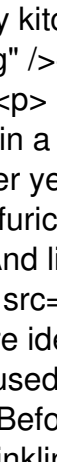




April 5th, 2012


The smallest member of the onion family, chives, though highly underrated and overlooked, are in my estimation, essential for every kitchen herb garden.

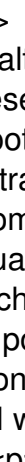
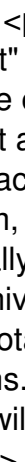
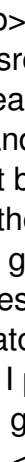
Lovely to look at, these easy to grow perennial clumps require no care once planted in a well-drained sunny spot and are easily propagated by division. Faithfully returning year after year, chive blossoms attract beneficial bees to the garden while repelling pests with their sulfuric oils. When not in bloom, their deep green hollow blades resemble healthy blades of grass. And like grass, they continually grow, allowing for a continual harvest.



Chives mild onion flavor are ideal for flavoring eggs, potatoes, fish, and cucumbers with sour cream. Basically they can be used in place of green onions. I particularly like to use them to garnish soups and salads. Before blossoms appear, I will garnish my Vichyssoise, adding my own flowers with a little sprinkling of paprika.



Once blossoms appear, I use them to garnish soups like cream of pea.

Rich in vitamin A and C, calcium and iron these little wonders benefit both body and mind.

