



# CHIVES

*Allium schoenoprasum* (AL-ee-um sha-en-oh-PRAY-sum)

EST.

2023



HERB & VINE

— healing plants —

PERENNIAL | AMARYLLIDACEAE FAMILY

ZONES: 3 TO 9

EXPOSURE: FULL SUN

MATURE HEIGHT: 12-15" | SPREAD 12-18"

BLOOM: LAVENDER | SPRING



Culinary



Pollinators



Butterflies



Container



Resistant

This bulbous perennial has an edible flower and leaves with a mild onion flavor.

- Culinary: eggs, soups, salads, butter, cheese, dips, spreads, etc.
- Therapeutic\*: entire plant has a beneficial effect on the digestive system and blood circulation. It improves the appetite, is digestive, hypotensive and tonic. Similar effect to garlic, however rarely used medicinally.
- The juice is sometimes used as an insect repellent and the plant is said to repel insects and moles.
- This herb is easy to grow and propagate. Clumps can be divided in spring or fall and it will self-seed in the garden.



*\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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