basic answer is "Use chopped garlic scapes anywhere you would use a clove of garlic." Yes, you can

do that, but you can also do so many other fun things with them. The flavor of garlic scapes is very mild in comparison to green garlic or a clove of garlic. They are very tender, so you don't need to peel them. You might see a milky, white residue on the scapes which is garlic juice the plant exudes when the scape is cut. Just give them a quick washing and they're ready to use. Sometimes the tapered end can get a little tough, so you might want to cut that part beyond the bulbil off. You should keep them in the refrigerator, although if you want to put the cut end in a vase or glass of water and enjoy their beauty as a centerpiece at room temperature for a day or two until you're ready to use them, they'll do just fine.

There are some basic go-to ways to use garlic scapes and if you're not sure where to start, start with one of these ideas. Pesto—you just can't go wrong with making garlic scape pesto. There are many different versions you can make, so take your pick and dive in. Check out FarmFreshFeasts.com where you'll find *28 Recipes Using Garlic Scapes*, including NINE different links to recipes for versions of garlic scape pesto! **Pickled Garlic Scapes** is another popular way to use and preserve scapes. You'll find a simple recipe for these in our recipe archives on our website. You can keep a jar of these in the refrigerator for up to 8 months and use them as a condiment with tacos or anywhere you need a pungent, tangy pickle to brighten up a meal. Using garlic scapes in dressings and dips is another easy way to capture their flavor, such as a creamy **Yogurt Garlic Scape Dressing** that you can drizzle over a lettuce salad or use to make a creamy kohlrabi slaw. **Garlic Scape Herbed Cream Cheese** is another delicious way to use this vegetable along with any herb you have, be it dill, cilantro, parsley, basil, etc. Put it on your morning bagel, use it to make a wrap, or spread it on crackers for a little afternoon snack.

What's In The Box?

PURPLE SCALLIONS: These are considered "green onions" and may be used interchangeably. Don't forget to use the green tops—there's just as much flavor in them as in the base of the onion!

GARLIC SCAPES: Check out this week's **vegetable feature** to learn more about this unique vegetable.

RED OAK HEAD LETTUCE: This is a medium-sized variety with dark cherry red leaves and a light green core. Separate the leaves from the core at the base and wash well in a sink of cold water before using. Make sure you dry the leaves well using a salad spinner or wrap them loosely in a clean kitchen towel and shake the water out of them!

RHUBARB: This week's rhubarb comes from our friend John Zeher's field. Our planting is still getting established so our harvests this year are slim. While often considered a fruit, rhubarb is actually a vegetable! You can use it in both savory and sweet recipes. Head over to our **Cooking with The Box** article where you'll find links to recipes for **Rhubarb Poppyseed Dressing & Rhubarb Yogurt Cake**.

KOHLRABI: This is the vegetable that resembles a spaceship and this week may be purple, green or white. Both the bulb and the leaves are edible. If you have never used this vegetable before or are looking for more information, check out **last week's vegetable feature** article on our blog. You'll also find two tasty recipes!

BABY WHITE TURNIPS: The less you do with these tender little mild turnips, the better. Sauté them in butter, along with the greens or use them to make this recipe for **Fresh Turnip Salad with Curry Vinaigrette**.

ITALIAN PARSLEY: Don't discard the stems, they're packed with flavor! Use them to flavor soups and broth or chop them finely and use them as you would use the leaves. Blend chopped parsley into scrambled eggs along with finely chopped garlic scapes and Parmesan cheese for a quick breakfast.

LACINATO KALE: Use these gorgeous dark green leaves raw in a kale salad or kale pesto. Of course this kale is also delicious cooked in soups or head over to our blog and check out the **Cooking With the Box** article for a link to a recipe for **White Bean and Kale Quesadillas**.

BABY RAINBOW CHARD: Consider making a **Swiss Chard and Mushroom Galette**. The link is on our blog this week!

STRAWBERRIES: Wash & eat. It's that simple! If you want to do something more with them, follow the links in this week's **Cooking With the Box** article to recipes for **Strawberry Basil Focaccia** and a delicious salad with strawberries and goat cheese fritters!

ZUCCHINI: Shred into long, coarse strings, then sauté with butter, scallions, garlic scapes and fresh herbs. get ready for more to come!

I pushed myself to research a little further to see what else I could find and stumbled on a couple more ideas. Check out this article entitled “**Recipes That Make the Most of Garlic Scapes**” at HuffPost.com. The author includes links to 20 interesting recipes for garlic scapes including the two recipes we’re featuring this week! There are some other good ones highlighted in this article such as **Bacon Wrapped Garlic Scapes** and **Garlic Scape Green Gazpacho**. I also want to mention that you can also use garlic scapes as an actual vegetable as opposed to just a seasoning. Garlic scapes are delicious tossed or brushed with oil and grilled or roasted, then served with a little sprinkle of salt and a squeeze of lemon. I also like to cut them into bite sized pieces and cook them any way you would cook a green bean or asparagus. They also make a flavorful base for a creamy pureed soup and are a nice addition to pasta sauce.

