

# Garlic Scapes

## Storage

Fresh cut is best, but will store for up to 3 weeks in the refrigerator.



## Preparation

Wash in cold water, then cut to desired size and consistency. Can be used raw in salad or to make pesto and other sauces. Cook lightly by sauteing and steaming.

## Nutrition

Garlic scapes help to protect the liver and kidneys from stress and also strengthen bones. They have antioxidant and anticarcinogen benefits and they increase oxygen in the blood helping to improve and maintain overall health in the body.