



# *Preserving Herbs* Garlic Scape Preservation Guide

*A seasonal pantry staple from the garden or market.*

Garlic scapes are one of those early summer treasures that tend to show up all at once—and then disappear just as quickly. If you've ever found yourself with an armful and wondered what to do with them before they wilt in your basket or crisper drawer, this guide is for you.

## **What Are Garlic Scapes?**

Garlic scapes are the curly green stems that grow from hardneck garlic plants. They have a flavor similar to garlic, but milder, fresher, and slightly grassy—perfect for early summer cooking.

You'll want to harvest or buy them while they're still tender and twisty (not woody), usually in late spring or early summer.

## **Fresh Uses for Garlic Scapes**

Use them anywhere you'd use garlic or green onions. Some of our favorite ways to use them right away:

- Garlic Scape Pesto – blend with olive oil, lemon juice, parmesan, and nuts (walnuts or sunflower seeds work great)
- Grilled or Roasted Scapes – toss with olive oil + salt and throw on the grill or in the oven until blistered
- Sautéed with Veggies or Eggs – slice thin and cook with butter in stir-fries, omelets, or skillet dinners
- Herbed Butter – finely mince and mix into softened butter for spreading on toast, steaks, or grilled veggies



## How to Freeze Garlic Scapes

Freezing is one of the easiest and most flexible ways to preserve garlic scapes.

### *Method 1: Raw + Chopped*

1. Rinse and pat dry the scapes.
2. Chop into 1–2 inch pieces.
3. Spread on a parchment-lined tray in a single layer.
4. Freeze until solid, then transfer to a labeled freezer-safe bag.

These can be added directly to soups, sauces, sautés, or blended into pesto.

### *Method 2: Blanched (for longer texture preservation)*

1. Bring a pot of water to a boil.
2. Blanch chopped scapes for 30–60 seconds.
3. Immediately transfer to an ice bath.
4. Drain, pat dry, and freeze as above.

## How to Make Garlic Scape Powder (Dehydrated)

Garlic scape powder is an incredible pantry staple—think of it like a green garlic seasoning you can sprinkle on just about everything.

### *To Make:*

1. Rinse and chop scapes into 1–2 inch pieces.
2. Lay them in a single layer in your dehydrator.
3. Dry at 125°F (52°C) for 8–12 hours, until completely crisp.
4. Blend into a fine powder using a spice grinder or high-speed blender.
5. Store in a clean, airtight jar away from heat and light.

### *How to Use:*

- Sprinkle on eggs, roasted veggies, meats, or popcorn
- Mix into salad dressings, dips, or savory baking recipes
- Stir into homemade seasoning blends
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## How to Store Garlic Scapes in the Fridge

Not quite ready to preserve them? Here's how to extend their life a little:

- Store garlic scapes unwashed in a loose plastic or mesh bag in your fridge's crisper drawer
- They'll keep for about 2–3 weeks if harvested fresh
- Change out any condensation to prevent softening or rot

## Tip: Harvest or Buy in Bulk

Garlic scapes are only available for a short window. If you don't grow your own, check with local farmers, markets, or neighbors to get your hands on extra for preserving.

*Preserving garlic scapes takes just a few minutes—and gives you garlic flavor all year long. Whether you freeze them raw, turn them into pesto, or dehydrate them for powder, garlic scapes are one of the easiest entries into seasonal preserving. And if you're just getting started, this is the perfect first step into summer abundance.*