

Kids Grow Chives

Chives grow like tall grass, and produce flowers which you can eat too! The flowers also attract bees and butterflies.

What you'll need:

- Chive seeds
- Container and compost
- A watering can
- Scissors for harvesting

Why should you eat them?

Chives are one of the best sources of vitamin K. They're full of other nutrients too, including:

Vitamin A:

Good for your vision, bones, teeth and skin - and important for your growth and immune system.

Vitamin B2:

Also known as 'riboflavin', this helps your body make red blood cells.

Vitamin B6:

Converts food into energy, and reduces stress.

FLAVOURED MILK!

In the 19th Century, Dutch farmers fed chives to their cows to give the milk a different taste! Onion-flavoured milk, anyone?

Chives are a member of the onion family, but taste milder. They're easy to grow and don't take up much room. You can grow them in the ground, containers, or a pot on your kitchen windowsill.

Popular types of chive

Common chives:

Lots of purple flowers, mild onion flavour.

Chinese (garlic) chives:

Slower growing, with white flowers and a subtle garlic flavour.



Chives grow well in pots or in the ground.
Photo credit: Glimpse of Sweden, Shutterstock



Bees love chive flowers!
Photo credit: CTatiana, Shutterstock



Cut fresh chives as and when you need them.
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Step 1: Sow your seeds

- Chives aren't fussy - they grow in sun or shade in any soil.
- Sow your seeds from April, directly onto the compost.
- Cover them with a layer of compost, and gently water.
- Seedlings will appear within two weeks.

Step 2: Look after your chives

- Thin your plants to 10cm apart when they're big enough to handle.
- Chives don't need much, except for a little water when it's dry.
- They die back in autumn but they'll return next spring.

Step 3: Harvest your chives

- Your chives will be ready about three months after sowing the seeds.
- Snip some off with scissors when you need them.
- Always leave 5cm of leaves to continue growing.
- When they grow back you can cut more.