PLANT FACT SHEET

Foeniculum vulgare var. azoricum (Mill.) Thell.

GENUS *Foeniculum* **FAMILY** Apiaceae

COMMON NAMES Florence fennel, Fennochio, Finnochio

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

They are best used fresh.
The fresh leaves are used in sauces.
The bulb can be separated into rings and added to salads. They can be cut in half and cooked as a vegetable.
The seeds are added to soups, bread, sausages and other dishes as a flavouring.
The blanched leaf stalks are eaten raw in salads. They are also fried, baked or used in soups and pasta.

DESCRIPTION

A small herb. It grows up to 90 cm high. It has soft celery like stems. The leaves are like fronds and light green. This gives the plant a feather like appearance. It has broad overlapping leaf bases. The bulb is firm and white. The flowers are bright yellow and form an umbrella shape. The fruit are pale green. The leaves have a smell like anise. The seeds are 5-7 mm long. They are yellow with a green tinge when dried. There are several named cultivated varieties.

HABITAT

It is a temperate plant. It suits plant hardiness zones 5-10.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

Seed are usually harvested in the morning or evening when moisture prevents the seeds from shattering. The plants are cut and dried before threshing. Whole fennel seeds can keep their flavour for 3 years.

NOTES

There is only one Foeniculum species.

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