PLANT FACT SHEET

Foeniculum vulgare Miller

GENUS *Foeniculum* **FAMILY** Apiaceae

COMMON NAMES Fennel, Common fennel

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Bulb, Herb, Spice, Vegetable, Oil, Roots, Flowers, Tea

The top leaves can be boiled and eaten as a flavouring. Also the flowers.
The young tender central portion and the leaf bases can be chopped and eaten.
The root can be cooked and eaten. (It is used in medicine)
The seeds can be used as a flavouring. They are used to flavour bread and cakes and in stuffings.
It is used in sauces, sausages, stews and salads.

DESCRIPTION

A green leafy perennial herb. It can be 2 m high and 45 cm wide. The leaves are very fine. They have a feathery appearance. The stems are ribbed and at the bottom of the stalks there is a broad green section. When the leaves are crushed, they smell like aniseed. The flower at the top is a group of small yellow flowers. The seeds are oval and ribbed and about 5 mm long. Ripe fruit are wingless which distinguishes it from dill. There are several named cultivated varieties.

HABITAT

A temperate plant. It grows well in a Mediterranean climate. It grows well on dry and stony calcareous soils. It grows up to at least 2200 m altitude in the tropics. It grows better during the drier season at altitudes over 500 m. In PNG is grows between 1,400-2,200 m above sea level. It is cultivated but also easily grows wild. It is frost hardy. It grows in Nepal to about 2400 m altitude. In Argentina it grows from sea level to 1,000 m above sea level. It suits hardiness zones 5-10. Tasmania Herbarium. In Hobart Botanical gardens. In Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed. These can be transplanted. The rootstock of established plants can be used to start new plants. A spacing of 50 cm apart between plants is suitable. (Dill and fennel can cross pollinate and the flavours mix.)

NOTES

There is only one Foeniculum species. It can be invasive.

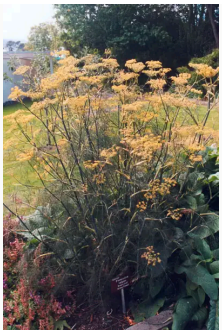
PICTURES



Credit: Food Plants International (Bruce French)



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