



## Harvest of the Month

# Chives

### Nutrition Information

- Chives are low in calories but add flavor and color to meals.
- They provide vitamins K, A, and C.
- Chives contain small amounts of fiber.
- They are naturally low in sodium, adding flavor without extra salt.

### Selection and Storage

- Look for bright green, firm chives with no yellowing or wilting.
- Fresh chives should have a mild onion smell.
- Wrap them loosely in a damp paper towel and place in a plastic bag or container.
- Keep chives in the crisper drawer and use within 5–7 days for best quality.
- Wash chives just before using.

### Fun Facts

- They grow well in cool climates, making them a good fit for Washington gardens and farms in spring and early summer.
- Chives grow back after cutting, so they can be harvested multiple times in one growing season.
- Chives have edible purple flowers, which can be used to add color and mild onion flavor to salads and dishes.
- Chives are native to Europe, Asia, and North America, making them one of the few herbs that naturally grow across the Northern Hemisphere.
- Chives are one of the first herbs to emerge in spring, making them an early sign of the growing season in Washington.

## Recipes\*

- [Ranch Dressing](#) – ICN Recipe Box
- [Curried Pumpkin Soup](#) – Food Hero
- [Stack & Cheese](#) – Vermont FEED
- [Cedar Circle Farm Vegetable Potstickers](#) – Vermont FEED
- [Salade Lyonnaise](#) – Vermont FEED

\*As a reminder, the sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

While there aren't many credible recipes available that incorporate chives, they are commonly used to add flavor and color to dishes such as eggs, potatoes, soups, dips, salads, and grain or vegetable dishes. You can craft or modify your own chives-based recipe; just ensure its credibility by utilizing the [USDA Recipe Analysis Workbook \(RAW\)](#).



## Educational Resources

- [Growing Herbs Tip Sheet](#) – Washington State University
- [Harvesting Herbs for Healthy Eating](#) – North Dakota State University

## Sourcing

- Use the [Washington Food and Farm Finder](#) to find chives and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- If chives aren't available in your area: Substitute other locally grown spring items in season, such as green onions.
- Contact OSPI at [farmtocnp@k12.wa.us](mailto:farmtocnp@k12.wa.us) or WSDA at [farmtoschool@agr.wa.gov](mailto:farmtoschool@agr.wa.gov) for support finding Harvest of the Month foods.

HOM are suggestions for what our sponsors can showcase. However, please look at these other [Harvest of the Month Materials](#) to see if another item better fits the needs of your organization.

**For more ideas about what items you could feature as a Harvest of the Month, refer to WSDA's Washington State seasonality charts:**

- [Vegetables & Legumes](#) | [Vegetales y Legumbres](#)
- [Fruits & Herbs](#) | [Frutas y Hierbas](#)