

Fennel

There are several varieties and the information given below is applicable to all. A few common ones:

Fennel, Sweet Fennel, Wild Fennel (*Foeniculum vulgare* subsp. *vulgare*)



Season: Spring

Biennial or perennial

Sun Exposure: Full sun to part shade

Size: 5–6 ft tall

Blooms: Flat umbels of golden yellow flowers in late summer that ripen to gray-brown seeds.

Maintenance Category: Low

Highlights: Not to be confused with the vegetable Fennel, which is shorter and has a bulbous stalk base. Do not plant fennel near dill; an uncertain flavor will result. It provides food for the caterpillars of the swallowtail butterfly. Fennel seeds are aromatic and sweet with a flavor like that of anise. All the aerial portions are edible, including the flowers.

How to Use: Fennel seeds can be baked into breads, biscuits, stuffing and Italian sausages, and added to sweet pickles and sauerkraut. The leaves can be added to salads, olives, fish, or used as a garnish.