Ok, I’ve done my best to convey to you how awesome and versatile this vegetable can be! We’ll only have them for a few weeks so have fun and if you can’t eat them all right now, make an extra batch of pesto and freeze it or make a jar of garlic scape pickles so you can enjoy this fresh, delicious garlic flavor in the deep of winter!

Garlic Scape Beef Satay with Garlic Scape Satay Sauce

Yield: 6 skewers

Skewers

16-20 ounces tender cut of beef, cut into evenly sized 1-1 ½ inch cubes (eg, tenderloin, Sirloin or Sirloin Tip)	3 garlic scapes ½ inch piece fresh ginger, peeled 1 lime, juiced	½ cup chopped cilantro leaves and stems 10 mint leaves 3 Thai basil or basil leaves	(optional) ¼ cup soy sauce 3 Tbsp sesame oil
--	--	---	--

1. Cut the scapes into smaller pieces and roughly chop the ginger. Put both in a blender or food processor and coarsely chop. Add the lime juice, cilantro, mint and basil leaves and the soy sauce. Blend until a paste forms. Scrape down the sides of the blender. With the blender running, drizzle in the sesame oil and blend until smooth. Pour the marinade into a zipper plastic bag or a glass container and add the beef cubes. Mix the marinade and the beef well. Refrigerate for several hours or overnight.
2. When ready to cook, heat the grill or a grill pan to high heat. Thread the beef onto skewer sticks. Grill the skewers until the beef is cooked to desired doneness. Serve with the Garlic Scape Satay Sauce.

Garlic Scape Satay Sauce

2 garlic scapes	1 ½ Tbsp fresh lime juice	1-2 tsp Hot sauce or chili garlic sauce, to taste	1 tsp toasted sesame oil
¾ cup creamy peanut butter	1 ½ Tbsp soy sauce	2 tsp apple cider vinegar	¼ cup fresh chopped cilantro
¼ cup coconut milk or cream	1 ½ tsp fish sauce	2 tsp honey	Salt and freshly ground black pepper, to taste
1-2 Tbsp water			

1. Cut the scapes into small pieces and place in a blender. Add the remaining ingredients and blend until smooth. Adjust the consistency of the sauce by adding more water to thin it if necessary. Adjust seasoning with additional salt, pepper, lime juice, etc. Serve at room temperature with garlic scape beef satay skewers.

Recipe adapted from www.Food52.com.

Grilled Naan with Garlic Scape Chutney

Yield: 10 pieces

Dough:

5 ¼ cups unbleached all-purpose flour, plus more as needed	½ cup plain yogurt
3 tsp baking powder	1 large egg
1 Tbsp kosher salt	¼ cup olive oil and more for brushing
1 tsp sugar	1 ½ cup water

Garlic Scape Chutney:

¾ cup chopped garlic scapes	1 Tbsp lime juice
½ cup fresh mint, packed	⅓ cup olive oil
½ cup roasted almonds	1 cup melty cheese, such as mozzarella or queso fresco (optional)
½ tsp kosher salt	Olive oil or Melted butter for brushing
½ tsp black pepper	
½ jalapeño pepper (optional if you want a little kick)	

1. **Make the dough:** Combine the flour, baking powder, salt, and sugar in the bowl of a stand mixer fitted with the dough hook. In a medium bowl, whisk the yogurt, egg and 1 ½ cups of lukewarm water and the oil. Pour the yogurt mixture into the flour mixture and mix on low speed until a soft, sticky dough starts to clump around the hook, about 5 minutes. If the dough seems too wet, add more flour, 1 tsp at a time. (Note, if you do not have a stand mixer, just mix by hand.)
2. Line a baking sheet with parchment and dust lightly with flour. Turn the dough out onto a lightly floured surface and divide it into 10 equal pieces. Form each piece into a ball and arrange them on the baking sheet. Lightly brush the dough with oil, cover with plastic, and let sit 1 hour before shaping.
3. **Make the chutney:** Place all the chutney ingredients (garlic scapes through ⅓ cup olive oil) in a food processor and pulse until uniformly granular.
4. On a lightly floured surface, roll a dough ball into a 5-inch circle. Spread 1 Tbsp of the chutney in the center, leaving a ½-inch border. Sprinkle 1 Tbsp of cheese over the chutney. Gather the borders to form a pouch pinching it to seal in the filling. Turn the pouch pinched side down and, using very light pressure, roll it into a 6-inch circle. Transfer to a parchment-lined baking sheet. Layer rolled out naan with parchment until ready to grill.
5. Prepare a medium charcoal or gas grill fire and wipe grates with a lightly oiled paper towel. Grill the breads in batches pinched side down, covered, until they puff up and the undersides brown lightly in places, 2 to 3 minutes. Turn over and cook the other side, covered, until grill marks form and the breads are cooked through, 2 to 3 minutes. Just before taking them off the grill, turn the breads pinched side down and brush lightly with butter or olive oil. Serve warm.
6. These are best, right off the grill but leftovers can be refrigerated and saved for another time. Just place them in a toaster or warm oven before serving.

Recipe sourced from www.feastingathome.com