

## Chives\_1994.txt

### CHIVES =====

CULTIVATION: ===== Chive is a perennial with small bulbs, producing grass-like cylindrical hollow dark green leaves. Bearing in the summer an inflorescence of pink or purple flowers. Prefers sunny, or partial shady location. Grow best in rich, moist and well drained soil.

Take offsets or divide bulb in autumn or spring. Sow seeds in spring. Germination time is about 10 days, plant matures in 80 days. They don't develop into husky specimens until the second year. Grows in zone 1-10. Remove flowers for better flavor, and divide and replant every 3-4 years. Transplant to 9 inches apart, and water in dry spells.

Cut leaves, leaving 2 inches for regrows. Pick flowers as they open. Once the flowers appear the leaves become much less flavorful. Refrigerate chive leaves in a sealed plastic bag to retain crispness for 7 days. Dry flowers and bulbs. Leaves cannot be dried with any success, but may be quick frozen and stored.

CULINARY USES: ===== Fresh chopped chives will make any food a delight. Sprinkle them on salads, potatoes, cooked vegetables, soups and chicken. Chive do wonders for egg dishes, as well as cottage, pot and other white cheeses. It also perks up sour cream and yogurt.

A mild member of the onion family, chives lend just the right accent anytime raw onions might be overpowering. Always add at the end of cooking.

Sprinkle on food to stimulate the appetite and help digestion. They will also help counteract the fattiness of some foods. To reconstitute dried chives, moist with salad dressing or lemon juice. Chives freezes well but are poor when dried.

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Use the bulb sparingly. You can rub it around a salad bowl or fondue dish to add flavor.

Use chives in place of raw onion in hamburgers for a milder flavor.

MEDICAL USES: ===== Chives are said to stimulate the appetite and relieve high blood pressure . A few crushed chive bulbs added to boiling water, then allowed to cool, can help ease a troublesome cough if the drink is sipped regularly.

Chives are high in vitamin C and iron. The iron content is useful against anemia. In order to receive the maximum benefit, chives must be eaten fresh.

The sulfur compounds in chives have antibiotic properties. Eating chives seems to lower blood levels of low-density lipoproteins, the bad cholesterol that clings to artery walls. This effect is attribute to the oils in each plant.

WARNING: ===== Generally regarded as safe, for healthy nonpregnant, nonnursing adults.

OTHER USES: ===== Many insects are repelled by the odor of chives, which appear to act as safe natural pest repellents. They keep the bugs away without poisoning people or pets. Grow chives as a deterrent for aphids, apple scab and mildew.