

Chives



Chives are nutrient powerhouses that have numerous anti-inflammatory and antioxidant properties as well as a collection of vitamins.

A member of the Amaryllidaceae family which includes other plants such as garlic, onion, and leek, chives are rich in potassium, iron, calcium, vitamins A, B, C, and E, magnesium, zinc, and phosphorus.

HEALTH BENEFITS

- Helps decrease blood pressure
- Lowers bad cholesterol
- Improves heart health
- Decreases risk of blood clots
- Improves bone health
- Recommended for healthy skin
- Supports eyesight
- Strengthens the immune system
- Supports strong teeth and bones
- Can prevent the onset of osteoporosis

Yeshurun Farm
[Email:yahsgkm@gmail.com](mailto:yahsgkm@gmail.com)
Phone:602-743-8950