

GROWING GOOD HEALTH



Fennel



Fennel is another fall delight that has a surprising flavor. At first, it looks unfamiliar, but this hearty aromatic plant is actually in the same family as carrots! It is a great addition to a fall salad, or it can be sauteed as you would use an onion. The big surprise is that fennel has a very floral and licorice-like flavor.

Growing Tips:

Light Requirements: Full sun.

Soil Requirements: Nutrient rich, and well-draining soil. Keep mulch off the stem to prevent any rot.

Water Requirements: Keep the plants well-watered.

Harvesting: Takes 80-85 days to mature.

Storage: Separate the leaves from the stalks. Both can be kept in the refrigerator in a plastic bag for a few days.

Nutritional Information:

Calories: 72

Total Fat: 0.5 g

Saturated Fat:

Trans Fat:

Cholesterol: 0 mg

Sodium: 122 mg

Total Carbohydrate: 17.1 g

Dietary Fiber: 7.3 g

Sugar:

Protein: 2.9 g

Vitamin A: 314 IU

Vitamin C: 28 mg

Calcium: 115 mg

Iron: 1.7 mg

