

# Recipe: Garlic Scape Strawberry Salsa



Photo credit: Alburn Hills Community Farm,  
<https://www.albionhillscommunityfarm.org/recipes/strawberry-and-garlic-scape-salsa/>

**Serving Size Total: 1 ½ cup**

## Food Safety Tips:

1. Wash hands for 30 secs with hot water and soap
2. Sanitize all food prep surfaces and cooking utensils
3. Rinse and scrub all produce

## Ingredients

Serve with chicken, fish, or chips.

- 1 cup strawberries, hulled (top removed), chopped
- 4 garlic scape stems, finely chopped (remove flower bud and save for soup stock/broth)
- ½ medium red onion, finely chopped
- ¼ cup cilantro or mint leaves, finely chopped (we use mint)
- ¼ cup orange juice
- 2 Tbsp. Balsamic vinegar
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. honey
- 1 teaspoon jalapeño, seeded and diced small (optional)
- ½ teaspoon salt
- 1 teaspoon black pepper (or to taste)

## Instructions

1. Wash strawberries, scapes, and onion and put into a bowl.
2. Prepare them as listed in the ingredients list
3. Combine other ingredients and pour over strawberries, scapes and onion mix.

## Nutrition Facts

**Amount Per Serving** ¼ cup

**Calories** # 82

**Total Fat** # 4.7g

Saturated Fat # 0.6g

**Sodium** ## 326mg

**Total Carbohydrate** ## 9.9g

Dietary Fiber 1.3g

Sugars 6.7g

**Protein** ## 0.85g

Recipe credit: The Dryer Family Organic Farm,  
<http://www.dyerfamilyorganicfarm.com/garlic-scape-strawberry-salsa/>