

Chives Cebollino



Try It!



Selection

When selecting chives, choose only green leaves that do not have wilting, yellowing, or browning tips.

Uses

The leaves have a mild onion flavor. Considered an herb, they are often finely chopped to be used as seasoning or to garnish foods, such as casseroles, baked potatoes, soups, or omelets.

Fresh and dried herbs make a good replacement to salts or sugars in foods. The purple/pink flowers of the plant are also edible, which can be used to make herb butter or herb vinegars. The flowers are also used ornamentally.

PARMESAN CHIVE BISCUITS

Ingredients

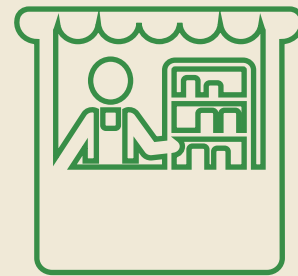
- 2 cups biscuit mix
- 2/3 cup milk (2% or fat-free)
- 1/2 butter stick (1/4 cup melted)
- 3/4 cup Parmesan cheese (finely grated)
- 8 tablespoons chives (finely chopped, fresh)

Instructions

1. Combine all ingredients in a large bowl. Stir together to mix well. Do not over mix.
2. Turn out onto a floured board. Roll to a 1-inch thick square.
3. Cut into 12 squares. Bake on a cookie sheet, spaced slightly apart, in a 400° F oven for 12 to 15 minutes.

History & Fun Facts

Chives is a species in the lily family and are related to onions, leeks, and garlic. Chives are one of the fine herbs of French cuisine (along with tarragon, chervil, and parsley.) There are up to 7 different types of chives, including some dwarf and taller types. Garlic chives, known as Chinese chives, is a variety known for it's garlic flavor.



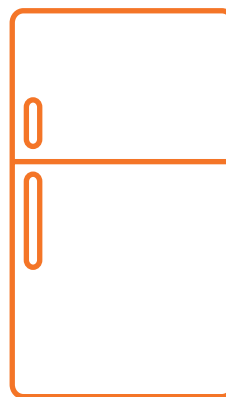
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Harvest chives by snipping at the base of the plant
- Chives are best if used immediately. If not used immediately, store in the refrigerator for up to one week.
- To freeze, wash and chop leaves then place in a freezer bag. Leaves do not need to be thawed before using.
- Chives lose a lot of flavor if dried.



NUTRITION FACTS

High in Beta-Carotene

Good source of Calcium

Good source of Vitamins K

Good source of potassium

High in Folic Acid



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Double your \$10 EBT swipe on the 1st Saturday of each month!



Swipe & Shop



FOR MORE INFORMATION...

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Primary Sources: University of Minnesota-Extension, "Chives", 2007. University of Wisconsin-Extension, "Chives, Allium schoenoprasum", 2010. whatscooking.fns.usda.gov

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