



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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VEGETABLE FEATURE:

GARLIC SCAPES

By Andrea Yoder

Garlic scapes are a great example of how interesting and diverse the world of vegetables can be! If you are not familiar with garlic scapes, they are easily identifiable. They are green, long, and skinny and have a natural curl to them, hence we work with the curl when we bunch them.

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.

Garlic scapes are actually a byproduct of growing hardneck garlic. They grow up from the center of the plant and we harvest them in early June, about a month ahead of our annual garlic harvest. Scapes are 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 as the scape grows up out of the center of the plant that 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 from the plant so the plant can focus its energy into producing a nice sized bulb instead of a scape.

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

What's In The Box?

OVERWINTERED POTATO ONIONS: We are nearly finished with this variety and soon will start harvesting spring planted scallions. Use the green tops and the savory yellowish onion on the bottom. They are great on the grill!

ASPARAGUS: Production is starting to decrease as we near the end of asparagus season. We're hoping to get maybe one more week of harvest and then we'll be finished.

GARLIC SCAPES: Read more about this curly, fun vegetable in this week's Vegetable Feature Article. Nearly the entire scape is edible, so there is very little waste.

BABY ARUGULA OR BABY SPINACH: We are almost finished with baby greens for the spring and then we'll take the summer off. These greens do best in the cool of the spring and fall, so we'll resume planting these crops again for fall harvest.

SALAD MIX: Add a handful of salad mix to a wrap or sandwich, toss it with a light vinaigrette to eat with your Sunday brunch, or mix it with other greens to make an interesting salad combo!

RHUBARB: This is our final week of rhubarb. If you've had your fill of rhubarb this spring and want to preserve this week's portion for use later in the year, it's super-easy to do. Just cut it into chunks (raw) and put them in a freezer bag. Use them later to make muffins, pies, sauces, etc.

MINI GREEN & RED ROMAINE HEAD LETTUCE: These are the first of our field-grown head lettuces. We are harvesting two slightly different green varieties that produce small, compact heads. If you're looking for a quick snack, just clean the leaves of one of these little lettuces and dip them into your favorite creamy dressing or vegetable dip.

PEA VINE: This is our second and final crop of pea vine. The stems may be a little tough, so we recommend removing the leaves from the main stem. The stem itself does have lots of good flavor, so consider using it to make a flavorful broth for soup, etc. Use the tender leaves in salads, add to a ramen noodle bowls, turn them into soup or make a pea vine pesto!

BABY WHITE TURNIPS: These tender little salad turnips may be eaten raw or cooked, and the greens are edible too! Check out this week's Cooking With the Box article for a few links to some of our favorite recipes from past CSA seasons!

STRAWBERRIES: The strawberry field kicked into production at the end of last week and the berries just keep ripening! We are now picking early, and mid-season berries and the flavor and aroma is quite nice this year! Our strawberry varieties were chosen mostly for flavor, not their ability to be shipped. Thus, we recommend you use your berries within a few days at most of receiving them. Keep them in the refrigerator and remove any berries that may start to get soft and eat them right away.

GERMAN BUTTERBALL POTATOES: We're nearly finished with our stores of potatoes that we kept from last fall. These German Butterball potatoes have stored amazingly well, but they are ready to sprout! Thus, we recommend you keep them in the paper bag we've packed them in and use them within 1-2 weeks of receiving. If sprouts do start to form, just break them off and use the remainder of the potato.

CILANTRO: This is one of our "bread-and-butter" crops that we plant for 20+ plantings over the course of the growing season! It's also one of the most popular culinary herbs and is used extensively across the world where it is considered a staple ingredient to many different cultures.

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!

Store scapes in the refrigerator until you are ready to use them. They'll store for 2-3 weeks. If you're looking for some interesting ways to use garlic scapes this year, check out this article featured at www.practicalselfreliance.com for a list of 30 tasty garlic scape recipes!

Garlic Scape & Basil Dip

Yield: 1 ½ cups

6 garlic scapes	1 lemon
¼ cup fresh basil leaves	¾ tsp salt
1 ½ cups full fat sour cream	½ tsp ground black pepper

1. Trim the ends of the garlic scapes and roughly chop into 1-inch pieces. Add them to a food processor along with the basil. Process in the food processor until very finely chopped. Scrape the contents out into a medium mixing bowl.
2. Add the sour cream, the juice from the lemon, and the salt and pepper. Mix well. Add more salt and/or pepper as needed, to taste.
3. Chill in the refrigerator for 30 minutes to allow the flavors to meld, then serve.

Recipe borrowed from www.yellowbirchhobbyfarm.com.

Serving Suggestions: This is a simple, handy recipe to make as you can use this “dip” to enhance your meals in a variety of ways. Use this dip for fresh vegetables or serve it with grilled asparagus or roasted or baked potatoes, add a drizzle to tacos, grilled fish, pork, or beef, or add a dollop to a bowl of beans or lentils. You can thin it out with a touch of cream and turn it into a creamy dressing to toss with romaine lettuce, or substitute cream cheese for the sour cream and turn it into a spread for sandwiches, wraps, flatbreads, or crackers.

Garlic Scape & Cilantro Pesto

Serves 6 (Makes approximately 1 ½ cups)

1 cup garlic scapes (6 to 8 scapes, or about 1 bunch), cut into 1-inch pieces, tips removed and discarded	½ cup cold-pressed sunflower oil
1 bunch cilantro, leaves and stems coarsely chopped	2 tsp lime juice or apple cider vinegar
½ cup raw pumpkin seeds, toasted and cooled	Salt and pepper to taste

1. Combine scapes and pumpkin seeds in food processor and pulse until coarsely ground.
2. Add cilantro, lime juice and oil; pulse until evenly chopped. Season with salt and pepper. Use within a week in the fridge or freeze it.

****HVF Serving suggestions:** Toss with hot pasta and grated cheese for a quick dinner; Stir into scrambled eggs, use as a spread on a sandwich, mix with sour cream or plain yogurt and use as a dip for fresh veggies.

We featured this simple recipe in our newsletter back in 2015, but I wanted to publish it again for those of you who may be relatively new to CSA. Creative credit for this recipe goes to Dani Lind, a longtime friend of HVF and a talented chef from our area! Her recipe was originally featured in the *Edible Madison, Season by Season 5th Anniversary Edition*.