



HERBS

Medicinal and Culinary
Seedlings ~ Fresh-Cut ~ Dried

Stacy Fisk - Herb Farmer
775-741-4043
fiskfarmherbs.com

Genus: **Allium**

Species: **schoenoprasum**

Plant Family: **Amaryllidaceae**

Common Name: **Chives**

Garden Care

Cool season crop, plant early spring or late summer

Herbal Actions

Action	Detail
Antibacterial	Inhibits the growth and production of bacteria.
Cardiotonic	A tonic herb that has beneficial effect on the heart and blood vessels.
Carminative	Aids the release of gas from the intestines and reduces the production of gas.
Antiemetic	These herbs reduce feeling of nausea and can help to relieve or prevent vomiting.
Immune Tonics	An herb that has been traditionally used over long periods of time to support and bolster the immune system.
Stimulants	Herbs that work to enliven the body's physiological processes.
Stomachic	Promoting the appetite or assisting digestion.

Type of Plant

Perennial
Herbaceous

Parts Used

Floral Buds
Flowers
Stems
Leaves
Stock
Seeds

Contraindications

Consult a medical practitioner prior to consuming herbs as medicinals; especially if combining with prescribed pharmaceuticals, you are pregnant or nursing, or when providing to children.
None known on record.

Habitat

Moist Soil
Sun
Part Sun/Shade
PH Average 5-7

Preparations

Edible - Culinary
Infused Honey
Infused Honey
Infused Vinegar
Tincture