



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

June 11 -12, 2021

VEGETABLE FEATURE: Garlic Scapes

By: Chef Andrea Yoder

Description: Garlic scapes are a long, skinny, curly green vegetable that is actually a byproduct of growing hardneck garlic. They grow up from the center of the plant and we harvest them in June, about a month ahead of our annual garlic harvest.

Preparation & Use: Nearly the entire scape is edible and is best when harvested while young and tender. You may need to trim off the skinny end near the little bulb at the far end of the scape as this portion is often tough. The remainder of the scape is usable and tender, so they do not need to be peeled. Scapes have a bright, juicy, mild garlic flavor. They may be used in any recipe that calls for garlic cloves, just chop them up and add them as you would minced garlic. They can also be grilled or roasted, pickled, fermented, and make an awesome pesto! They are a great addition to eggs, stir-fries, pizzas, etc.

Storage: Store scapes in the refrigerator until you are ready to use them. They'll store for 2-3 weeks.

Cultural & Historical Background: Up until the early 90's we used to remove scapes from the garlic plant and throw them on the ground! We were the first farm in the Midwest to start harvesting the scapes for use as a vegetable, thanks to one of our customers from Korea who asked us to save the garlic scapes for her so she could make pickles. We thought this was odd, but saved some for her anyway. She was gracious enough to share a jar of pickled scapes with us and that was our introduction to how delicious they are to eat!

Growing Information: All of our varieties of garlic are a type called hardneck garlic. This type of garlic produces scapes as part of nature's plan for the plant to propagate itself in the soil. If left unattended, the bulbil on the end of the scape would get bigger and would eventually be so heavy it would fall down and plant itself, 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.

What's In The Box?

GARLIC SCAPES: These curly, crazy scapes are the precursor to fresh bulbs of garlic and our 2021 Garlic Harvest could be happening in a short 4-5 weeks! Read more about how to use and enjoy garlic scapes in this week's **vegetable feature article**.

POTATO ONIONS: Eat the base of the onion and the green tops! Check out this week's **Cooking With the Box** Recipes for an Egg Salad Recipe that is simple, but heavy on green onions!

SALAD MIX: Salad mix needs nothing more than a little vinegar and oil. You can stick to the basic red wine vinegar and olive oil, or get creative with flavored fruit vinegars and nut oils. One of our favorite combinations is pear vinegar and hazelnut oil!

RHUBARB: This is our final week of rhubarb. This year we are sourcing rhubarb from Richard's longtime farmer friend, John Zehrer from Star Valley Flowers. Please note, this rhubarb is not currently certified organic, however his field has been previously certified and he continues to manage it according to organic standards. We're thankful for the opportunity to work with him while our young field of rhubarb is getting established. We hope to resume harvesting from our own fields next year. If you have any further questions about this rhubarb, please reach out to us.

MINI RED OAK LETTUCE: Separate the leaves from the base of the lettuce head and wash well. Pat dry and then use them as little scoops for this week's featured recipe for **Roasted Garlic Scape Hummus!**

STRAWBERRIES: In the world of farming, the start of summer is when the strawberries start to ripen! They are just getting started, but with this heat we're starting to see more ripening in our early and mid-season varieties. Our varieties are selected for flavor, not for their shelf life and ship-ability. That means you need to eat them within a day or two of receiving them for best results!

GREEN CURLY KALE: Kale leaves are more thick than some of the other greens you've been using this spring, so they'll need a little longer cooking time to become tender. The main rib that runs up the leaf from the stem can be tough sometimes, so simply strip the leaf away from the stem. Use this crispy, curly kale to make a raw kale salad, or cook it in pasta dishes, soup or simply sautéed.

BABY SPINACH OR BABY ARUGULA : Spinach and greens like arugula can be challenging to grow during the heat of the summer, which is why we only plant them spring and fall. The key to longer shelf life is to keep these greens refrigerated. Don't leave them out on the counter too long!

BONUS: SWEET BABY BROCCOLI OR AN ADDITIONAL PINT OF

STRAWBERRIES: We'll have more broccoli coming next week. All parts of the plant are edible, so use the leaves, stem & florets!

Roasted Garlic Scape Hummus

Yield: 1 ½ cups

6-7 garlic scapes

2 tsp plus 1 Tbsp olive oil

1 ½ cups cooked chickpeas (one-15 oz can)

¼ cup tahini

Grated zest of 1 organic lemon

2-4 Tbsp freshly squeezed lemon juice

1 tsp raw honey or pure maple syrup

¾ tsp sea salt, plus more to taste

Freshly ground black pepper, to taste

Additional olive oil, for serving*

Smoked paprika, for serving (optional)

1. Preheat the oven to 375°F. Cut garlic scapes into 1 to 2 inch pieces. You should have about 1 cup once they are cut. Put garlic scapes in a bowl and toss with 2 tsp olive oil. Spread them out on a baking sheet in a single layer and sprinkle with a pinch of salt. Roast in the oven for 10 minutes, then stir. Roast an additional 5-10 minutes or until the scapes are slightly blistered and just starting to turn brown.
2. Remove the roasted garlic scapes from the oven and cool slightly before putting them in a food processor. Pulse to finely chop the garlic scapes. Add the chickpeas, tahini, lemon zest and juice, honey or maple syrup, ¾ tsp salt, freshly ground black pepper, and 1 Tbsp olive oil. Blend on highest setting until smooth. You will likely need to add up to ¼ cup warm water to loosen up the mixture so it will blend to a smooth consistency. Taste and add additional salt, lemon juice and black pepper to taste.
3. Transfer the hummus to a serving bowl, drizzle olive oil over the top, and sprinkle a few pinches of smoked paprika if desired. Serve. Store any leftovers in an airtight container in the fridge for 3 to 4 days.

Recipe by Andrea Yoder

Lemon Garlic Scape Compound Butter

Yield: ½ cup butter

1 stick unsalted butter, softened

3 garlic scapes

Zest from 1 lemon

Freshly ground black pepper

1. Cut the garlic scapes into 1-inch pieces. Add the pieces to the bowl of a food processor and chop until fine.
2. Add the softened butter and the lemon zest to the garlic scapes along with some freshly ground black pepper.
3. Blend in the food processor until all ingredients are evenly combined.

Storage:

- For immediate use, place the compound butter in a jar and store in the fridge for one to two weeks.
- For longer storage, store the compound butter in the freezer. To do so, roll it into logs by placing the compound butter on a piece of wax paper or parchment paper. Roll it into a tight log and twist the ends. You can do one large log or you can make two smaller ones. Place the roll(s) of butter into a plastic zipper bag and store in the freezer for up to 2 to 3 months. Alternatively, you can put the butter into small jars or freezer containers and freeze it.

Suggested Uses:

- Melt over grilled or sautéed chicken or fish.
- Use it to sauté shrimp for scampi.
- Use it in scrambled eggs.
- Spread on toast, warm bread or biscuits.
- Use it to butter cooked or roasted vegetables, such as baby turnips, new potatoes or zucchini.

Recipe adapted slightly from www.relishments.com