



CHIVES

Latin: *Allium schoenoprasum*

Welsh: Cennin Syfi

Chives were probably introduced into Britain from the Mediterranean, where they grew wild, by the Romans.

According to Pliny the Elder (AD 23/4-70) the Emperor Nero ate only Chives preserved in oil on certain fixed days of the month to enhance his voice, but Pliny does not record the particular effect of the Chives!

Clumps of Chives can still be found growing wild along Hadrian's Wall, suggesting that they may have been grown in a fort garden on the Wall. But it was not until the Middle Ages that Chives were more generally cultivated in Britain.

Medicinal uses

Fresh Chives are a source of vitamin C and iron, and can be useful in combating infection and anaemia.

The leaves are mildly antiseptic.

When sprinkled onto food they stimulate appetite and promote digestion.

Chives are said to prevent scab infection in animals.

Culinary uses

Chives are widely used as a garnish or to flavour omelettes or scrambled eggs. They add a delicate flavour to salads and to soups and sauces.