

CHIVES

Description/Taste

Chives grow in clusters, their blade-like leaves growing straight upward. The green leaves are hollow, and come to a point. Chives can grow up to two feet tall in ideal conditions, and can spread out up to 12 inches around. They have a mild onion flavor, that doesn't tend to leave a long aftertaste. Chives sport globular spiky, pinkish-purple flowers in the early summer months, which are also edible and share the same mild onion taste. Some varieties of Chives have white and red flowers.

Seasons/Availability

Chives are available year-round.

Current Facts

Chives are perennial herbs that are commonly found in kitchens and gardens. Botanically Chives are known as *Allium schoenoprasum*, and they are known most often as "common or conventional" Chives, or Onion Chives, to differentiate them from the garlic variety. They are members of the lily family and are in the same genus as onions. Common Chives are part of the classic French herb blend called fines herbes (pronounced fien erbs), along with flat leaf parsley, French tarragon and chervil.

Nutritional Value

Chives are a good source of calcium, iron, phosphorus, and sulfur. They also contain high amounts of potassium, vitamins A and C. Phytonutrients in Chives are beneficial for the digestive system as well as blood circulation. They have similar properties to those of garlic.

