

Garlic Scapes

WHAT IS IT?

The flower stalk of the garlic plant. Removed so that energy is put into growing the garlic bulbs rather than into the flower.

HOW TO USE

Similar to Asparagus stems

Sauté

Grill

Roast

Pickle

Make into pesto

HEALTH BENEFITS

Vitamin A

Vitamin C

Fiber

Antioxidants

Decreases inflammation



Pinoleville Pomo Nation
Good Health & Wellness In Indian Country