





Chives

Scientific Name:

Allium schoenoprasum & Allium tuberosum

There are two types of chives, onion chives (Allium schoenoprasum) and garlic chives (Allium tuberosum). Onion Chives have a mild onion flavor and pink flowers. Chive flowers and the foliage are edible. The less common Garlic Chives have a mild garlic-like flavor and a white flower.

Recommended Varieties:

Onion or garlic, both are said to repel aphids and Japanese beetles, plant them near susceptible plants.

Companion Plant For: Carrot, Grape, Rose and Tomato.

Farmers Almanac

Growing Information

Cool Season Perennial

Plant chives in an average, well-drained soil in raised beds, the garden, or in containers. They are evergreen in warmer climates. They prefer cool air, between 40 and 85 degrees, they will grow through winter if the ground does not freeze.

Ideal Planting Window

Interior Valley Feb-March

Desert Valleys – Sept -Feb

Growing Guidance

Plant a clump in full sun, to part shade. Grows in 2' tall clumps.

Harvesting

Once established, chives are somewhat drought tolerate and don't require plant food or much attention besides regular cutting. Harvest in the morning for the best flavor.

VeggieGardener



Interesting Facts

Chive blossoms can be tossed in a salad or, more commonly, used to garnish a dish. Chinese chives (or garlic chives) produce edible white flowers with a garlic flavor that is stronger than the leaf itself. The stalks with unopened buds can be chopped and stir-fried, similar to asparagus.

Chives are a common member of the allium family of vegetables, alongside garlic and onions. Research has linked allium vegetables with a range of possible health benefits, including anticancer effects. However, a person would need to eat more than the average serving size of chives to get these health benefits.

Chives, onions, garlic, and leeks are in the Allium family, and are poisonous to both dogs and cats if the dose is right (if they eat a single large serving or repeatedly nibble on small amounts over time). Garlic is considered to be about five times as toxic as onions for cats and dogs.

ucanr.edu

Medical News Today

Contact Information



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Drying and Storing

Chives should be used fresh, but will keep in the fridge if wrapped in a paper towel in a resealable plastic bag for about a week.

Refrigerate chive blossoms in a plastic bag for up to a week.

Recipe: Rainbow Wrap and Chives



- 1 teaspoon of chopped chives
- 1 wedge of Laughing Cow Cheese.

Combine chives and cheese and spread this over a whole wheat tortilla. Filling the tortilla with crunch and colorful veggies:

- Red tomatoes and red bell peppers, sliced thinly.
- Orange Carrots and orange bell peppers, sliced thinly
- Green avocados and green lettuce, sliced thinly.
- Purple cabbage, sliced thinly.

Mmmmmm. Your kids will love it!

Recipe and Photo Source:

Super Healthy Kids