

Chives, Rush Leeks

Family	Alliaceae
Botanical	Allium schoenoprasum
Parts Used	Fresh and dried stems, which are called scapes and flowering tops
USDA Hardiness	3A - 9B
Light	Full Sun
Soil	Well drained
Duration	Perennial



Propagation	Soil pH requirements: 6.1 to 7.8 (mildly alkaline). By dividing rhizomes, tubers, corms or bulbs (including offsets) and by seed; direct sow outdoors in fall or in the spring after first frost.
Water	As needed, do not overwater
Growing	One of the easiest herbs to grow from seeds or transplants. Should be in every culinary herb garden. Grows well under various soil conditions, as well as in containers outdoors or inside.

Medicinal Uses Anti-inflammatory, antibiotic and anti-cancerous.

Benefits The medicinal properties of chives are similar to those of garlic, but weaker. Chives stimulate the appetite and promote good digestion. They can be used to ease stomach upset, clear a stuffy nose, reduce flatulence and prevent bad breath. Combined with a low-salt diet, they help lower high blood pressure. Plus, they have a mild diuretic effect, as well as some antibacterial properties.

Preparation Cottage Cheese with Chives (Makes 4 servings)
Ingredients:
8 oz. cottage cheese
1 tbsp. mustard
1 shallot
1 bunch chives
½ tsp. paprika
Salt
White pepper
Directions:
1. Blend the cottage cheese and mustard
2. Peel the shallot, chop finely and mix with the cottage cheese blend.
3. Wash and dry the chives and snip them finely. Stir about two-thirds of the chives into the cottage cheese mixture.
4. Season the cottage cheese mixture with the paprika and add salt and pepper to taste. Sprinkle the remaining chives on top.

Fines Herbes

Culinary Uses

The flower heads and leaves are edible and have a mild onion taste. The leaves and flower heads are used in salads mainly but impart a delicate flavour to sauces, soups, cheeses, herb butter, eggs and fish. To use Chives effectively in cookery the flower heads should be removed as they appear and the leaves cut as close to the ground as possible.

Sour Cream and Chive Mashed Potatoes

Ingredients:

2 pounds Yukon Gold potatoes, peeled and quartered

1/2 cup milk

1/2 cup sour cream

1/4 cup chopped fresh chives

salt and pepper to taste

Directions:

Place potatoes in a large pot with enough water to come up 2 inches from the bottom. Bring to a boil, and cook for 20 to 25 minutes, until fork tender. Drain, and mash. Mix in the milk using a potato masher or an electric mixer until fluffy. Stir in the sour cream and chives, and season with salt and pepper.



Historical Facts

Chives have been cultivated in Europe since the Middle Ages (5th until the 15th centuries), although their usage dates back 5000 years. They were sometimes referred to as "rush leeks". The Romans believed chives could relieve the pain from sunburn or a sore throat. They believed eating chives could increase blood pressure and act as a diuretic.

Additional Tips

Nutrition Facts

Chives contain high levels of iron and calcium and several antioxidant compounds, beta-carotene, thiamine, niacin and vitamin C, K and A.