

# ABOUT FENNEL



*Every part of the fennel plant from bulb to flower is edible. The bulb is often referred to as the crown. The fruit of a fennel plant is its seed. In India and Pakistan, the fennel seeds are used as a spice and an after dinner mint. The seeds are also used to flavor liqueurs. Fennel is an excellent source of vitamin C, and a very good source of fiber, folate, and potassium. It has an aromatic flavor, unique and reminiscent of licorice and anise.*



## **Choose:**

- ◆ Bulbs that are clean, firm, solid, and have a fragrant aroma

## **Avoid:**

- ◆ Signs of splitting, bruising or spotting, and stalks that splay out to the sides
- ◆ If the fronds of the fennel are flowering, the bulb may be past maturity and too tough for eating

## **Storage:**

Loosely wrapped in a plastic bag in the refrigerator.

## **Serving Tip:**

- ◆ The fennel bulb can be eaten raw, thinly sliced into salads for crunchy texture.
- ◆ Fennel is delicious when roasted with other root vegetables such as carrots and potatoes with a small amount of olive or vegetable oil, salt, and pepper.



***Make your own baby food.*** Use 2 fennel bulbs and 2 apples to make this simple puree. Cut the fennel bulbs into 4-6 pieces. Peel and core the apples and cut each into 4 pieces. Add the apples to the fennel and roast about 35 minutes or until tender. Use a blender or food processor to puree. Add apple juice or water to thin out, if needed.

*Fennel can calm a colicky baby!*

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## Baked Fennel



Yield: 4 servings  
Time: 50 minutes

### Ingredients

2 fennel bulbs (about 2 pounds), fronds trimmed and reserved  
1/4 cup olive oil (preferred) or vegetable oil  
Salt and freshly ground pepper  
1/3 cup grated Parmesan cheese, shaker-style

### Directions

1. Preheat the oven to 350°F. Trim the base of the fennel and remove all dark and light green parts down to the white bulb. Slice each bulb in half lengthwise. Cut each half lengthwise into 4 wedges and remove the core.
2. Lay the wedges on a rimmed baking sheet and toss with oil. Sprinkle each wedge with a pinch each of salt and black pepper. Top each with about 1 teaspoon of Parmesan cheese.
3. Bake until fork-tender, about 30 minutes. Remove from the oven and let cool. Using a slotted metal spatula, transfer the fennel to plates and garnish with the reserved fennel fronds.
4. Allow to cool to room temperature. Serve.



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