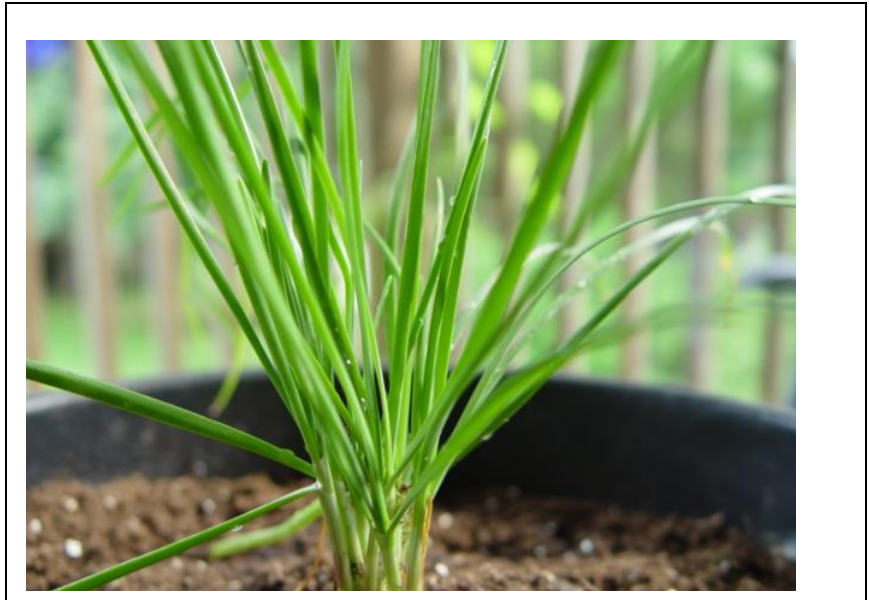


# CULINARY ARTS

## GARDEN TO TABLE INGREDIENT SPOTLIGHT

### Choosing

Chives are hardy perennial plants and can be easily dug up and divided when they get too large. Plus, the attractive purple flowers scatter their seeds, so you likely see numerous chive seedlings each spring.

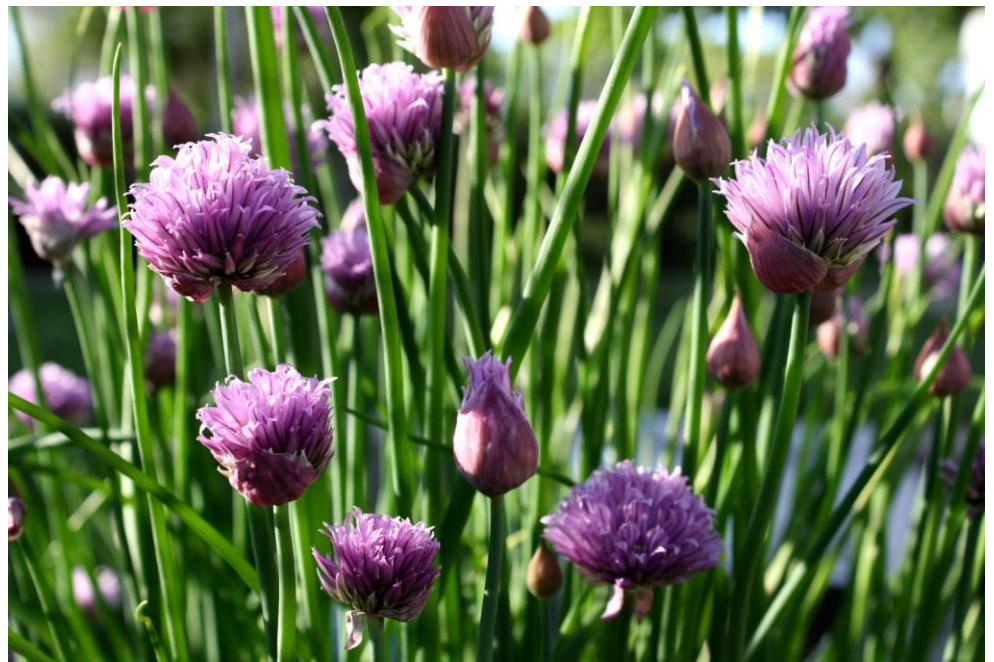


### What to do with them

They're perfect to add to soups, dips, mashed or baked potatoes, fish, seafood dishes and omelets. Heat destroys their delicate flavor, so add chives to dishes at the last minute. To maximize their taste, thinly slice, chop or snip with kitchen shears before using.

### Nutritional Value

One tablespoon of chopped chives has 1 calorie and vitamins A and C, vitamin K, folate and manganese. Chives also contain quercetin, a heart protecting antioxidant.



## AVAILABILITY

Chives are cool-season, cold-tolerant perennials that are planted in early spring. They are low maintenance and have a high yield and are very versatile.

# CHIVES

Chives are related to the garlic, leeks and onions and are native to Asia, North America and Europe. It's thought that Marco Polo tasted chives and brought them back home to Europe where they became popular.

This fragrant slender herb has a milder flavor than onions and garlic. The plant grows as lofty stems adorned by gorgeous purple flowers. The leaves, blossoms, and even bulbs, to a lesser extent, all find uses in the kitchen. Pollinators are also attracted to chives' vibrant, purple blossoms.