



Fennel

What Am I?

Fennel is a white bulb with stalks and leafy greens growing on top. The bulb resembles an onion, while the stalks and greens resemble celery. The bulb, stalks and leaves on fennel are all edible. This vegetable is crunchy and tastes sweet like licorice.

How Do I Grow?

- The bulb of the fennel grows in the ground with deep roots.
- Fennel's stems and leaves grow above ground and can get several feet high.
- When fennel is flowering, a yellow bloom is produced.



Nutrition

Fennel is a good source of vitamins A, B, and C. It also contains fiber, potassium, phosphorus, calcium, iron and copper.

Fun Facts

- Fennel has been used medicinally to calm infants and relieve muscle spasms.
- Fresh fennel can be found between October and January.
- Fennel is in the same family as parsley, dill and carrots.

