Beneficial Bites



**What’s all the CHIVE about?**

Chives are a perennial herb which resembles hollow blades of grass, and is the smallest member of the onion family. The WHOLE chive plant is edible, even the flower.

**History** The first recorded use of chives occurred in China in about 3000 B.C. Some say that Marco Polo may have brought the idea to use chives back with him from the East. However, there is no real evidence for their common use until about the 1500s when they found their way into dishes and herb gardens**.**

**Health Benefits** The medicinal properties of chives are as varied as their uses in the kitchen. Here are a few of the proposed health benefits:

* Chives are known to be a mild anti-inflammatory.
* They have some antibiotic properties.
* Chives may ease stomach distress.
* They may protect against heart disease and stroke.
* They are a source of vitamins A, C, K.
* Scientific research shows that chives stimulate the body's digestion of fat.

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**Let’s Chive (fun facts)**

* Medicinally, **chives**have been used for thousands of years in traditional Chinese medicine to promote sweating and male fertility.
* The Romans seem to have believed that chives could relieve a sore throat and sunburns.
* Romanian Gypsies use chives for fortunetelling.
* Medieval gardeners often planted chives around the borders for both decoration and to ward off harmful insects. It was thought that hanging bunches of chives around a house could also ward off evil.

**Check out the May Menu for these “Chive” Rich Foods**

Garlic Chive Chicken over egg noodles

Sour cream and Chive Mashed potatoes

Crab and Chive Rolls

Created by: Ellen Ellingsworth, MS, UW-Stout Dietetic Intern

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