

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Chives Garlic

Allium tuberosum



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Onions form a large genus of about 700 species of strong smelling, bulbous or rhizomatous biennials and perennials native to the northern hemisphere, Ethiopia, southern Africa, and Mexico, varying in hardiness according to origin.

Various alliums have been cultivated since the earliest times and are universally important as vegetables, flavourings, and medicinal plants. Their distinctive smell varies in pungency from species to species, and a few are almost odorless.

Allium tuberosum (Chinese chives, garlic chives) is a perennial with a stout rhizome and flat, solid, keeled leaves, sheathed at the base to form cylindrical bulbs. Umbels of sweet-scented, white, star-shaped flowers appear in late summer.

USES OF THE HERB

Culinary

Chopped leaves and flower buds are added to salads, soft cheeses, and stir-fries. Lengthy cooking destroys the flavor. Blanched leaves are used with rice and pork in Chinese cuisine.

Medicinal

Internally for high blood pressure and hardening of the arteries (fresh herb, leaves).

CULTIVATION

Rich, well drained soil in full sun. Propagate by seed sown in spring and summer. Cut Garlic Chives down to the ground after flowering to produce fresh leaves. Onion fly is common in some countries; while black aphids can also be a problem.

HARVEST

Cut as required during growing season. It is best used fresh.

Height 75cm/30in x Spread 45cm/18in



PARTS USED

Leaves, roots, flower buds, seeds

PROPERTIES

An herb that improves kidney function. It has a mild onion-garlic flavor.