

MENASHA PUBLIC LIBRARY: SPICE OF THE MONTH CLUB



WHAT ARE CHIVES?

Chives (*Allium schoenoprasum*) is a small perennial plant of the amaryllis (*Amaryllidaceae*) family. The entire chive, from leaf to bulb, is edible. While related to garlic and onions, chives actually has a milder flavor than both. Marco Polo often gets credit for bringing chives to Europe, where they now grow native in addition to Asia and North America. The chive plant craves full sun or partial shade and is winter-hardy, drought-tolerant, and capable of growing in almost any soil.

Chives are revered in French cuisine where they are one of the *finest herbes*, the term for a core set of herbs used extensively in French cooking. They feature heavily in the gräddfil sauce served with a traditional herring dish often included at Swedish midsummer celebrations. Chives are also known to ferment very well, tomatoes and green beans being standout pairings. In ancient Rome, they were consumed to cure sore throat and other pains. In medieval-era Europe, chives were hung in bunches around gardens and homes to ward off both insects and evil spirits.

MARCH

CHIVES



8 TIPS FOR CHIVES

- Chives is one of the most popular flavoring ingredients used in cream cheese. Cheesy chive toasts: In a food processor, combine ¼ cup chives with 2 tablespoons olive oil, 4 ounces cream cheese, and ¼ cup chère cheese. Process until smooth and creamy. Spread on slices of toasted baguette and garnish with chive blossoms.
- Chives make for a great alternative to green onions.
- Chives are grown as ornamentals for their gorgeous flowers. They also attract pollinators and other beneficial insects. They can even help prevent some plant-based diseases, such as powdery mildew.
- Sulphuric compounds in alliums such as chives are what gives them their flavor, but they can also be the cause of bad breath. To counteract this, consider chewing on some parsley, spinach, or basil. You could also snack on some kiwi or drink a glass of milk.
- The juice from chives can be used as a natural insect repellent.
- Sun drying is one of the most reliable ways to dry chives. The leaves can be dried whole, or you can chop them first to make them easier to sprinkle. Spread chives out in a single layer on a baking sheet lined with paper towels and place the baking sheet in a sunny location until dry.
- Picking fresh chives? Choose stalks with a uniform green color. Fresh chives can be stored in a plastic bag in the refrigerator for up to a week.
- Chives have more dietary fiber and vitamin A than other members of the onion family, and are also a particularly good source of choline. Choline helps with sleep, memory and the ability to move muscles.



Add Chives to:
-Scrambled Eggs
-Seafood
-Stews/Soups



Note: This information is meant to supplement, not replace advice from your healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects.

Sources Consulted: Encyclopedia Britannica; Consumer Health Complete; spiceography.com; Gale Health and Wellness; MasterClass

Smashed Potatoes with Sour Cream and Chives

Courtesy of: Ellie Krieger

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Yield: 4 Servings



INGREDIENTS:

- 1 1/4 pounds Yukon gold potatoes (4 medium) unpeeled, cut into 1-inch pieces
- 1/4 cup low-sodium chicken broth, warmed
- 1/4 cup reduced fat sour cream
- 1 1/2 tablespoons chopped fresh chives
- Salt
- Freshly ground black pepper

Directions:

1. Place potatoes in a steamer basket fitted over a large pot of boiling water. Cover and steam for about 15 minutes or until potatoes are tender.
2. Transfer potatoes to a large bowl. Add the broth, and coarsely mash the potatoes. Stir in the sour cream and chives. Season with salt and pepper, to taste, and serve.

5-Ingredient Garlic Cheddar Biscuits Recipe

Courtesy of: mashed.com

Prep Time: 5 mins

Cook Time: 12 mins

Total Time: >20 mins

Servings: 12



Ingredients:

- 2 cups self-rising flour
- 2-½ teaspoons garlic powder, divided
- ⅔ cup buttermilk
- ½ cup plus 3 tablespoons unsalted butter, melted, divided
- 1 cup packed shredded sharp cheddar cheese
- Optional Ingredients
- 1 teaspoon dried chives or dried parsley

Directions:

1. Preheat the oven to 450 degrees Fahrenheit. Line a baking sheet with parchment paper and set aside.
2. In a large bowl, combine the self-rising flour and 2 teaspoons of the garlic powder.
3. In a large measuring cup, combine the buttermilk and ½ cup of the melted butter.
4. Pour the buttermilk mixture into the flour mixture, stirring using a rubber spatula until the ingredients are just combined. Don't over-mix — it's okay if there are some clumps of flour remaining.
5. Gently fold the cheese into the biscuit batter.
6. Using a ¼-cup measuring cup to scoop the batter onto the prepared baking sheet, creating 12 biscuits spaced at least 1 and ½ inches apart.
7. Bake for 10 to 12 minutes until the biscuits are golden brown and have an internal temperature between 200 to 210 degrees. If you don't have an instant-read thermometer, insert a toothpick into the middle of one of the biscuits. It should come out clean when the biscuits are finished.
8. While the biscuits are baking, combine the remaining 3 tablespoons of melted butter, ½ teaspoon garlic powder, and dried chives.
9. Using a silicone brush, brush the butter mixture over the tops of the biscuits.
10. Serve immediately or remove the biscuits to a wire cooling rack.