

Nira (garlic) Chives



3462 – PLU

Description/Taste

Nira chives, also called garlic chives, have green, flat and wide leaves that can grow up to 38 centimeters in length. Each stem has a small, inedible white bulb at the base with white star-shaped flowers at the top that are edible and bloom in the spring. Nira chives have a rich flavor that is often described as a mix of garlic and onion but are less pungent than a clove of garlic.

Current Facts

Nira chives, botanically classified as *Allium tuberosum*, are grown for the flowers and the stems. Also known as Chinese chives, Oriental garlic, Asian chives, and Chinese leek, Nira chives are grown for culinary and ornamental purposes. Unlike garlic, which is prized for its bulbs, the bulbs of Nira chives are inedible. Nira chives are similarly used to standard chives, and both the leaves and the flowers are used as a flavoring for many types of dishes.

Nutritional Value

Nira chives are rich in vitamin C, and contain carotene, vitamin B1 and B2, calcium, and iron.

Applications

Nira chives can be used in both raw and cooked applications. Traditionally Nira chives are a classic element of pad Thai and many other Asian dishes. They can be used in stir-fry, tempura, stuffed into dumplings, and used in egg dishes. Nira chives can also be minced and used to finish meat, poultry, or seafood dishes and used to flavor soups, marinades, vinegar, and dipping sauces. Nira chives pair well with fresh herbs, soft cheeses, mushrooms, noodles, meats, and chilies. Nira chives will keep for a few days when stored in a plastic bag in the refrigerator.