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