



# Fennel

Produced by:



THE LAND  
CONNECTION

## Fun Facts:

- Fennel is one of the main ingredients in the alcoholic drink absinthe.
- It is considered a weed and an invasive species in Australia.
- Fennel seeds are popular as a breath freshener and digestive aid in India.

## Nutrition Information:

- Fennel is an excellent source of protein, dietary fiber, B vitamins, and several dietary minerals including calcium, iron, magnesium, and manganese - all of which exceed 100% of the needed daily value.

## Preparation:

- The bulb, stalks, and leaves of fennel can all be used/eaten. Each part has a different texture and intensity of flavor, so tasting each part to get a sense of the vegetable is very helpful in preparation and cooking.
- Wash the fennel bulb. Pay special attention to the area where the stems sprout from the bulb as dirt can easily get stuck in the crevices.
- Remove stalks by cutting them where they meet the bulb for easier processing. Trim off any damaged or woody areas of the stalks.

**Raw:** slice the bulb and stalks to put on salads (goes great with granny smith apples, chicken/turkey, and berries); use with dips; add to slaws; use as a replacement for celery; or eat plain to freshen your breath.

**Puree:** chop all parts of fennel and blend in a mixer or food-processor. The puree can be added to soups, smoothies, sauces, or dressings.

**Garnish:** the feathery leaves can be chopped and used as a fresh herb for seasoning (it's great on baked or broiled fish with lemon) or as a garnish.

**Roast:** trim off stalks and cut bulb in half from top to bottom; cut into vertical half-inch slices; toss in olive oil, salt, and pepper, spread on a baking sheet and roast at 425°F for 25-30 minutes, flipping each slice over halfway through. Similarly, fennel can also be grilled.

**Sauté:** slice bulb and stalks and sauté with other veggies (onion, peppers, garlic, etc.). Add to pasta, grain salads, stir-fries, or eat alone as a side.

**Boil:** chop fennel and boil in water for 20-30 minutes. Use the water to make tea (iced or hot). Boiled fennel can be pureed for soups or sauces.

## Storage:

- Store fennel in a plastic bag in the refrigerator for up to two weeks. The delicate leaves will begin to go limp quickly, so wrap them in a damp paper towel before refrigerating.
- If the stalks begin to go limp, cut them from the bulb and place them upright in a cup with two inches of cold water (as you would with limp celery). Store it in the refrigerator.